

JOIN THE SELF-CARE REVOLUTION

MODULE FOUR: UNLEASH YOUR BRAIN POWER

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The Self-Care Revolution™ Topics

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WELCOME TO THE SELF-CARE REVOLUTION™!

MODULE FOUR of TWELVE: UNLEASH YOUR BRAIN POWER

Most everyone has heard that on average we use less than 10% of our brain capacity. Imagine how your life will be different as you tap into the other 90% and live from the fullness of who you are daily. This is possible in this module as you engage with the Self-Care Revolution™ and our expert speakers. Have fun and discover your genius by reading each of these inspiring interviews, as your toolbox for optimal brainpower gets filled up with endless exercises, memory techniques and new skills to use in any moment.

Listen to this module's experts and join with the Self-Care Revolution to strengthen the network that is weaving the support for all who care to improve health and wellness as individuals, families, in our communities and as part of the global community in stewardship of the earth and one another.

What Is The Self-Care Revolution™?

Launched in January 2013, the SCR is the gift to humanity from the Santa Fe Soul Health and Healing Center and its Founder, Dr. Robyn Benson, DOM. Her caring and passionate heart and commitment arises from travel throughout 70 countries and over twenty-two years of practice and extensive trainings. These experiences have given her an overview, an expansive network and an effective creative approach in dealing with the healthcare crisis in America.

The mission of the Self-Care Revolution™ and our Self-Care Coaches™ (true mentors and guides) is to change the face of healthcare through the fundamentally different approach where "It All Starts with You".

The Self-Care Revolution™ evolved in response to a modern world epidemic where diseases such as diabetes, Alzheimer's, obesity, cancer, fatigue, pain, stress, anxiety, and depression are running rampant. Many people have given up on our current disease-management model of healthcare and are seeking alternative, holistic, and effective means to facilitate healing.

The vision of the Self-Care Revolution™ is to save millions of lives by transforming the way people look at healthcare. The goal is to teach people that "it all starts with you and within you" and that self-care is the solution to the healthcare crisis we are

facing. Basically, almost each and everyone of us has the power and ability to heal ourselves through informed choices and a healthy lifestyle.

It is our mission to touch one million lives with the purpose of creating a world of people committed to their Self-Care, thus contributing to healthier communities and, in turn, to a healthier planet.

Why Is Self-Care So Effective?

The Self-Care Revolution™ brings world-renown experts in traditional medicine, alternative healing, integrative medicine, personal growth, spirituality, new cutting-edge technology, and the expertise of the Self-Care Coaches to support the subscribers in all areas of optimal health and “Self-Care.”

The Self-Care Revolution™ is a one-of-a-kind educational and empowering interview series with world-renowned leaders who have agreed to hold nothing back and to give you their best transformational work that will move you toward abundant health and happiness NOW.

We are empowering individuals with the necessary skills, knowledge and practical tools to radically change the course of their health and life.

We have interviewed over 100 top experts and continue to add to the interview series each and every module.

The Self-Care Revolution™ movement creates awareness of reversing and preventing disease, and finding the cure from within. Our priorities are:

- Revolutionizing our members' awareness of whole-body wellness—mind, body and spirit—and supporting them as they take action based on the education and resources we provide.
- Educating our members on self healing, enriching their lives and empowering them to effect change in themselves and their environment. Providing our members with the resources and support to effectively live a healthier, happier, sustainably vibrant life enabling them to actualize their own dreams.

Why Should Self-Care Be Important To You?

Did you know that 40% of all bankruptcies in this country are due to unmanageable healthcare costs due to an unforeseen health crisis? How will you prevent this from happening to you or your family?

It's vitally important that you take the time to ask yourself these questions:

- What are you willing to commit to today to ensure your healthy future?
- What Self-Care strategies will you implement each day that will promote your best daily energy and vitality (food, thoughts, exercise)?
- What is the impact you want to make in the world with your optimal, radiant and sustainable health through your commitment to body-mind-spirit Self-Care?

By purchasing this Module (and investing in the other eleven Modules of this series) you have taken an important step toward Self-Care. We invite you take the next step and become a valued member (for free) of the Self-Care Revolution™, a weekly educational and empowering tele-seminar and so much more.

Don't take this journey alone; invite your friends and family, too.

For more information on any of the membership levels and upcoming events visit:
www.JoinTheSelfCareRevolution.com

This is an exciting opportunity to create powerful changes for yourself and collective wellness worldwide. This revolution is raising awareness to a new level of understanding of what is “The True Health Care”.

Join us in this call to action to create a world that works for everyone with health and vitality.

**With love from Robyn, Kevin and your Self-Care Revolution team,
The Best Gift you can give another is a healthy you!**

About Santa Fe Soul Health & Healing Center:

Santa Fe Soul Health & Healing Center for holistic and preventative healthcare is the vision of founder and director Robyn Benson, Doctor of Oriental Medicine. We welcome you into this beautiful space to meet our highly experienced health care professionals where you will learn about the benefits of many services such as Acupuncture, Biofeedback, Chiropractic, Therapeutic Massage and IV Therapies, as well as our innovative leading-edge energy technologies.

Santa Fe Soul was built from the ground up in 2004 as a consciously created sacred space for health and healing with a purpose to offer you the best health care. Our community of practitioners will work together with you to compliment any medical treatment you may be undergoing. For more information, feel free to visit us online:

www.SantaFeSoul.com

JOURNAL

UNLEASH YOUR BRAIN POWER

Most everyone has heard that on average we use less than 10% of our brain capacity. Imagine how your life will be different as you tap into the other 90% and live from the fullness of who you are daily. This is possible in this module as you engage with the Self-Care Revolution and our expert speakers.

What do you do daily to sustain your sharp memory, and to wake up and fall asleep with a clear mind? Tune into your brain; ask what it needs to be free of the buzz and incessant noise that steals your precious moments and freedom to enjoy the now.

*Each day take just 10 minutes each morning and evening to write about what ‘**Unleash Your Brain Power**’ means to you. See what you can incorporate or learn. In the next module you’ll learn how you can ‘**Restore Your Health by Earthing, Electro-Sanitizing, and Growing Your Own Garden**’.*

Let us know how you are doing. *We are here to support you!*

Questions:

What do you do daily to sustain your sharp memory and to wake up and fall asleep with a clear mind?

Tune into your brain; ask what it needs to be free of the buzz and incessant noise that steals your precious moments and freedom to enjoy the now.

To continue the journal, become a free Self-Care Revolution™ member at
JoinTheSelfCareRevolution.com

Testimonials:

"The Self-Care Revolution™ is brilliant as it speaks to the only solution for the health care crisis we are in. *Take responsibility for your health.*"

Norm Shealy, MD, PhD

"The Self-Care Revolution™ is on the cutting edge of Americans and our global community taking Responsibility for their Health, Wealth and State of Happiness."

Steve Rose (Health and Wealth Advocate)

"The Self-Care Revolution™ is truly phenomenal, and is a revolution and a movement whose time has come. I can't think of a better cause that we each need to awaken to daily in order to do our great work in the world. All I can say is the speakers have been outstanding."

Vince Hughs (Entrepreneur)

"Self-Care is the True Health Care. That says it all! Thank you for taking me on this fabulous journey with you and your incredible speakers. I am a changed woman from the inside out."

Helen Stucky (Historian, Founder of Wellness Weavers)

"Nothing like Rockin' my Self-Care this year. I feel and look better, and my career and prosperity is better than ever. The tools I have learned are priceless. My Self-Care Lifestyle is here to stay. Watch out world!"

Hillary S. (Hautepreneur, Designer)

Pay It Forward:

A big part of the Self-Care Revolution™ is the "*Pay it Forward*" message, so much so that we dedicated one full month to it, with seven speakers. Why not pass this book forward to someone else after you are complete with it, so that Self Care, the True Health Care message, will awaken in every single person on this planet. And ahhhhh, imagine how much more peace, true joy and connection that will bring into our lives.

WITH LOVE FROM YOUR SELF-CARE REVOLUTION SUPPORT TEAM!

MICHAEL GELB

MichaelGelb.com | Speaker, Seminar Leader, Organizational
Consultant, Author of *How to Think Like Leonardo Da Vinci*

BRAIN POWER: IMPROVE YOUR MIND AS YOU AGE

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Robyn: Hello, everyone, and welcome to month four of the Self-Care Revolution™. This is Robyn Benson. I'm a Doctor of Oriental Medicine and the founder of Santa Fe Soul Health and Healing Center.

Kevin: And I'm Kevin Snow the Desert Shaman and a Self-Care Coach; happy to be here today.

Robyn: So, we are excited. We have moved from month three, which was a big time month. Wow! We had 11 speakers.

Kevin: Wow!

Robyn: It was all about releasing and transmuting trauma. And we just want to let you all know that we had a very amazing day last Wednesday. The first ever Global Release Trauma Day and it was a huge event. A lot of people from all over were there, live with us. And we've decided that once we do some edits, we're going to get that out to all of you as a gift. We really want you to have that at any time that you may need it and also to be able to share with your loved ones.

Kevin: Definitely.

Robyn: Yeah. So, here we are at month four. Kevin, can you believe it?

Kevin: Wow, incredible!

Robyn: When I think about planning this month several months ago and wanting to start out our theme "Unleash Your Brainpower" with our dear friend Michael Gelb, we are really here and doing that. And not only that, we planned this when Michael travels all around the world literally and we have him here live in our Santa Fe Soul Health and Healing Center.

Kevin: Incredible.

Robyn: Live studio. That is, becomes live every Tuesday for Self-Care Revolution™. So, Michael, welcome.

Michael: Thank you very much.

Robyn: Thank you for being here and I have a...let's see, where do I start?

Kevin: With a bio.

Robyn: It's a quite a bio. I had to like figure out what do I, I can't like clean just anything here.

Kevin: Nice.

Robyn: So, Michael Gelb is the world's leading authority on the application of genius thinking to personal and organizational development. He's a pioneer in the fields of creative thinking, accelerated learning, and innovative leadership. Gelb lead seminars for organizations such as DuPont, Merck, Microsoft, Nike and YPO. He brings more than 30 years of experience as a professional speaker, seminar leader and organizational consultant to diverse, international clientele.

Michael Gelb is the author of 12 Modules on creativity and innovation including the international best seller *How to Think Like Leonardo Da Vinci: Seven Steps to Genius Every Day*. *How to Think Like Leonardo* has been translated into 25 languages and has appeared on the Washington Post, Amazon.com and the New York Times best seller lists.

A former professional juggler who once performed with the Rolling Stones and Bob Dylan, Gelb introduced the idea of teaching juggling as a means to promote accelerated learning and team-building. He's the author of *Five Keys to High Performance: Juggle Your Way to Success*. Also, in 1999, Michael Gelb, won the Brain Trust Charity's "Brain of the Year" award; other honorees include Professor Stephen Hawking, and Bill Gates, and Gene Rodenberry.

Michael Gelb's passion for applying genius thinking to personal and organization development is also expressed in his Harper Collins release *Discover Your Genius: How to Think like History's Ten Most Revolutionary Minds*. Published in 2010, *Wine Drinking for Inspired Thinking: Uncork Your Creative Juices*, offers a unique, original and very enjoyable approach to team building.

And finally, what we're going to be talking about today is his most recent Module, *Brain Power: Improve Your Mind as You Age*. Wow!

Kevin: Wow, awesome!

Robyn: Quite an amazing history you have here Mr. Michael Gelb. We're glad to have you here and we are excited to hear about your Module.

Michael: Sure.

Robyn: So, why don't we start off with... we ask all of our speakers, because this is Self-Care Revolution™ and we were really laying out the twelve-month series. You know, obviously brain health is really is key and we're only supposedly using what, 10% maybe. So, how did you – out of all these Modules that you've written, how did you come to write this Module and can you share a little bit with our audience what the main steps or the seven steps to brain health are all about?

Michael: Well, I've been teaching this kind of material for more than 30 years but now that I just turned 60, getting really serious. And the good news is that the scientific research has caught up with what I was teaching 30 years ago about improving your mind as you get older because this used to be dismissed as sort of new age positive thinking and wishful thinking and soft thinking to imagine that you can actually improve your brain. But that's the really important thing for people to understand that in our lifetime, in over the last 30 years or so, the paradigm has shifted dramatically.

When we were growing up it really was believed that your brain will decline with age and there was nothing you could do about it. It was pretty much established that brain development ended at age seven. And by that point, your mental potential was set for this lifetime and there was nothing you could do about it.

Everybody's heard now about this new word "neuroplasticity". And the thing about neuroscientists, they're not casual about making up new words. So, they only make up a new word when they have a genuinely new phenomenon. And "neuro", of course, means brain cell, which you have more than 100 billion and plasticity means changeable, flexible, and adaptable. So, what we've learned is that your brain is indeed changeable, flexible and adaptable, going on developing it throughout your life.

And more than that, they made up another word, "neurogenesis", genesis meaning

birth. You can actually develop—you can grow—new brain cells as you get older.

Now, in order to really understand this paradigm shift, I made up two new words to help people appreciate what the old paradigm was. The old paradigm was neurostatic. Stasis means it's not flexible, it doesn't change. It can't grow. We grew up with the neurostatic paradigm but it was even worse than that. We also grew up with the neuronecrotic paradigm, necrosis means death. So, we believed that at best your brain was fixed and the worse, it was slowly dying and there was nothing you could do about it.

Here's the deal, even the enlightened kind of folks who are part of our conversation today and are enjoying the Self-Care Revolution™ excellent lineup of speakers and great interviews and so on, are probably familiar with the idea of neuroplasticity. Most people heard this term. But nevertheless, we grew up with such a dominant notion of neurostasis and neuronecrosis. That although we maybe theoretically familiar with the idea of neuroplasticity, we haven't yet integrated a truly neuroplastic approach to life into our everyday existence and that's why I wrote "Brain Power".

The focus of "Brain Power" is really simple. One of the research-validated practical, simple things that the average person can do to improve their mind as they get older. And all these things also happen to be research-validated to prevent dementia, to prevent Alzheimer's. But it's better not to think about prevention because that's sort of defensive, better to think of improvement.

Robyn: Right, right.

Michael: Actually improving. And the very first thing that people can do is to really integrate this understanding of neuroplasticity and neurogenesis into their lives today to really recognize that your brain is designed to improve with use.

That's why I wrote the Module and when you read the Module, you'll find it – I mean, it's like writing a PhD thesis because I actually put in the chapter and verse of the research that supports all of these conclusions. So, go as I did. Go back and read the original research that establishes this new paradigm so that you really get it. Then, be on the lookout for the kind of automatic programming that we all tend to indulge in unless we're really careful. People say, "Oh, I'm having a senior moment," when they forget something. "Oh, I'm not what I used to be." And in these subtle but powerful ways, they program themselves to decline. And it's beside the fact that it's absurd.

I mean, how much stuff does the average eight or nine or ten-year old forget in school every day? Tons. The teacher confronts a ten-year old, doesn't say, "Oh, my God. I'm ten years old and my memory is going." They don't say, "I'm having a junior moment." But, for some reason, I felt like to get together and commiserate and that word means to be miserable together. "Oh yeah, I'm not what I used to be," "Yeah, I used to be sharper," "Oh, my memory is going," blah...blah. Now, look, let's get real.

I turned 60 and three and a half years ago, I had a total hip replacement. Sixteen months ago, I had a total knee replacement because I wore those parts out. And the reality of aging is yes, some parts do wear out. I did lots of martial arts, lots of sport, I wore out these joints. Fortunately, I could get new ones. The really good news is your brain is not one of the parts that wear out. The more you use it, the better it gets.

So, the only real question then is, what are the best ways to use it? What are the best ways to use it? So, once you to understand that it's designed to improve with use. You could nurture it on a daily basis by taking a dose of GFH. And no, that's not the latest anti-aging serum. It stands for Gratitude, Forgiveness, and Humor. So, these are the most sustaining attitudes in terms of altering our brain and body chemistry into a much healthier balance on a daily basis. The most powerful pharmaceuticals are the ones you create for yourself.

Robyn: Right. And I like that.

Michael: And you create, you literally create them. You change your state. And we can now measure this when you allow yourself to feel gratitude. Do it consciously. Forgiveness could be harder for people but you have to recognize that forgiveness has nothing to do with the other person. It's just about whether you want continual flow of toxins running through your system or you like to heal yourself. Want to heal yourself? Forgive, move on. And humor, you're very serious there.

Robyn: You are too funny.

Michael: So, GFH every day. The other thing is clarifying your sense of purpose. The great philosopher Nietzsche said, "The commonest form of stupidity is forgetting your purpose." When you have a sense of a reason to live, a purpose beyond just survival, it marshals all your resources. It strengthens you on every level. And in study after study, people with a clear sense of purpose, are more resistant to dementia.

I also found out, another piece of research I found out was really quite confirming is

they actually proved that older people really are wiser. Not that we needed science to tell us that. So, those are the attitudes that set the stage for...

Robyn: Gratitude, forgiveness, and humor.

Michael: Gratitude, forgiveness and humor.

Robyn: I thought you're going to say HGH. In my world, human growth hormone is a very... you want to have high levels of human growth hormone as you age. Sure, we're going to get into supplements, though.

Michael: We'll talk about supplements but the best way to maintain your endocrine balance is with exercise.

Robyn: Absolutely.

Michael: Again, it's creating your own pharmaceuticals through your own activity, your own choice. So, we'll skip over the second principle and go straight into the exercise and we'll come back into the second one because everything relates to everything. And, we can go in any order. But, exercise is just one of the absolute simplest best things we can all do. Today, I mean, could there be anybody who doesn't know this? But the question is, are you doing it?

Robyn: Right.

Michael: And the problem is that people try to get into some sort of exercise program and they treat themselves very mechanistically. They try to force themselves to go to the gym and slave away on some treadmill or something, which is kind of a dreadful metaphor for existentially meaningless life. I mean, I spent my day in the treadmill at work and on the treadmill, you know, and then you turn on the news and it's about all the deaths and murders and misery in the world. And you wonder why that exercise program isn't working for you.

So, find ways to exercise that you love. Just find things you love to do. You can go settle for dancing, you can do yoga, go for a walk, just find things you love and do something every day. The benefits are in every aspect of your life. Dr. John Ratey at Harvard's shown that exercise is probably the single best treatment for depression, for example.

Robyn: We're dedicating the whole seventh month of Self-Care Revolution™ to

exercise as medicine.

Michael: I mean, just don't wait for month seven. Make sure you start now.

Robyn: Absolutely. Yes, it's 11 pathways, right?

Kevin: Right.

Robyn: Yes, that we talk about too in the Self-Care Revolution™.

Michael: Well, it's also critical for your brain because a lot of what passes for memory loss as people get older has nothing to do with aging and everything to do with oxygen delivery to your brain. Your brain is about 2% of your body's weight. It uses more than 20% of the body's oxygen. And a lot of what passes for the so-called senior moments are just moments where you're not getting enough oxygen to your brain.

So, in one classic study, they took older people, tested their memory and then put them in an oxygen tent for 15 minutes. And what do you think happened to their memory scores after the oxygen? They went up significantly. Another group of older people, memory test, before carotid artery surgery to clear out the artery that brings the blood or the oxygen to the brain. After the carotid artery surgery, every score went up dramatically. Don't wait for an oxygen tent or carotid artery surgery, regular exercise.

Dr. Walter Bortz is one of the people I interviewed for the Module. He's in his 80's. He's run 40 marathons, and he's been researching this for many years. And his conclusion is really simple. And he measured this on himself, exercise is a 30-year age offset. So, in other words, his physiology tests out at age 50 and he's still running marathons.

The second of our principles focuses on continuous learning, learning something new, preferably every single day. Doesn't take much time to get the brain benefits, about 15 minutes. These are... the greatest effects come from learning something that's new and challenging. Novelty and challenge yield brain benefit. So, most people are familiar with the study in the New England Journal of Medicine came out. For some reason, crossword puzzles got all the publicity. Yeah, you should do crossword puzzles. Well, crossword puzzles were not the most effective thing that they found prevented dementia. That's the mental sports like chess and bridge. Crossword puzzles are good.

Robyn: Go or what's the one...

Michael: Go is much more, go, yes go.

Robyn: Okay.

Michael: Go is 19 lines by 19 lines, black and white stones that you place on the intersection of the lines, a number of possible combinations is much greater than chess.

Kevin: Okay.

Michael: It's a fabulous workout for your brain. But maybe you don't want to play chess or go or bridge, fine, learn a musical instrument, learn to speak a new language, or learn how to juggle.

Kevin: Juggling. Yes, we definitely wanted to ask you about the juggling.

Michael: Well, Professor Arne May and his colleagues at Regensburg University in Germany found that adults who practice juggling for 15 minutes a day over a three-month period showed significant measurable improvements in their brains. And this got published in, it was in Reuters, it was in CNN, it was all over the world. Juggling creates brain benefit.

And this is significant for two reasons. One is it shows something that, as a former professional juggler, I always felt must be true that juggling was indeed good for you. Now, somebody proved it. Well, that was great. But it's also one of the experiments that help establish the new paradigm of neuroplasticity. And you know why the paradigm changed? You know why science changed? Why did they change their minds? Because we developed the technology, the MRI, so we could actually measure your brain. And we could watch, we could measure you at the beginning, in the middle, in the end of the juggling and say, "Look at that. That brain is improving!" We can see the physical changes in that brain.

So, we developed a technology and that allowed us to figure out that we could indeed improve the brain. And I was thrilled, as you can imagine, to discover that juggling is one of the best ways to do it.

Robyn: And you wrote a whole Module on juggling.

Michael: That is correct.

Robyn: Once again, “Five Keys to High Performance: Juggling Your Way to Success”, you teach this to your top CEOs in all the companies that you train with?

Michael: Yes, I’ve been teaching people around the world how to juggle for more than 35 years. I teach big groups of corporate executives. Not too long ago, I taught a thousand IBM folks at the Renaissance Airport Hotel in Atlanta, how to juggle. I actually have a collection of corporate juggling balls with various logos on them.

Robyn: That’s great.

Michael: We use it as a metaphor for the learning process because learning anything involves not being afraid of, so to speak, letting the balls drop. You’re not going to learn how to juggle without dropping the ball. So when I teach people, I teach them to focus on the throw and don’t even worry about the catch. Drop the balls on purpose. And they relax, throws get better, the balls start landing in their hand and before they know it.

We also put them in teams and we help support each other. And what’s great is that even if you don’t know how to juggle yourself, you can help create a supportive learning environment for your colleague and that person will learn faster. And if that translates back into the workplace, as people know as well, we could just create a supportive learning environment in the workplace. And instead of viewing mistakes as wrong and disaster and failure, we can view them as learning opportunities. And while we’re trying to learn something new, we can anticipate the likely mistakes, like dropping the balls and make them on purpose in a safe environment so that we can learn faster from those mistakes.

So, in my “Brain Power” Module, Dan Amen, he’s a great guy. You probably know him from public television and his great work on changing your brain and changing your life. He’s the guy who’s done, now probably, I know he did at least more than 50,000 brain scans. He’s probably done another 10,000 since we’ve heard from him. He was kind enough to give a wonderful endorsement to my “Brain Power” Module. He called it a blue print to optimize your brain and improve the rest of your life.

And he was very kind. I was able to do an email exchange with him about some of the principles especially in this chapter because I knew it was right up his area of expertise. And one of the questions I asked him was, “What if people don’t want to juggle?” I mean, as hard as that is for me to believe, or “I don’t want to play a musical instrument” or these other things as learning a new language. And he suggested that just find anything that’s new, preferably more challenging, and devote 15 minutes a

So, that seems to be the underlying point that you're challenging your brain. And it makes sense. And it's also very liberating because most adults don't want to do something new because they're afraid of making mistakes and they only want to do things that they're good at. But you get more benefits for your brain if you do something that's more challenging.

So, if you're awkward. If you think, "Oh, I can't juggle. I have no musical talents. I'll never learn a language." It's that much better for you to go ahead and learn that seemingly impossible thing. Moreover, if you stick with it, you will indeed learn it and then you'll find that you realize you can do anything you want. You can learn anything you want to learn and that's a tremendous revelation to have at any age.

Kevin: It really is, definitely. Especially through that when you're talking about purpose. So, there's a lot of people that use that as a block to fulfilling their purpose, right? "I can't learn this particular part of it."

Robyn: The revolution, the revolution for Kevin and I, so we have stretched, our brains have been through major shifting and major out of the box, start a revolution and that will definitely be because we are out of the box. Oh my, gosh! We're only, yeah. We've got quite a ways to go. But we're sticking with it because we love what's happening in this huge community that's growing globally. And our brains are getting healthier by the day.

Kevin: And the folks that are there right now are learning something.

Robyn: We learned "neuroplastic", this is great. We didn't even know this part. The goodness part of this revolution, for us personally, other than all that we do know is huge... that our brains are growing.

Kevin: Robyn asked me if I knew how to interview people and I said, "No, but I can learn."

Michael: You definitely look much younger since you started.

Robyn: Thank you.

Michael: Definitely.

Robyn: Oh my, gosh.

Michael: Okay. So, shall we move on?

Kevin: Yes.

Robyn: Let's move on.

Michael: Okay. So obviously, nutrition, diet, I'm sure you're going to have a whole month on that if you haven't already.

Robyn: Yes, month two, month one.

Michael: Again, it bears regular review and it's always requires fine tuning. And here's the thing about diet nutrition, it's enough to drive you crazy because there are so many people with such strong passionate views about diet and a lot of times they'll tell you the exact opposite things. So, all my vegan and vegetarian friends, all they talk about is the plant-based diet.

Kevin: Right, we've heard about it.

Michael: Eating clean and all that sort of stuff. But then my paleo friends say, "Hunt it down, kill it, eat the still-beating heart and have a few nuts and seeds and you'll be fine." So, I'm not going to take a position on either of those. Instead, what I aimed to do was interview neuroscientists and look for the consensus, look for the things that everybody agrees. I mean, not everybody agrees that you need to be a vegetarian or not everybody agrees you need to do the paleo diet. But everybody agrees, for example, that you need to drink enough water.

Robyn: Right.

Michael: Let's just start right here with the most basic one, water. Your brain is 80% water and you need to stay hydrated and most of us suffer from low-level chronic dehydration.

Robyn: Right.

Michael: So, it's just one of the absolute, simplest things you can do is to drink pure, fresh water throughout the day, plenty of fruits and vegetables, obviously, because of the high water content. So, really simple, number one, before you worry about all this other complex stuff, drink more water.

I couldn't find anybody who said, "Oh yeah, you should eat more sugar." Really

couldn't find any neuroscientist, not one neuroscientist that says, "Oh yeah, you should eat more sugar." The piece of consensus I got was, avoid unnecessary sugar, avoid unnecessary sugar. So, it doesn't mean that in the normal flow of your diet, you can't enjoy something sweet. But adding sugar to your tea, for example, is something you want to slowly ease yourself away from.

And let's say you're having your tea and some nice fresh strawberries, oranges, or something like that. So, instead of putting sugar in your tea, take a bite of the strawberry, feel the sweetness, and then take a sip of your tea and you'll get the effect of the sweetness of your tea from your strawberry, just for example, from my orange. And you'll enjoy both of the tea and the fruit way more.

Kevin: Okay.

Robyn: Okay.

Michael: Because I'm into pleasure, big time and I don't like to recommend things that aren't more pleasurable. So, the other thing you have to be careful of is that sugar is a stealth ingredient in so many different foods even at the health food store.

Robyn: Right.

Michael: It's horrifying. It's like I feel help, help the paranoids are after me. But I do feel paranoid when I go because I don't want to eat unnecessary sugar and I'm at the health food store and I'm trying to buy chicken broth. And I read the label on the five different types they have and there's only one chicken broth that doesn't have organic cane juice. Well, that's sugar.

Robyn: Right.

Michael: I don't need sugar in my chicken, just doesn't belong there or in my ketchup. Tomatoes are sweet enough. I don't need sugar in my ketchup, just for example. I don't need it in my cannellini beans. So, it's in all these things that – it's in the crust of California Pizza Kitchen pizza. Unfortunately, that's required vigilance to avoid eating tons of unnecessary sugar. And why are they in there? Because they're addictive. They're in there because these are businesses and people want to sell you more of the stuff and we just get addicted to it. We don't even know.

Robyn: And that's bad for your brain. I mean, it just makes you, you can't focus.

Michael: It's not good for your whole system.

Robyn: Of course.

Michael: I mean, we can't really separate the brain from the rest of our self.

Robyn: So, we're talking about brain cells. I mean, it's dramatic. We want to improve every single person on the plan's brain function. So, that's your big message here, from the dietary part.

Michael: Avoid unnecessary sugar.

Robyn: Right.

Michael: If I could sum it up for you. Michael Pollan, in "The Omnivore's Dilemma", said it best, I think. He said, "Don't eat anything that your great, great grandmother wouldn't recognize as food."

Kevin: Okay, yeah.

Michael: So, it's just so obvious you want vitality. Eat things that look vital, that are fresh, wholesome, preferably organic, and that look alive. I mean, that's how I buy things at the store. I mean, I'm using my analytical mind to read the label and find out if there's anything that I don't want, which in case, I don't get it. But basically, what I'm doing is I'm walking past the vegetables and I'm looking which ones looks the freshest, the most inviting. I walk past the fish counter, if it's not shimmering and glistening with freshness, if it doesn't look like it was just swimming recently, thanks, I'll pass.

So, it's common sense. But it's very uncommonly applied. So, look for things that look vital, wholesome, fresh, lots of life force. And then, the other critically important diet principle is to enjoy eating.

Kevin: Yeah.

Michael: To make is to sit down, relax and enjoy your meal, dine with friends at least once a day, friends or family; the process of sharing and savoring and gratitude for each meal, little red wine with dinner.

Robyn: For inspired thinking.

Michael: Inspired thinking.

Robyn: Love that title, Michael. We'll talk about that whole thing next time.

Michael: And a little bit of 85% dark chocolate.

Robyn: Oh, absolutely, you're right.

Michael: Life is really, really beautiful. These things are healthy for you and obviously in moderation, in moderation because you can enjoy, make every dinner a sacrament to make it a ritual of sharing and gratitude and celebration. I think the attitude with which you dine is even more important than what you're eating, in most cases. If you're constantly neurotic and worried about, "Oh my God, there was a fleck of this or a grain of that in my food," you're going to be so miserable. Health foods aren't going to help you.

Robyn: I believe that.

Kevin: And I think the, we're talking about intelligence. And I think that's a style of intelligence, right? ...to be able to recognize what is vital, what is right, and what is enjoyable because I think our brains get so fogged with some of this imitation food that we lose track of...

Michael: I have a confession to make, I like to watch TV. I like to watch sports, I like to watch Seinfeld, I like to watch The Big Bang Theory. Of course, I have T-Box. So, I don't have to watch the hideous commercials.

Kevin: Right.

Michael: But even fast-forwarding through the commercials, which is all I ever do, I see the hideous food porn. I mean, disgusting poisonous things that they're trying to make look appealing with the equivalent of air brushing a model. That's what they're doing with just hideous foul things, one after the other. We're going for a drive a while ago and I say, "Well, too bad we don't like to eat really crappy food," because it's everywhere.

There's fast food, it's everywhere. The easiest thing in the world to do is to eat poorly in this society and it's hard to eat, to find fresh, glistening, beautiful things especially if you're on the road or at the airport.

Kevin: Definitely, yes.

Michael: I carry my own, I carry these organic almonds and pistachios, some dried fruit, and fresh fruits when I can and I have my 85% dark chocolate with me. So, when I'm in an airport, as I was not long ago at 11:00 at night in Singapore for a two-hour layover and there was no food available and I was hungry, I don't have to use the vending machines. I don't have to have to, you know, so you have to...

Robyn: That's definitely a self-care strategy for the travel you do, Michael.

Michael: Yeah.

Robyn: Great, Michael.

Michael: Yeah.

Kevin: To have it with you, it's convenient.

Michael: This does have to be a priority for you because the default setting is junk and not just the food but also in the environment. The default setting is junk. And the next principle is to create what I call a brain-nourishing environment.

Robyn: What number are we on right now? Are we number seven?

Kevin: Five.

Robyn: Number five, okay.

Michael: To create a brain-enhancing environment. So, the impressions that you experience every day, the sensory impressions are food for your brain. And again, the default setting is junk. It's loud noises, it's somebody blasting at you if you turn on your radio or screaming at you on the television or billboards trying to sell you stuff that you don't want or need. That's the bad news. The good news is that we have more access to incredible beauty than ever before. We can press a couple of buttons on your computer and you can listen to all of Mozart, all of Mozart. I mean, it's just unbelievable.

Kevin: Yeah, that's amazing.

Michael: And my dear friend, Don Campbell, passed away sadly last year. But he wrote this great Module called "The Mozart Effect". And he put together a lot of the research that began when they played some Mozart music to students out at the University of California before a test on spatial reasoning and they found that those

students scored higher. So, they started experimenting with, what effect does listening to his music have on performance in many different kinds of areas.

And Don was really passionate about applying it in healthcare. He did a number of experiments where they played Mozart music in the ward of hospitals. And in those wards, patients recover faster. They get fewer infections. And my favorite thing that came out of one of the studies was the nurses in the ward where they played the Mozart music report more job satisfaction.

So then, they've done studies where they played Mozart music in plant nurseries and the plants grow better. And my favorite though is when they play Mozart music in the dairy, the cows give more milk.

Robyn: Yes.

Kevin: Wow.

Michael: They call it the "Mozart Effect". So, listening to beautiful music. On your screensaver, you can get all of the artwork of Leonardo Da Vinci displayed for free, or of Monet, or of Cezanne, or of Georgia O'Keeffe, or of Mary Cassatt, or whoever you like but you can, again, create beautiful imagery. Put some fresh flowers on your desk, create beauty.

Beauty is a high-level food for your brain, for your soul. But you have to consciously avoid sugar, consciously seek out fresh wholesome food. You need to consciously seek out beautiful impressions in your everyday life. But this can be done without much expense.

Then there's another aspect of a brain-enhancing environment that's so important that I made it its own separate chapter. And that is the idea that social wealth is at least as important as financial wealth. Especially as you get older, having loving, caring relationships and interactions on a regular basis is literally food for your brain.

So, in a classic study, people on their 80's, they control for as many factors as they could, they follow them over the next four years. People who defined themselves as lonely were much more likely to get Alzheimer's and other form of dementia. People who had three or more regular positive social interactions were less likely, or much more resistant. The problem is, again, as you get older, it's all too easy to have a narrower circle. And when you reach a certain age, your friends, many of them are going to die.

My mom and dad, my dad is 85, my mom's 83. They have one friend left alive from their old life. Fortunately, they moved into an active retirement community, which is truly the best thing they could possibly have done because of the social interaction. They dine with their friends every night. My dad brings a bottle of wine. They have debates, they have discussions. They have conversations. This is really important.

George Burns sort of summed this up when he turned a 100. He said, "I'd like to go out with women my own age but there aren't any left." So, it takes effort. Dr. John Cacioppo is the one who coined the phrase, "Invest in your social wealth".

Kevin: Okay. We're doing that, right? We're investing in our social wealth.

Robyn: Oh, my god. Didn't George Burns also say something like, "I'm living this long because I'm so full of preservatives."

Kevin: Oh, nice.

Robyn: I'm not sure if that's a good Self-Care Revolution™ message but he was funny. I wish I hadn't said that.

Michael: Humor, I think that was...

Robyn: Humor is a good one.

Kevin: Keeping him going for sure.

Robyn: Oh, yes.

Michael: I have to say it's really fun in the chapter called "Cultivate Healthy Relationships" and then in parenthesis and says "And stay sexy". That's the other part of healthy relationships is we tend to think of sexuality and sensuality only being for younger people and that's obviously absurd. You can enjoy a fulfilling healthy, loving, intimate life as long as you do all the other things in the Module. Because much of our passes again for lack of sexual functioning in 50's, 60's, 70's, 80's and 90's has nothing to do with sexuality per se and everything to do with the fact that you're just way out of shape and you've been out of shape for 30 years.

Robyn: You have low oxygen utilization and that's not a good thing. Absolutely.

Michael: I mean, believe me, I think it's a great blessing for people, Viagra or other things that they need that, God bless. I mean, people need all the help they can get, so

on and so forth. But this comes back to the point we made earlier about you are your own, you create your own pharmaceuticals. And if you are exercising consistently, if you are eating a thoughtful, mindful diet, if you have a purpose in your life, if you're feeling gratitude, forgiveness, and humor on a daily basis, if you're continually learning something new, if you're interacting with people, if you're creating environments of beauty, you are going to be creating the chemistry you need for high levels of sexual functioning. There's just no reason not to be highly functional throughout your life but it's a long-term investment in your wellness.

Another thing that I think is very – just tend to be kind of dishonest about the commercials for Viagra and the other ED treatment things is they always feature these people who are stunningly good looking. They look like they might be 40 at most.

Robyn: Yes.

Michael: And they're fit, they're slim, they're good looking, the women are gorgeous, the men are handsome, they are always fixing sailboats and driving muscle cars and there's always hip music playing because they're so cool and they're so hip. But that's not who really is going to need it because those people who look that cool, "My body has a purpose. I get paid a lot to do these silly commercials."

Robyn: You know, as part of the Self-Care Revolution™ and why we do 12 months. I mean, this whole series is designed, and why the word revolution helped create a fundamental change in the 15, the 20, the 30, 40-year olds that you don't even have to get to this place if you're practicing self-care in a regular basis.

Michael: Exactly, that's the point. It's a revolution. So much of this is in our responsibility and it's our choice, we have the choice. I mean, yes, okay, you may have some genetic markers for a particular pathology but that's just a predisposition in any case. You still have a huge amount of leeway in how susceptible you make yourself to whatever genetic tendencies you have. And we dramatically underestimate that. And that's why it is a revolution to get people to realize that they have... we don't have ultimate complete power. It'd be nice if we did but I just don't think that's true. There's something that may be written for you that's just going to happen and then how you deal with them is in your power. So, we can only do what we can do but what we can do is a lot more than what we thought it was.

Robyn: Like 70%, 80% really, we have control over.

Kevin: Absolutely. And I think there's some very good science coming out that environment is a very important factor, even in the gene production. So that this idea of environment and so the environment ourselves are in it as we're talking about the environment we are in, as well as why I think it's great creating this environment, this brain-enhancing environment. So, you're really surrounding yourself like a cell, which surrounds itself with good stuff.

Michael: So, which reminds me also... social interaction is really important. But what if you don't like people? That's when my best friends are lucky that they like me but they really don't. They're not social but they like people. You get the same benefits from pets.

Robyn: It's true, it's true.

Michael: It's the same benefit from loving interaction with pets, even with plants. It's more about sharing, loving interaction and other sense of being.

Robyn: It makes me think of Dr. Norm Shealy, who's going to be at our live event in June.

Kevin: Right.

Robyn: June 21st, 22nd, and 23rd, all of our listeners know about this. So, we have new people joining us today that we're having our live Self-Care Bliss Weekend. And Michael Gelb is going to be here for that. But Norm Shealy talks about what you're sharing right now, is how that increases our oxytocin. We also heard from Dr. Sara Gottfried, medical doctor and gynecologist and she talks a lot about oxytocin. And all these things that you're talking that are good for the brain that they ultimately are helping raise a really important hormone in our body.

Kevin: Absolutely.

Robyn: And then also Jen Landa spoke about oxytocin last weekend, last week on Self-Care Revolution™.

Kevin: Yes, this integral message, I think, is so important. That's why it's great to have people with specialties that come in and then we can combine them together like this, it's the environment.

Michael: So, putting it all together.

Kevin: Yeah.

Robyn: Yeah.

Michael: So, our next principle is rest, relaxation. Just like we're chronically dehydrated, we're also chronically sleep-deprived. And the brain needs sleep, it needs rest. That's why meditation is so good because it serves as a concentrated form of rest.

Kevin: It really does, I totally agree. I have experienced that in my own life. And definitely, I've heard some statistics on 20 minutes of meditation and several hours of sleep.

Michael: That's correct, yeah. I always pay special attention when there's something that's not just one genius throughout history has done but what they all seem to do and napping is one. Edison took naps on his desk in the workplace. Da Vinci took regular naps.

Robyn: How about Tesla?

Michael: Tesla was in a world of his own. He had his own generator.

Kevin: We're going to advocate naps in the workplace. How does that sound?

Robyn: We're going to make your office Kevin a napping environment.

Kevin: A napping environment, yeah.

Michael: So, making this again a part of your conscious intention to be sure you get enough sleep. If you don't get enough sleep and even if you do a nap, and even if you're getting enough sleep or having a nap, it's a really great idea to learn how to meditate, even just 20 minutes a day. And it makes a tremendous difference. But you know some people just have trouble sleeping, have trouble napping, have trouble sitting still to meditate. So that's why we have, also in the "Brain Power" Module, a link to a brain sync audio program especially created for this Module, created by my dear friend and co-author Kelly Howell.

Kelly is the founder of Brain Sync, one of the pioneers in the practical application of binaural beat technology. And the way this works is to entrain your brain into a desired brainwave state. So, we know for example that when we're awake, when we're active, when we're busy, our brains are in a very active state called "beta".

Everybody is familiar now with the alpha state, which you get in when you start to relax. The theta state is the state between sleeping and waking, which is often associated with genius breakthrough ideas. It's also the state that deep meditators are in and measure the brainwaves. And delta waves are waves that we measure when you're in deep sleep.

So, Kelly has created these exquisite audio programs. And when people get the Module, they can download the audio from the link in the Module. And you put on your headphones and you listen and in a little while, your brain will be in the same brainwave state as somebody who's been practicing meditation everyday for 20 years. So, it's like training wheels for your brain.

Kevin: I like that.

Michael: Because we wanted to give our readers all the help we possibly could. And yes, there's tips in the Module on how to get to sleep. There's a lot of advice on how to take naps. We teach you how to meditate, go through the benefits of meditation.

Robyn: So many techniques now that you are tapping into this called Health Sync, did you say, what?

Michael: No, it's called Brain Sync.

Robyn: Brain Sync and then there's Heart Sync and there's...

Michael: There's a lot of other syncs.

Robyn: All kinds of things out there.

Michael: There's a kitchen sink in the kitchen. Kelly's Brain Sync work is one that I recommend most heartily.

Robyn: But today, I mean really, we are seeing, we're getting all kinds of advertisement for you-name-it out there. There's all kinds of new brain enhancement, audio visuals. And you can go to your eye doctor and they're going to figure out how your brain functions to see how your eyes are working. So, how do you weed through out there, to—obviously this is one of the jumps when it comes to your brain performance and your ability to as you're talking about these four brainwaves—to really balance them out so you can go into a deeper sleep or just even to have focus.

Michael: Yes. I mean, I only put in the Module what I actually do and what I actually

recommend. And a lot about how I learn that was I asked neuroscientist. I didn't just ask them for the studies I read. I said, "What do you really do?" I ask them, what supplements do you take? What foods do you eat? What do you not eat? How many minutes a day of new learning do you think is really necessary to get the effect to get the change in your brain. So, I'm sure there are many other wonderful, fabulous things people can do but what I put in the Module is what I do.

Robyn: Can you comment then on what you think as the top three or four foods and supplement? What did you include in your Module?

Michael: What do I include in my Module? Well, food-wise more than specific food, it is the freshness and wholesomeness of the food. And the reason I don't like to recommend particular foods for people, I mean yeah, obviously you eat your spinach, green vegetables, cruciferous vegetables, we all know research is pretty clear. These things are really good for you. But the ultimate diet is the one that you intuit is right for you. And some people digest grains better than others. Some people digest dairy products better than others. Some people, they really are better off, this is my real view, they're better off eating meat and other people are better off not eating meat. Some people really do well with lots of nuts and some people shouldn't have them.

So, there's nobody like you in the entire universe. We have to figure out what's right for you and we could either run tests on you between now and forever or we can help you tune in to your own sensitivity and notice how you feel when you eat different things. And so, that's really what I recommend is beyond just general big picture common sense.

Robyn: Are there just any like top supplements for you personally, Michael, that you take on a daily basis?

Michael: I take the ones that you prescribed for me.

Robyn: Of course, you are one of my top patients.

Michael: I take the Myers' Cocktail.

Robyn: Could you tell our listeners what a Myers' Cocktail is?

Michael: Amazing injection of fabulous highly potentized vitamins and I think it's the magnesium that I like the most.

Robyn: Magnesium, high in vitamin C.

Michael: Vitamin C and the B vitamins. So, I get a Myers' Cocktail from you after every trip which is why I haven't had a cold in four years, despite traveling zillions of miles and going across time zones and teaching seminars and the acupuncture helps too, I still have to say, acupuncture too. I mean, I take a high quality multivitamin every day. I take a green tea supplement every day. I take turmeric anti-inflammatory.

Robyn: Yeah, right like Turmeric.

Michael: I take a probiotic every day. I take a – we call it sludge, a cocktail of psyllium and some other healthy groovy things that we – I don't like it but I know, I really know it's good for me. So, I take a shot. I take a glass of that at night.

Robyn: You take your cup of coffee in the morning, you take the sludge.

Michael: I do the sludge at night before I go to sleep.

Robyn: Oh, really?

Michael: Sludge at night before I go to sleep.

Robyn: Interesting.

Michael: So, those are pretty much the simple things that I do. I get a lot of sun so I don't always need to take D3, but it is one of the things that most people are short on and you can't test for that to find out if you need it or not.

Robyn: Those are all supplements that I think that we just – it's so hard no matter how well you eat that are hard to get. And even people that have most impeccable diet and even people who are in the sun all the time still have...

Michael: I just take the super complex fish oil every day as well too, because every single neuroscientist I talked to said yes on taking fish oil. They're all taking D3.

Kevin: Excellent.

Robyn: Great. You know what's going to be exciting is one of our speakers this month, Dr. Costello, she is actually a neurosurgeon and she does a lot of work with Lyme disease. And she's really going to talk about what it's like living in this toxic

world. So stay tuned for her. I mean, we really have and we said, “This is an unforgettable month literally,” with the speakers that we have. We have also Dr. Larry Dossey, who is going to be speaking about spirituality in health and also, he’s writing a Module called “The One Mind”. So, he’ll be joining us in two weeks. We also have Jim Kwik, a good friend of yours. He is going to be next. We’re going to be interviewing him next week. He’s world-known for memory. And yeah, he’s going to have a lot of tidbits to show us.

But any final, we’ve got a few more minutes, Michael, because we’re just getting warmed up. I think we could go several more hours with you especially with your 13 Modules. And no, this theme alone is a big one. But Kevin, do you have – I know you probably have few more questions.

Kevin: Yeah, definitely. I mean, we’ve had some questions come in as well. But we can definitely relay those. So, we’re talking about vitamins, we’re talking about food, lifestyle stuff that you do. You mentioned exercise. So, anything else that you’d like to share with our listeners?

Michael: Well, let’s just do a quick review.

Kevin: Yeah.

Michael: Know that your brain is designed to improve with use. GFH - gratitude, forgiveness, humor. Find your life purpose. If you don’t know what your life purpose is, I’m going to tell you what it is right now, it is to find your purpose. Gratitude, forgiveness, humor, life purpose, learn something new 15 minutes a day, the more challenging, the more novel, the better. Regular exercise, find something you enjoy every day. Every day go for a walk, ride your exercise bike, take a dance class, go to yoga, keep moving to stay young. Diet: wholesome, fresh, alive, drink more water, avoid poison, avoid sugar, unnecessary sugar, avoid a preponderance of high glycemic foods, tune in to what really works for you and enjoy dining. Most important, enjoy dining, savor every meal. Ask yourself the magic question, what am I in the mood for? And most importantly, the other magic question, how will I feel after I eat it?

Kevin: Okay.

Robyn: Yeah.

Michael: If you will just ask, how will I feel after I eat it? You want to feel good after

you do anything that you do.

Kevin: Absolutely.

Michael: Create a view of beautiful environment for yourself everyday in simple easy ways, listen to beautiful music, great beautiful imagery, fresh flowers on your desk, take time to appreciate beauty, cultivate friendships, invest in your social wealth, give yourself enough time to sleep well, make time for napping, learn to meditate and do the Brain Sync program to help you meditate, to help you sleep, to help you rest. That's the essence of the, there's a lot of chapter, verses, lines, specific recommendations with that. And I think one really does need to do all of those things.

Robyn: Right.

Michael: So, some people say, "Diet is everything." No, it's not because if you exercise regularly, you're more sensitive to your body and you're better able to answer the question, how will I feel after I eat it, what am I in the mood for now. You regulate your appetite much better by exercising. But if you eat well, you'll have more energy and then you'll be able to exercise. If you get enough sleep, you'll feel energized enough to go exercise and then you'll eat a healthier diet. If you know that your brain is design to improve with use and that you actually can make a huge difference through your self-care in this regard, then you're going to do everything else that we're talking about.

Kevin: Right.

Michael: Then you'll be more motivated to go learn something new every day, you'll feel better about yourself so you'll be happy to interact with other people, you'll look much better and you're much more likely therefore to be able to have sex.

Robyn: One question here before we end. I know the people can find out about you on your website, right?

Michael: MichaelGelb.com.

Robyn: And a bonus gift you're giving, there's lots of articles, right?

Michael: We give bonus gifts to all of humanity. So, if people go to MichaelGelb.com and go to the Articles page, there are 15, 16 free articles. Download them, share then with your friends. That's why we just put all, we just put the free stuff out there for

free, we don't use it. You don't have to sign up for our mailing list to get the free stuff. Just free stuff. The articles are there. And go to my Links page, there are five instructional videos on my Link page under Athena Online for how to give a better presentation, how to think like Leonardo, how to innovate like Edison, how to be a better problem solver, how to juggle and there's 15 other videos embedded. There's one on wine drinking.

Robyn: Mind mapping.

Michael: There's one on mind mapping. But what we do is we don't exactly tell you where you are so you have to spend some time on the site to find all these other ones. They're free so go look for them.

Kevin: That's a brain exercise there.

Michael: There is, yeah.

Robyn: So, for everybody who's listening, please come to our live event. As you can see, Michael Gelb is so wonderful to not only know but to engage with. He's so funny. We've had him speak here a couple of times. So, this is a great opportunity for you to meet him live.

Kevin: And juggle.

Robyn: And to juggle, right?

Michael: Yeah, I will teach people how to juggle.

Robyn: I just have to ask this one last question that I've always wanted to ask. In your process of writing this Module, what was the big "Aha" for you? I mean, you studied all the geniuses of our time. What was like the biggest "Aha" that we would end this call for everybody to take home and to practice with the rest of our lives in terms of self-care?

Michael: The biggest "Aha" was getting the scientific validation of something that I'd always known and taught, but getting the validation was an "Aha." Wow! This really is true. And it's even truer than I thought it was. And that is that your brain is designed to improve as you get older.

Robyn: Wow! Thank you so much. That was a great high note to end. And there's more to come with you in June. We can't wait. And thank you for this great interview.

Gosh, this is just packed with really important information.

Kevin: My brain is full.

Robyn: A ton of self-care strategy that we can all put together these seven steps. This is pretty much a good encapsulation of everything that we need to do for a long healthy life.

Kevin: Definitely, yeah this is. I'll be listening to this one again, for sure.

Robyn: Thank you all and stay tuned. We have another great speaker this afternoon, Dr. Tom O'Bryan, who's going to be talking about gluten, gluten intolerance and the connection with this huge, this silent epidemic that's going on that dramatically affects your brain health. So, stay tuned for us. We'll see you in one hour.

[End of Interview]

THOMAS O'BRYAN

TheDr.com | DC, CNN, DACBN, Certified Clinical Nutritionist,
Gluten Sensitivity and Celiac Disease Expert

UNLOCKING THE MYSTERIES OF GLUTEN SENSITIVITY, COGNITIVE COMPLICATIONS AND MOOD DISORDERS: HOW WHEAT HARMS THE BRAIN

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Hello, everyone, and thank you for being here for month four of the Self-Care Revolution™, for all of you who are joining the Self-Care Revolution™ for the first time, we are celebrating the month of Unleashing Your Brainpower. We just had a wonderful discussion with Michael Gelb and now, we are very excited to share with you Dr. Tom O'Bryan.

And the title of our topic today is “Unlocking the Mysteries of Gluten Sensitivity, Cognitive Complications, and Mood Disorders: How Wheat Harms the Brain”. My name is Robyn Benson. I'm a Doctor of Oriental Medicine and the founder of Santa Fe Soul Health and Healing Center. And I'm here with...

Kevin: Kevin Snow, the Desert Shaman, Intuitive Counselor. And I work out of Santa Fe Soul Health and Healing Center and I'm happy to be here today.

Robyn: Just again for all of you who are here for the very first time, this is our fourth month. We've started out with thoughts and food as medicine. Our second month was all about the important connection of breath and heart. And then, we just completed month three which is all about releasing and transmuting trauma. So, once again, we are here today with Dr. Thomas O'Bryan. Hi Tom, how are you today?

Tom: Hi Robyn. Very well, thank you.

Robyn: Thank you so much for enduring our whole theme song.

Tom: Well, that fellow had a message he wanted to deliver.

Robyn: I think so. We are very excited about Harold Pane, is the songwriter and also

Chris Miller. The two of them have come together to co-create that beautiful song. Usually, again, most of our listeners only get 30 seconds of it or more.

Tom: Today is the day.

Robyn: Today is the day. So, Dr. Thomas O'Bryan is an internationally recognized speaker and workshop leader specializing in gluten sensitivity and celiac disease. He is a “Sherlock Holmes” for chronic disease and metabolic disorders. He is a clinician par excellence in treating chronic disease and metabolic disorders from a functional medicine perspective. He holds teaching faculty positions with the Institute for Functional Medicine and The National University of Life Sciences.

Dr. O'Bryan is always one of the most respected, highly appreciated speakers. Dr. O'Bryan's passion is in teaching the many manifestations of gluten sensitivity and celiac disease as they occur inside and outside of the intestines.

In sensitive individuals, gluten sensitivity can trigger autoimmune disorders, epilepsies, thyroid disease, diabetes, migraines, chronic fatigue syndrome, and more. Perhaps one of the more surprising messages is the impact of gluten sensitivity on the brain. The dimmer switch that occurs in the brain especially in children is one that parents and caregivers would never suspect. Hold on to your seats because you're in for an investigative adventure with Dr. O'Bryan today. Thanks again for being here.

Tom: Thank you. It's a pleasure. Thank you.

Robyn: Yeah. I have been a practitioner, a Doctor of Oriental Medicine for the past 21 years. And as you know, any of us who practice integrative medicine, functional medicine, diet is huge and some say 80%. In fact, we introduced quite a few experts in our first month, I should say. And we really are glad that we saved you for this month because you're going to really illuminate how much it affects the brain, our memory, certainly how we sleep. It affects the whole body. So, why don't we start with...

Kevin: What is gluten?

Robyn: Start with what is gluten.

Tom: Well, good. Let me start with the quote and then we'll go to what is gluten. This is from the National Institute on Aging. And it was published in *The Annals of Internal Medicine* ten years ago. And what they said was, this is an exact quote. “While there are

many examples of people who live for 100 years or more with little evidence of the decline in brain function, many others are not so fortunate in experience a neurodegenerative disorder such as Alzheimer's or Parkinson's disease. Emerging findings suggest that dietary factors play major roles in determining whether the brain ages successfully or experiences a neurodegenerative disease."

Ten years ago, the National Institute of Aging, in *The Annals of Internal Medicine* told us diet plays a major role. Now, no one gets Alzheimer's in their 60's or 70's. You get Alzheimer's in your 20's or 30's. It just takes decades before there's enough tissue damage to where the symptoms become obvious. But all scientists know it's a decades-long process for your brain to degenerate. Unless there's some type of trauma or acute toxin exposure, it's over time. And the problem is that none of us pay attention to it until we've got symptoms. And the symptoms start when we're in our 30's. And we say, "Oh, I can't remember the way I used to. I guess I'm getting old." Haha! No, your brain is not working right. So, that's how I wanted to start today.

Now to, what is gluten? Gluten is a protein found in almost all grains. So, the first premise that I hope people walk away with today, is that gluten is not bad for you. Bad gluten is bad for you. And there's a family of glutens in wheat, rye, and barley that are toxic to most people. So, it's not all glutens. And people need to know that because somewhere they're going to read on the Internet that there's gluten in rice. And they're going to panic and say, "Oh, my God! I've been killing my brain because I've been eating rice." No. It's fine unless you have an allergy to rice, and then you just stay away from rice. But in terms of the discussion about gluten sensitivity with or without celiac disease, it's the bad family of glutens in wheat, rye, and barley.

Kevin: Alright. Yes, that's good to know because I do think that you're now always seeing the labels everywhere that it's "gluten-free", "gluten-free". I think that it scares people too. Like, "Oh, maybe I shouldn't be eating any of this."

Tom: Yes. Unfortunately, it's like the word "Xerox". I mean, that was the name of a company that made copy machines. But now, the word has become synonymous with an action. You say, "Would you please Xerox this?" And it's the same with gluten. It never should have been associated with celiac disease. What should have been associated is toxic glutens. But we shorted it to one word instead of two. And so we say gluten is bad. No, it's not. Bad gluten is bad.

Kevin: Bad gluten bad. And maybe just touch on what the celiac disease is for our listeners.

Tom: Sure. Your intestines are a tube. The tube is 20/25 feet long in an adult. The inside of a tube is lined with shag carpeting. This shag is where calcium's absorbed. The shag over there, potassium; the next shag, magnesium; the next shags, fish oils, good fats; other shags, proteins and amino acids. All the shags absorb different nutrients. That's how we get our nutrition from the food that we eat. Celiac disease is when your shags wear down and you've got Berber.

Kevin: Okay.

Tom: If you've got Berber, you don't absorb calcium. That's why *The Annals of Internal Medicine* said in 2006 that every osteoporotic patient needs to be checked for celiac disease as celiac disease could be the cause of their osteoporosis, every one of them.

So, I show that slide on my seminars to doctors and I'll say, "So doc, given that *The Archives of Internal Medicine* say that every patient with osteoporosis needs to be checked, which one are you not going to check?" And there's silence in the room because no one's ever thought of that before unless they've read the study.

So, it's not that every osteoporotic patient has a sensitivity to gluten. That would be silly to say. But it's so common that is recommended that every osteoporotic patient be checked because if they have this and of course it's one of the, if not the most common food in our diet in this country. And if they're taking this food in, it very likely is the strong contributor to their osteoporosis.

Robyn: About what percentage of the population is expected to have gluten sensitivities?

Tom: In the literature, we know that it's published as six times more prevalent than celiac disease. Celiac disease is 1% to 2% of the population. So, we know in the literature that's coming out between, it's 6% and 10%. It means one out of ten. Now, that's because, and this is more nerdy stuff but until two years ago, scientists did not recognize that there was such a thing as gluten sensitivity without celiac disease. They were holding fast to the notion that if your shags weren't worn down, it's okay to eat gluten even when the immune system says there's a problem. So, we say, "No, your shags are not worn down. It's okay to eat gluten. Don't worry about what that blood test said."

Well, the problem with that is like thinking that most of us have had a parent or a family member or a neighbor that had a heart attack and they survived. And they came home and said, "You know, the doctor said I had previous heart attacks. I never

knew.” And it's because there was damage to the heart that they could see when they were in the hospital and doing exams to see how badly damaged the person was from the current heart attack. Most of us have heard that kind of thing before. A person never knows that they've had a previous heart attack, sometimes.

So, that's like saying, “You've got high cholesterol; you have cholesterol of 350.” Doctor says, “Don't worry buddy, you don't have heart disease. You've never had a heart attack. Your heart muscle is not damaged.” They used to do the same thing with celiac disease. And some doctors still do that if your shags are not worn down, they say, “Oh, it's not a problem. It's okay to eat gluten.” Even when the immune system says there's a problem.

So, that was the state of the art—not state of the art—that was the common thought process for most of our physicians. Until two years ago, researchers finally agreed. And it's been a big argument for about ten years but they finally made a position statement, “Yes, there is this thing called non-gluten, or non-celiac gluten sensitivity.”

So, now that we've recognized non-celiac gluten sensitivity, the blood tests have come out finally that are much more sensitive to identify non-celiac gluten sensitivity. And the result is what we're finding is that it's somewhere around five to seven out of ten people are coming back positive that the immune system is saying, “We've got a problem here. We need to fix this.” So, it's a huge, huge, silent epidemic. It's huge. And people just don't know. And when you learn the potential complications of this, then it's startling. And we realize that most people, if they have any suspicion whatsoever, should just have a test done to see but just make sure you do the right test.

Robyn: And what is the right test? What do you recommend?

Tom: The right test, let's go back to gluten. If you think of protein like a brick wall with lots of bricks, digestion is the process of taking the mortar off the bricks. So, each brick is an amino acid. And our bodies absorb the amino acids through the shags in the intestines. And until the mortar is taken off the bricks, the bricks are too big. The wall is too big to get through the shags into the blood stream. So, digestion is the process of taking the mortar off the bricks and then we absorb each brick or maybe two bricks together called the dipeptide.

But what happens with gluten is that no human can digest this gluten in wheat. It is impossible for the human digestive system to break it down. Some people get sick,

some don't, but no one can break it down anymore because of the type of wheat that is available today. It's like someone took a sledgehammer to a brick wall and smashed the wall with the sledgehammer and now, you got big clumps of brick. You've got a 33-brick clump. You've got a 17-brick clump, 11-brick clump, a 21-brick clump.

The problem in the blood test is that they've only had a blood test available that looked at the 33-brick clump. And the technical name for it is alpha gliadin. And for years and years and years, that is the only one that was checked. Well, we know that in celiac, only 50% of them will be positive to alpha gliadin. The rest of them aren't. That's why it was never considered a really good test because it was wrong half the time. But that's because they were only looking at one clump of brick. Now, the blood test available from Cyrex Labs, and I have no affiliation with them. But CyrexLabs.com, and they look at ten different clumps of brick instead of just one. They look at the one but they look at nine others, so you don't get the false negatives anymore where the blood test says there's no problem and there really is a problem.

Now, you can identify it. That's the only test on the market that is comprehensive enough to where people can be comfortable. They've really taken a good look to see if they have a sensitivity to gluten. It's a fabulous test. And since it came on the market almost three years ago now, actually, almost three years ago, it has made a tremendous difference in healthcare practitioners' ability to show a patient whether or not they are having a problem with gluten.

Kevin: Is it a blood test?

Tom: It is. It's a blood test.

Robyn: Okay. What's the price of that?

Tom: That price, I believe, is \$325 or \$345, something like that. It's one of the two. I'm sorry, I'm just not sure. I don't deal with that very often. But it's either \$325 or the \$345. And it looks at ten different peptides of gluten and it looks at six other enzymes. One in the gut that's a major indicator for celiac disease; one in the brain that when you have antibodies to it, you actually get a leaky brain if you ever heard of the leaky gut and this is one of the mechanisms we'll talk about today of why there's so many brain symptoms with gluten sensitivity; and then, one for enzymes in the skin.

So, you're looking at ten peptides of gluten and then six different enzymes. Two different antibodies for each one IGA and IGG, looking to see if the immune system is saying, "We've got a problem here." So, it's just a fabulous tool for doctors to look at.

Does this person have a sensitivity for gluten? Is it affecting their gut? Is it affecting their brain?

Kevin: You mentioned earlier that something about the type of wheat.

Tom: Yes.

Kevin: We only have like a certain type of wheat available now? Or is that...

Tom: Yeah. Unfortunately, what's happened is called the 50/50 rule. In the last 50 years, the gluten content of wheat has gone up by over 50%. And gluten meat is glue. The word "gluten" comes from the word for glue. And it's sticky. The wheat that farmers use has been hybridized, not genetically modified, hybridized to form this plant that is much more sticky, much more glue-like in the flour. And the result is that bakers love it and manufacturing companies love it for their pastries and their breads because you can stretch it and you can make it lighter and fluffier. But it's got much more gluten. And the result of that is the human digestive system cannot break it down.

So, some people say, "But, it's in the Bible. That is the stuff of life and it's good for you." And my response is, "With all due respect, no one in the planet is eating the bread that Jesus Christ ate. Stop using that as an excuse because it's killing you and it's killing your family." And that just puts an end to that discussion because that bread is not available.

There is few places where you can get Einkorn wheat and that is the original wheat that grew in the Mesopotamian Valley. But once people make antibodies to gluten, you cannot even have that one because the protein structure are too similar, it's still going to activate the immune-response and cause a tissue damage in the brain, in the heart, in the liver, the kidneys, wherever your genetic weak link is.

Robyn: So, a question that we get a lot and has been written in for today's call too is, can you really reverse it completely?

Tom: No, no. Well actually, that is a yes and no answer. The no part is very clear. If you have celiac disease, it is irreversible. It is a lifetime avoidance, lifetime. There's no question. There are many, many studies on this. Now, and if you want to be really technical about the studies, yes, they've done some studies where they look at 250 people and there will be three that apparently 20 years later, can eat gluten without their shags wearing down again, three out of 250 or one in another study out of 68.

And there are the flukes. And so, it's irresponsible of anyone to say, "Look there are some people who can do it. Maybe you're one of them." No, it's not even 3%. So, it's a permanent, let me say that differently, it's a permanent avoidance of gluten.

Robyn: Irreversible.

Tom: Irreversible, permanent. That's with celiac disease. With non-celiac gluten sensitivity, no one knows because it's only been identified in the last couple of years. The tests have just come out and we haven't have people gluten-free long enough to get the antibodies to come down for a few years and then they go back and try gluten again to see if the antibodies come back. It's just too early. It will take five or ten years before we can answer that question.

Kevin: We're talking earlier about the sourdough bread that I had over the weekend.

Tom: Yes.

Robyn: The Easter Bread.

Kevin: Right. And you mentioned, I don't remember if you mentioned. But it seems like a long time that this is going to be in my system.

Tom: Oh, my goodness! Well actually, it's the trickle-down catalytic effect that's in your system. If you have a sensitivity to gluten and you're gluten-free and then you have an exposure and the amount of the exposure is 1/90th of a slice of bread, that teeny tiny little amount of gluten will trigger the immune system to turn back on. You start the assembly line making those antibodies, starts producing antibodies. It stays on for at least six to eight weeks and the life span of those antibodies is anywhere from two to six months. So, 1/90th of an exposure and you have these antibodies circulating your bloodstream, attacking your brain, your kidney, your liver, your heart, your muscles, wherever your genetic weak link is, attacking your tissue for months and months and months. From one exposure, you can't be a little pregnant. You can't have a little gluten.

Kevin: Okay.

Robyn: Wow! And you're saying this is affecting 5% out of ten people.

Tom: Yes. Well, that's in terms of gluten sensitivity. In terms of celiac, it's 1% to 2%. So, what we know about is with celiac disease and with non-celiac gluten sensitivity,

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we don't know yet. There's just not enough time. It's going to take five years to really say with conclusive evidence.

But in the meantime, here's what you do. You do the blood test, you find out you got a problem. You get off of it completely so your immune system calms down. It will take six months to a year. Do the blood tests again. See that everything has calmed down, then have some gluten, see what happens. You have a little bit of gluten like a half of cracker is all it takes for two weeks, half a cracker a day for two weeks. Wait two more weeks and then do the blood again. And if the immune system has turned back on, then you know at a half of cracker a day, your immune system is saying, "We got a problem here. We can't do this."

So, there's a communication system that you can use, they are called biomarkers. You can do a blood test that your body will talk to because nobody feels when you have antibodies that are killing off your brain cells. You don't feel that from your sourdough bread a couple days ago. And if your genetic weak link; although you did make a comment that seems like you weren't thinking as clearly last couple of days.

Kevin: Right.

Tom: So, it may be that your brain is a genetic weak link. That means that those antibodies are activated right now, going after your brain cells and killing off brain cells. And because we're healthcare practitioners, I'll also tell you that, it activates the glial cells in the brain, increasing NF- kappa B and the whole inflammatory cascade takes off. And that's going to go for at least a couple of months. And why? Why is it at least two to six months? Because everybody, all our healthcare practitioners forget about something called memory B cells.

Kevin: Okay.

Tom: And that's how vaccinations work. You get a shot of the bug measles. They give you the actual bug. And your immune system says, "We've got a problem here. This is not good for us." And your body starts making antibodies to measles. And then, when all those measles from the injection are shut down or they're killed off, the body turns off the assembly line making measles antibodies. You shouldn't have measles antibodies in your blood stream right now unless you've been exposed. But if you're ever exposed again, it should turn on immediately. And just turn on the memory B cell, just turns on the assembly line. You don't have to build the assembly line again.

That's why, if you go to Africa, you need lots of vaccinations for yellow fever, dengue

fever, and all these strange diseases. If you go back to visit Africa five years later, you just need a booster shot two weeks before you go. That's what a booster shot does is it wakes up the assembly line. When you're exposed to gluten and you've been gluten-free, if you are gluten sensitive, you turn on the assembly line again and you start making the antibodies.

Kevin: Okay. So, that's the dimmer switch.

Tom: That's correct. That's the dimmer switch.

Robyn: Kevin's a revolutionary, we can't have this.

Tom: Exactly. For our thinkers, I would just dream sometimes about what if we could blockade Washington, DC and not allow any gluten in there for two months.

Robyn: Can you imagine? That'd be great.

Tom: I mean, you'd really see a difference in brain function on some of those people. So, let's talk about creativity and dimmer switches and get into this brain thing, if you don't mind. Is that okay?

Robyn: That is exactly where we want to go. Thank you.

Tom: Okay. Researchers in Finland wanted to see if they could identify why so many people in Finland develop heart disease. It's their number one killer, like it is in so many places in the world. So, they sent letters out to 5,000 parents saying, "We'd like to follow your children for the next 25 to 30 years. We want to do blood tests every year and exams and everything's at no charge. We want to see if we can identify any patterns as to what might be contributing to the development of heart disease. Everything's paid for. If they need any treatments, we'll take care of it." And so, they got their grades every year and how they do in school, are you playing any sports, any extra curricular, any trouble at school or at home, or how's your parents' health. They accumulate all this data. Every year, they did their blood work and they saved the blood.

Well, other researchers heard about this long-term project going on and they said, "Can we have some of the blood?" We want to check them for silent celiac disease. What's that? Celiac disease is when your shags are wearing down, you've got celiac disease but you don't have any gut pain. So, you don't know it's going on. So, they said, "Sure." So, they gave some of the blood and they found they were 2,356 children

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who are now young adults. Now, they are in their early 30's. They have been in this study for over 20 to 25 years, 2,356 of them. And so, they ran the blood work and they found just over 50 of them were silent celiacs. And they didn't know that they were celiacs.

And so, they looked at what had happened to these kids, now young adults, over the course of these last 20-some years. And they looked at two markers in this paper and it was startling. Celiac children, those with silent celiac disease, they didn't know they had celiac disease, 5.3% of them went on to university or college degrees. Non-celiac children, 23.6%. Celiac children, 28% were in managerial or supervisory positions working hard being promoted. Non-celiac children, 48%. Those numbers are startling.

If you'd said that one of those silent celiacs who are now young adults in their 30's, "Hey, I see that your three buddies you grew up with went to college and you didn't." He'll say, "Yeah, well you know, I didn't do all my SAT's. That's okay, I'm happy." And hopefully, he's very happy. He's a sales person or in the trades and he's made a good life for himself and he's happy but what was his potential that was never tapped into because there is a dimmer switch. I call it the Dumb Down Effect. And it just dims down their brains and these kids did not know and the parents did not know their children's' brains were being dumbed down. They didn't know. The kids were doing fine, they're getting B's or C's in school or whatever their grades were, but they had this dimmer switch.

And when I talk about this study and I show it on the screens in my lectures, I walk over the side of the room and I turn the lights off, "That's silent celiac disease." And I turn the lights back on bright, "That's when you don't have gluten in your diet." So, you're kind of joking comment about a dimmer switch and you feel like the little dimmer switch in the brain is the actual physiology that's going on and is caused by hypo perfusion, which means a lack of blood flow in the brain. Seventy three percent of celiacs have hypo perfusion, a lack of blood flow going into the brain. And when I show that study, when I showed pictures of the MRI's to that, and the docs just sit there and their eyes just pop wide open, "Oh my gosh, look at this." And the significance of this, cross your legs for two hours, stand up and run. You can't do it.

Kevin: Okay.

Tom: You can't do it. So, have a bagel for breakfast, and then go off to school or to work and think and imagine that you're going to be able to think clearly. Seventy three percent of the people can't. They're not at their potential.

Robyn: How much of that bagel and a lot of these products that are high carbohydrates, you've got the sugar and you've got the gluten issue.

Tom: Right. That's a good point. In our culture today, we have way too many carbohydrates so we have a lot of sensitivity to insulin not working very well and too much sugar glucose intolerance and blood sugar problems, absolutely.

But this thing with gluten sensitivity and celiac disease, well, this is the two-fold answer. First, it's an immune system problem that has been identified as causing the associated conditions and diseases. Like autoimmune diseases and psoriasis and thyroid autoimmune disease and things like that. It's an immune response. But there's an excellent Module by William Davis that came out a couple of years ago called *Wheat Belly*. And he doesn't talk about the immune response. He talks about the blood sugar response from eating so much carbohydrate. And he is absolutely right in what he talks about. So, the answer is yes, both. Both, it's a carbohydrate problem because of the type of carbohydrate it is and the lectins that are in there and it's an immune system problem.

Kevin: So, some of the symptoms, so, we are talking about some of them related to the brain but some of our listeners are listening and saying some of this is making sense. What are some of the other symptoms that there might be?

Tom: My goodness. It's so silly. It's embarrassing to say this. It really is embarrassing. But there is no symptom that has not been associated as possibly being caused by gluten sensitivity. That means cancers. The only cancers that have been associated-- are not associated with gluten sensitivity and celiac disease is breast and prostate. So, the hormone related cancers appear to be a little bit lower and no one's sure why. But all of the other cancers, there's a little higher incidence of them with celiac disease.

Autoimmune diseases are rampant and ten times more common in the celiac than in the general population. Ten times more common. That means lupus, multiple sclerosis, Hashimoto's thyroid disease, rheumatoid arthritis, psoriasis, the list goes on and on. Brain problems, brain dysfunction, attention deficit, epilepsy, you reverse seizures. I just found the new paper that just came out this morning of reversing involuntary tremors in a four-year old child who already had damage to their brain in an MRI, it showed. They found out they were gluten sensitive. They took them off of gluten, the tremors were gone in three months and the brain lesions reversed in a year. And they showed the MRI's in the study.

So, vision problems, hearing problems, 43% of celiacs have hearing loss. A year in a gluten-free diet, and 32% of them still have hearing loss. That it damages your nerves. The list goes on and I'm just untangling. Depression, anxiety, anorexia nervosa, there are 19,000 papers on this in the medical literature, 19,000 papers on this. This is rampant in our culture. It's extremely common and it's going to get more common. This is not a fad that's going away. There's a realization coming from our society now and say, "Wait a minute. I'd better think about this." And most people just don't know what to do.

So, it's shows like this that carry the message out there that give people some guidelines on what to do. But you just have to have solid information. And so, you have to look to the literature. Not somebody's opinion but you look for the studies in the literature. What are they saying so far? And you're always safe on safer ground if you look from that perspective.

Robyn: Can you talk a little bit about autism? Just in the last 50 years, what's happened in the huge epidemic of autism now and the relationship to gluten?

Tom: You're right. There is an organization called DAN, stands for Defeat Autism Now. And there are other organizations also. They are on the same premise and that is for parents and practitioners both. And they have training programs for doctors, and they have structured organized training programs.

So, docs come in, pediatricians, and general practitioners come in. And day 1, the first thing they are taught is diet is critical in autism. Diet is critical. And from that perspective, the diet that is always recommended that you start with is gluten-free, dairy-free, soy-free, sugar-free, caffeine-free, always. That's a premise. That's a foundation that you start with. But the other thing is that these children are coming into the world this way.

I wrote a paper on celiac disease and reproductive disorders. And there's so much damage that occurs in the placenta, in the developing fetus before they're born and for intrauterine growth retardation. Recurrent miscarriages, infertility, and the list goes on and on of reproductive disorders. But here's an example, if a mother has antibodies to brain tissue, 86% of the offspring will be on the autism spectrum; 86%.

Now, antibodies to brain tissue, there's a test that looks at 24 different tissues in the body-- is your immune system attacking your heart or your muscles or your bone or your brain, there are six different antibodies to the brain. I did that test on myself, and I had antibodies to three different brain tissues. My basic protein causes MS.

Cerebellar peptides causes elders not to be able to walk straight and lose their balance. And when it gets really bad, it's called ataxia. And ganglioside antibodies have caused numbness and tingling. I have three of these antibodies.

I called the lab and I said, "This is a mistake." They said, "No, it's not." I said, "Do it again." They said, "We did. We know it's you. We did it again. It's accurate." And I had antibodies. So, it's so very, very common when I run these panels on people now, we'll probably see one out of five, one out of six that has antibodies to their brain. So, it's very common. And when mothers have antibodies to brain tissue, 86% of those children are born on the autism spectrum.

And when you go on a gluten-free diet, if you have gluten sensitivity, I got rid of those antibodies in me. I mean, we've seen it happen a number of times. You just have to stop eating the foods, as a first prerequisite, stop eating the foods that are contributing to the problem.

Robyn: So, have you chosen this; are you still staying away from gluten 100%?

Tom: Unfortunately, yes. I would so love to have a croissant. I just found a reference for a bakery in Paris and I wrote it down. And I actually would like to go to Paris just to see if they've got gluten-free croissants because this is a gluten-free bakery. I so miss croissants and other things. But yes, I am completely gluten-free.

Robyn: Now, can this be shared with our listeners? We have quite a few people with us today online. What's your story? How did you get into this? I mean, you're a chiropractor and maybe just give us your background and why you have become an expert in gluten. And thank goodness for you because this solves a lot of people's problems. I mean, I certainly know as a practitioner, I love to find this out when people come in. So many of my people have celiac, have gluten sensitivities.

Tom: Yes, that's true. And thank you. And that's why we put together the Certified Gluten Practitioner Program is to train healthcare practitioners on how to accurately identify this and what signs to look for and then, how to treat it.

And you really have to know how to treat it because here's a couple of statistics for you. Elders, diagnosed after the age of 60 with celiac disease have a 3.5 fold increase risk of death their first year on the gluten-free diet. Some of these people die on a gluten-free diet. Children diagnosed with celiac disease have a 3.2 fold increase risk of long-term mortality. Meaning over five years out, there are over three times more likely to die early in life than kids that don't have celiac disease. And it's mostly from

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suicide, that you can't just put people in a gluten-free diet. You have to do more than that. That's just a prerequisite first step, but you must do more than that because it's not safe. In many plain cases, it's not safe.

How did I get in to this? Well, my ex and I, we couldn't get pregnant when I was an intern in chiropractic school. And I called the seven most famous holistic doctors that I had ever heard of. There were four chiropractors, two medical doctors, and one osteopath. And I asked them all what do you do for infertility and they told me. And I put a program together and we were pregnant in six weeks.

Our neighbors in married housing heard about this and she'd been through artificial insemination and spent over \$10,000. This is 30-some years ago. That was a lot, a lot of money back then. And nothing had helped. So, she asks if I work with them and I said, "Well, I don't really know what I'm doing. But I don't think it will hurt you, sure." They were pregnant in three months. So, I came out of school, I came out of my internship just hot to try, knowing that I could help a lot of people and always have considered gluten sensitivity as a component of this, of holistic healthcare. And now, it's a primary component. And I encourage all of our healthcare practitioners.

It's a bottom line; it's a foundational thing. You have to think of it in all your patients, all of them as to whether or not they may have sensitivity to gluten. It's not that every patient has sensitivity to gluten but it is so common and so frequent that every patient may have sensitivity to gluten. That's why they are seeing you because sometimes, it's not working in their body.

Maybe they've got a vitamin deficiency. You give them vitamins and they feel better. Well, where does that vitamin deficiency come from? If their diet is good, it's probably mal-absorption. They're not absorbing very well because their gut's inflamed from the food that they're eating. It's going to manifest somewhere else down the road. So, that's why it's so critical that our practitioners just consider gluten sensitivity anytime they're not getting the ideal results that they want.

Robyn: Can you talk a little bit about your program that you offer for healthcare providers?

Tom: You bet.

Robyn: Another question, Tom, is what is it that people, because there are a lot of people that just go on a gluten-free diet, but what do you say is the other part that, maybe start with that for our listeners. What is that extra part that people need to do

other than just staying away from gluten?

Tom: You have to look at where the damage is. Why is this such a high risk for elders? They go on a gluten-free diet. Well, as you know, when you eat a food that you're allergic to or sensitive to, it's a stimulant. "Oh, I'm not sensitive to that food, doc. I just like it. I feel good when I eat it." Well, that's because your pulse has gone up, your immune system has been activated. It's kind of a kick in the pants to your body that kick your metabolism up a little bit when you eat something that you are sensitive to. If it doesn't make you sick and you don't feel sick, but it's a kick on a pants.

The visual I give for this is I had 13 \$100 cars in my life, \$100 or less. Most guys will understand, it gets a little laugh. I worked my way through undergrad. I didn't have any money. And so, you buy a car for \$75 and the only thing you need for that car is a screw driver to take the license plates when the car dies and get another one, and then maybe some duct tape. I had a lot of cars are like that. Some of those cars, they've stalled at the red light because they are so far out of tune. They've stalled at the red light. How do you stop a car from staling at the red light? You rev it up. You put it in neutral, give it a little gas, or push the clutch in, give it a little gas. You aren't hot driving. You are just preventing the engine from stalling. So, you're increasing the RPM's on the engine.

All of us, as humans in this culture, rev our engines every day with excess carbohydrates, excess sugar, excess caffeine, cigarettes, and excess exercise for the health junkies that are pushing way, way too hard. Why do you think Olympians have a shorter life span than everybody else? Because they push way too hard; all of us rev our engines way, way too much. And for many people, the food that they eat is revving their engine. So, it keeps them running. So, what happens when you take that food away in an elder and you diminish revving the engine? Then the car stalls at the red light, then the underlying disease that's been there for a long time but kind of kept and check a little bit so they could function like really bad diabetes or cardiovascular disease or a cancer that has been there but it hasn't caused any symptoms, then it rears its ugly head. And within a year, they die.

Unfortunately, that's the statistic. So, what do you have to do when you find out that you have gluten sensitivity? You have to find out where the damage is. How much damage has been done and start rebuilding the tissue from the damage? People need to be on comprehensive diets the way that we train our practitioners on this. The first thing is you have to put them on a balanced diet, really educate them on what it

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means to keep their blood sugar stable. What it means to balance proteins, carbs, and fats, what does it mean to have enough nutrition?

“Mrs. Patient, here's a test to look at your nutritional status and it shows that you have 11 out of 24 nutrients that you're deficient in. So, you need more than just a one a day. That's not going to get the job done. So, for the next year, please take this, this, and this.” Our practitioners just have to have a more comprehensive overview to identify where the deficits currently are from the damage caused by the inflammation from eating the food that they're sensitive to. How much of a deficit is there? Is it in their liver function? Is it in their immune function? Is it in their brain function? And address it as you are teaching them how to be on a gluten-free diet.

Kevin: That's excellent. I think that kind of answered my question. I was thinking about why do I feel addicted to some of these foods?

Tom: Exactly. Exactly. Well, wheat has some of the components in wheat are in the benzodiazepine family. So, it stimulates the opiate receptors in the brain. And so, we feel good when we eat our wheat. And that's the reason why some people go through withdrawals on a gluten-free diet. And so, you have to work with those people. And that's part of our program is we teach docs how do you do that and how do you look for these things so you can help the patients' transition very well into a gluten-free lifestyle.

Robyn: So, is your cause available for just anybody or just for practitioners?

Tom: Healthcare practitioners.

Robyn: Okay. And is it a weekend? Because we have 25 independent practitioners here at Santa Fe Soul. So, I'm just curious.

Tom: Good. Yeah, it's a ten-hour course. And currently, it's on DVD's that docs can take and review at their own leisure. Then, they have to pass the test. And then, we list them on our website. The website is TheDr.com. That's our website. And if you go there, find a Certified Gluten Practitioner, you'll see they're all over the world. We just got our first practitioner in Shanghai, which is very cool.

Robyn: Great. So, they do this program online through you?

Tom: Yes.

Robyn: Okay. Can you tell about your free call offer, “The Conundrum of Gluten Sensitivity 101?”

Tom: Say that again?

Robyn: Your free call offer. It's called “The Conundrum of Gluten Sensitivity 101; Why the Tests are Often Wrong.” So, is everyone getting that for free that's listening today?

Tom: Oh yes, thank you. You're so kind. Thank you. You're right. I put together this information that patients will finally understand. So many people, they get a blood test done because they think they have a problem with gluten. The blood test comes back negative. But when they go off of gluten, they feel better. How is that possible? And practitioners nod their head that happens to them all the time. How is that possible? Well, it's the test. The tests were not accurate. The tests were limited in their thoroughness.

So, I put together an explanation for all that. So, patients can take it to their healthcare practitioners and just ask a couple of well-informed questions and then, get the proper test done. So it's a piece that really gives some answers to this conundrum of, “But wait a minute. I feel better if I don't eat gluten but the blood test says okay. So, I guess I can eat it.” No, you can't.

Some people speak a second language. They speak French or Spanish. I want people to learn to speak *body* because one of my mentors, Dr. George Goodheart said, “body language never lies”. You just have to learn how to read body. And when you feel better, when you don't need something and you don't feel so good when you eat it, do you think it's good for you? Really? Or are we just trying to rationalize?

Kevin: Yes, we are, for sure.

Robyn: Will you mention your bonus sign up bonus on this? When people become members, when they become members of “The Conundrum of Gluten Sensitivity 201?”

Tom: I am afraid I don't know what my staff has setup with you. So, maybe you can tell me.

Robyn: Oh, sure. It's “Gluten Sensitivity 201: Why Don't I Feel Great on a Gluten-Free Diet?” Is it a Sensitivity or Cross Reactivity to Other Food?”

Tom: Ah, yes. Where can they get it free? Oh, yeah. Good. I was just handed a note. Yes. People go gluten-free and so, many times people ask, "Well, I've been gluten-free for two years. Shall I do this blood test or do I have to eat gluten first?" No, do the test. Do the comprehensive test, because about six out of ten people find they still have antibodies to gluten. "But I'm not eating gluten." But you need to know that. You need to know if what you're doing is working or not.

And for six out of ten people about, in my clinical experience, about six out of ten, it's not working completely. They have antibodies to gluten triggering the whole autoimmune cascade. Why? There are a number of reasons why. It could be, of course, contamination, cross-contamination. And it's the reason why you can't eat oats on a gluten-free diet unless they are gluten-free oats. When oats grow out of the ground, they don't have any toxic gluten in them. When you buy oats off the shelf, they have toxic gluten in them. And it's because the trucks that bring the oats to the manufacturing facility from the fields hold wheat last week and they don't clean the trucks. So, there's wheat in oats unless you get gluten-free oats and then, you're safe unless you're sensitive to oats. But that's not part of the toxic gluten family.

So, one reason that occurs is because of cross-contamination but the other reason is cross-reactivity. There are foods that look similar enough to the immune system to wheat gluten that the amino acid structures of some other foods may fool your body into thinking you're still eating wheat and you get the same level of antibodies. We've got that paper for your listeners. They can read about that. And read about the cross-reactive foods. And what the tests are to look for the cross-reactive foods.

Kevin: But is casein one of those foods?

Tom: It is.

Kevin: And dairy? Okay.

Tom: Yes, 50%. Fifty percent of Celiacs have that.

Kevin: Okay, alright.

Tom: Okay, good.

Kevin: Casein is kind of the glue as well. So, that's also protein there.

Tom: Casein is a protein in dairy and it's the one that is more "gluish", if I could use

that term, yes. And all body builders know if you want quick access to proteins, you do whey. If you want slower digestion of proteins, you do casein. Because it's so thick, it's thickly bound together. It's very hard to digest. And many, many people have sensitivity to the casein in dairy.

Robyn: A lot of people have sensitivity to the whey, two I have found.

Tom: You're right. You're absolutely right. You're absolutely right on that. Yes.

Robyn: How much should people really trust? I mean, so many things are gluten-free. A lot of people... I just... you're going to still have a croissant where it's full of sugar. A lot of people still don't feel very good. I always caution my own patients, just be careful, just still get back to nature and try to stay away from baked goods in many ways.

Tom: Yeah, that's a really good point. There's these people out there, some dieticians and some doctors are saying gluten-free diet is not healthy for you. Yes, it is. A bad gluten-free diet is not healthy for you. And what does that mean? Well, maybe you used to go to a local coffee shop on your way to work and every once in a while, you didn't have time for breakfast so you grab a muffin or something there. Fine, once in a while, it's not a big deal. Now, you go to the coffee shop and they've got gluten-free blueberry muffins. And you say, "Oh, I can have one. It's healthy for me. As a matter of fact, I can have two. It's healthy for me." No, it's not healthy for you. It's just not full of toxic gluten but it's still pastries. If you have a pastry once in a while, who cares? Fine. But people rationalize, "Well, I can have these cookies, they are gluten-free. They are healthy for me." No, they're not. They're just not full of toxic gluten. But to have a cookie, who cares? Fine, once in a while. To have a bag of cookies by rationalizing that they're healthy for you is why certain doctors say a gluten-free diet is not healthy for you. It's because people rationalize for convenience. And they'll eat a bunch of garbage food that's gluten-free because it's healthy for them. No, it's not.

And the other part of that is that gluten-free baked goods and gluten-free products are not enriched whereas the wheat-based baked products, wheat flour is enriched. What does that mean? They take the whole wheat and they take out 26 nutrients and they put four back in and they call it enriched. So, the gluten-free products are not enriched. So, if you're so borderline deficient in nutrients in your body that your body is dependent on getting its riboflavin or B vitamins from your baked goods that you eat or the bread that you eat and you stop eating that bread or baked goods and you start substituting rice pasta that's not enriched, you're going to have a B-vitamin deficiency.

Kevin: Okay.

Tom: But those people, if they've seen a doc who's trained and understands about this, then what they are going to do is know what a healthy, balanced diet is like. You know, they are doing the studies on the Mediterranean Diet a few weeks ago. Maybe you heard about this. And they stopped the studies. They stopped the studies midterm. I don't remember how many patients, a few thousand, maybe 3,000, and I'm not sure of the number. But they stopped the study because the people on the Mediterranean Diet were so much healthier than people on a standard American diet. And they couldn't ethically let people eat the garbage standard American diet any more without telling them about the Mediterranean Diet.

And what's the Mediterranean Diet? It's a pound of vegetables a day, five different colors. Don't need a bag of carrots. Eat some carrots and some purple cabbage and some tomatoes and some green beans, different colors. Healthy meats, healthy quality meats and a little bit of fruit and a little bit of carbohydrate. Whether it's rice or in the study, they use pasta. But for gluten sensitive people, you just substitute a different pasta. You have rice pasta, rice noodles, or rice, quinoa or amaranth, any one of the other grains. We teach people and we have our doctors trained how to teach people in just some basic concepts. You don't have to measure with measuring spoons how much of everything. You can eyeball it. Just get on the right track and you're going to feel so much healthier and so much better.

Kevin: And that's also anti-inflammatory, right?

Tom: Exactly. Exactly. That's the big goal, obviously, that all generative diseases, all diseases at the cellular level are diseases of inflammation. It's always inflammation in the cells, always. So, an inflammation means heat, fire. So, what's the goal? The goal: stop throwing gasoline on the fire. You think? You think?

When you have sensitivity to food, you are throwing gasoline on the fire. And so, you get more inflammation. So, having an anti-inflammatory diet is the primary method to get healthier. Of course, we need to exercise and get enough sleep and drink enough water and so many things contribute to it. But what the major impact on how inflamed our bodies are, is what we put in our mouth. Every forkful is either inflammatory or anti-inflammatory. There's no neutrals except healthy water. That's the only neutral, healthy water. Everything else is either going to cause more fire or put some of the fire out.

Kevin: And do you have a suggestion on what kind of grain? Is there a kind of grain

that people can eat that you would recommend?

Tom: Sure. Quinoa is really fabulous. It's a high-protein grain. Amaranth is another high-protein grain. Quinoa and amaranth, they're great. Teff is another grain, these are easy to cook. When you try them once, if you bloat the first time, you just try it again. But they are really easy to cook. I cook them all like rice. I do the same thing which is I rinse them off three times and then one cup of rice, two cups of water. Bring it to a boil, the lowest heat possible. Put a lid on it for 30 to 45 minutes, it's done. I mean, it's easy. I do that with amaranth and quinoa. There's probably more accurate ways of doing it. I'm no chef but it comes out, it's not rock hard. So, I guess it's okay and it works. But amaranth, quinoa, teff, oats, they're common grains that you can use.

Kevin: Okay.

Robyn: So, don't you think that, obviously, this issue is at the root of so many eating disorders. I mean, there's often emotional component that's linked to everything. But I just find that if people could just work this one consideration, it helps reverse. I mean, people can lose five or ten pounds in a week or two just by giving up gluten products.

Tom: Yes, it's absolutely right, Robyn. It's absolutely right that gluten is a primary. There is a healthy discussion, which is more common, dairy or gluten? I mean, it's healthy discussion. You pull up studies on both sides of them and many, many more studies are done on gluten sensitivity than dairy. But there are plenty on dairy. But both of them are major problems. So, if you take gluten out of the diet, actually, we recommend for everyone, they take gluten and dairy out together, if they can't afford to do the test and they just want to see what happens, you'll be squeaky clean. You'll look for the hidden gluten in your shampoos, in your soy sauce, in your make ups, that you have to get it all out of there. Gluten is a filler that's used in a lot of different products. And there's just a lot to learn. There's a lot.

And so, I'd forgotten to say that if your listeners go to TheDr.com and they sign up, there's something, there's a whole series of articles they can get. So, you've got articles and we've got articles and people just need to get educated and just be patient with yourself. It's going to take a little time. Unless you work with a trained dietician or a trained nutritionist who knows about this, it's going to take a little time to really refine your eating style for you and your family. It's okay. It's okay.

Now, if you're sick and you have a health condition that you're addressing, you don't

have the time to dabble. You really want some professional guidance on what to do because when we have some minor symptoms or some moderate level of symptoms, the tissue damage that's going on that's causing those symptoms is the big concern. That's the major concern. And it's so hard to reverse some of that tissue damage. Sometimes, you can but it's so difficult. So, the sooner people get on this, the better.

Robyn: And what you said earlier, that this can take up to six to nine months, some people feel instantly better. But people with serious skin disorders that have gluten sensitivity, it's not like your skin is going to clear up in a month necessarily. It's going to take some time.

Tom: That's correct.

Robyn: People get so impatient, right? They are like, "Oh, I'm not better. I'm going back to my gluten."

Tom: But, here's the other side of that coin is that all of my healthcare practitioners, all of the CGPs know this, that my belief is three weeks. It only takes three weeks. Patient better know they're doing the right thing that they are feeling better. There's some difference for the better, whatever it is. Not that your skin clears up but you feel a little different. Your skin, maybe I'm not sure if it's getting better or not but kind of looks like maybe within three weeks.

I don't care what your symptom is. I don't care if you got cancer that whatever your symptoms are, you should notice a change if you make such a major shift as to completely eliminate gluten and dairy from your diet, you should notice a change. If you don't notice a change, then maybe you don't have a sensitivity with it. But you've got to be thorough. You've got to look at the shampoos and the make ups and the sauces and everything that you are exposed to so that you are giving it the fair shot.

Robyn: What you are sharing today, we have gone to the last few minutes here. But it's so important when we think about the whole theme of the Self-Care Revolution™ and the whole purpose of it is really to reverse and prevent disease and we have to take a serious look at what you're sharing with us. So, we're so grateful for you being here.

But also, all the lives and all that can be saved but also the unnecessary suffering, people suffer for years. That's why I think your talk will be one of many that we just want to keep it on, the on button, the green button so people can have access to your call at all times because we just feel very strongly that we knew that we had to include

someone who has this message. And I'm so glad that I met you, live! So, I could get one of the top experts in the field and that's you.

I can hear your passion, your own personal experience with it. Just because it's so great, that you're teaching the professionals and the doctors. I bet you anything, there must be still some doctors out there who just cannot accept this, right?

Tom: Oh, of course. Especially, my passion is a little too much for them because it just kind of rocks the boat too much and that's okay. That's fine.

Robyn: Keep it going. I love your passion.

Tom: Exactly. Well, it's a real pleasure to be on the show with you. Thank you both for the opportunity and for your questions. And I look forward to further interactions in the future together.

Robyn: Absolutely.

Kevin: We want to thank all our callers for calling in. If you have questions, please send them to info@JoinTheSelfCareRevolution.com.

Robyn: Yes, we have a lot of hands up. We have so much information. We may bring you back again later with Gary, if it's possible. We'd love it.

Tom: Sounds good. I'd be happy to do that.

Kevin: And I'm very grateful too; my leaky brain, thanks to you.

Robyn: And you think you've got a baby.

Tom: Thank you. Let's see what we can do about your clinic and your practitioners being... oh, there's one more thing I needed to say about all that is that on our website, there's a caveat that says, "I can't promise how these people practice. I don't know them. But what I will guarantee is that they sat to the course and the passed the test. They should know what to do about this condition. That's all I want to ensure is that people passed the test and they know about this."

Kevin: Yeah, we would love to have you here, or at least, you know...

Robyn: We have, as you know, Santa Fe, we have a whole town of amazing healthcare providers. So, maybe you can come live even though this is an online

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program. That would be great to have you here.

Tom: I didn't know that you're in Santa Fe. I would love to come to Santa Fe. So, let's put it out in the air right now. I'd love to do that.

Robyn: One last thing, we're having a live event, the Self-Care Revolution™ Bliss Weekend. We have 17 of our expert speakers. Actually they're coming to be here with our audience and live music, you name it, it's happening. So, maybe we could add you to our amazing weekend. But anyway, I'll be in touch with you, for sure. But thank you again for your time, for sharing this very important message, and we're going to make sure we get it out to our growing community, for sure.

Kevin: Absolutely.

Tom: Thank you very much.

Robyn: You take care of yourself. Bye-bye.

Tom: Thank you, you too. Bye.

[End of Interview]

JIM KWIK

SuperheroYou.com | CEO OF Kwik Learning,
Author of *Unleash Your Brain to Change Your Age*

UNLEASHING YOUR SUPER BRAIN: HOW TO BOOST MEMORY, FOCUS, MENTAL AGILITY AT ANY AGE!

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Robyn: Hello everyone. And welcome to month four of the Self-Care Revolution™. I am Robyn Benson. I'm a Doctor of Oriental Medicine and also the founder of Santa Fe Soul Health and Healing Center.

Kevin: And I'm Kevin Snow, an Intuitive Counselor and The Desert Shaman. And I also work here in Santa Fe Soul in beautiful Santa Fe.

Robyn: So, here we are in month four, as I mentioned, Unleashing Your Brainpower. As you can see, we started out last week with Michael Gelb and Dr. Tom O'Bryan. And we're so excited to introduce to you today, Jim Kwik.

But before that, I know we have a ton of people online right now. And many of you, this might be your first time to the Self-Care Revolution™. And just to give you a little bit of background. This is a 12-month series and each month, we have a specific theme like we started out with Thoughts and Food as Medicine. And so, we are going right into next month. It's all going to be about Earthing and electro-sanitizing your life. And our big mission with the Self-Care Revolution™ is to help people to be aware and be active, at this time, to be very exciting but it's a time, more than ever, where we have to make self-care a priority.

So through the Self-Care Revolution™, our desire and our mission is to help save millions of lives, to help people not only prevent diseases from happening but to reverse diseases that are already being set up in our bodies. And just to have that knowing that we each have the choice every single day to stay healthy and to be healthy and to live this vision and mission of our life each and every day. Maybe you want to add to that?

Kevin: Yes, and we've got this amazing live event coming up which is, this one into later June 21st and it's called Self-Care Bliss. We've got a lot of the speakers that we've had on already and are coming together in live.

Robyn: We've got Norm Shealy, Bob Doyle.

Kevin: Yeah, oh my God!

Robyn: Larry Dossey.

Kevin: It's a party.

Robyn: And we'd love to... our speaker here Jim Kwik, how are you? Thank you for being here, Jim.

Jim: I am doing fantastic. Thank you, both. That was any better. I love the energy here. That was any better my name with the Dr. Robyn Benson.

Robyn: You are so sweet. So Jim Kwik, I am so fortunate that I met you a couple of months ago and I mentioned the Self-Care Revolution™. I just want to say thank you for saying yes, because I know you are a busy man. You mentioned last year you travelled 190 days. You're all over the world. And here you are with us because I sense this, certainly there is commonality with this main message.

And so for all of you who are with us today, Jim Kwik is the CEO of Kwik Learning has taught speed reading, memory improvement and accelerated learning for two decades. His clients include Marriot, Virgin, Nike, Fox, Zappos, Singularity and Harvard University, just to name a few. His work is featured in the New York Times best selling Module, *Unleash Your Brain to Change Your Age*. Jim's trainings are used in over 80 countries. He is the founder of Superhero You Brainpower Conference, which is coming up once again in October.

So, here you are. Thank you so much once again.

Kevin: Welcome.

Jim: Thank you so much both of you, Robyn and Kevin. And I want to also thank everyone who is listening to this. I know your time is incredibly valuable and I respect you. I respect you for showing up and being part of the solution and being part of this movement. And it's so exciting time, such an exciting time and this is one

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of my favorite subjects. I never get to talk about this really but just self-care. So, thank you for creating this platform for everyone to be able to benefit from.

Robyn: Thank you, Jim.

Kevin: It is a revolution, kind of like your revolutionary learning technique.

Jim: There is a revolution. There is an evolution. And I'd say I really think that everyone, as you're listening to this, I encourage you to take notes. And I hope everyone is just finding your passion, I think we can only be truly happy when you are living your soul's purpose. And the thing is, the challenge is as we're now living in this fast-paced world where information is flying us from every direction and we're multi-tasking. And there's just a lot of people saying that there's not enough time. And sometimes I noticed a lot of people because they're very selfless and they're here to serve, they are going out there and they're being a hero to their job and to their family and to their friends and to the people, everyone else but sometimes not themselves.

Sometimes, I notice even some of the people that we attract in our tribe and our community, our student, sometimes they are out there helping everybody and they are putting themselves last. And it's really hard to be able to give somebody something that you don't have yourself. And so, I am really excited about this call, this conversations and what you're putting together.

Kevin: Thank you. Yeah, we have mentioned before we got on the call that your mission here is to pack as much information as possible. Without, of course, overloading people or at least teaching them how to handle that.

Jim: I hope so. We'll totally do that.

Kevin: Thanks.

Jim: Yeah, so I want to be able to serve people who are listening. So, I encourage people to take notes and I think one of the best ways, just a quick recommendation is lot of times, people are listening to a call, or going to a seminar and they learn something really good. So, what will happen is they'll forget it. Just like there is a learning curve, there is also a forgetting curve. And so within – if you've ever gone to a seminar or an event or you listen to a call and you learned some really good stuff but usually what happens after a day or so, up to 90% of that information could be gone. One of the best ways to get hold of that information is by taking notes. So, I encourage

people to take notes, and I encourage people to either do a whole brain note taking process. If you are familiar with mind mapping from Tony Buzan, or a very simple thing you could do as you are listening to this, as we go through these strategies, I'm going to teach you strategies to be able to read faster to overcome overload, teach you strategies to be able to improve your focus, to be able to improve your memory even.

And I know that's a subject that a lot of people are very interested in, maybe senior moments are coming a little bit early or your memory lapses, a little bit absent-minded, can't remember where you put your phone or your wallet or your purse, or your keys, or if not your keys something larger like your car. People can't remember where they parked the car. They're kind of wandering in the parking lot. And so, we'll talk about memory tips. But what you could do with a piece of paper and I like taking notes. It's kind of most people are used to typing. I think there is something magical that happens when you handwrite something. But I would take a piece of paper, draw a line down the middle and on the left side I put 'capture'. Put 'capture' right on top. And on the right side, I put 'create'. So two tips, on the left side, 'capture', on the right side, 'create'. And on the left side is where I am taking notes.

So, if you hear something that's just amazing, a tip, a strategy, a process, write that down, capture it on the left side. On the right side though, it's a little bit more right brain, if you will, is where you're creating notes. You're not capturing, you're actually creating. So, it's like how do you feel about what you just captured? What questions do you have? How are you going to use this? Things like that, and those are your kind of your right brain, kind of creates creativity notes there. And I think that's a wonderful way to be able to, when you're done, have it on one page just like where you have the keywords and you can kind of go through and you definitely get the recordings of these calls and then also one page summary of your own notes. So, where would you like to start?

Kevin: Well, maybe one of the things that we ask all of our experts that we talk to is just touch on your self-care regimen and a few key points on health.

Robyn: First, of the travel that you do around the world. This is a big question for you, I am sure.

Jim: It is. I mean, for what I do and a lot of the work I do is on stage, or in front of companies. And I just have to be on and have that energy, that vitality, that mindfulness, that focus. And so, self-care is extremely important for this because what I like about when you're talking about self-care, I'm thinking about personal health maintenance and optimization. But I like it because the responsibility is on us.

I had the opportunity recently to introduce two of my heroes recently, Stan Lee who created Spider-Man and X-Men and Avengers and I got to introduce him to Richard Branson at a dinner. And so, I go and pick up Stan, my wife and I picked up Stan Lee and he's wonderful. He just turned 90 years old. And he had two passions in his life. He goes to work still at 90 years old, 9 to 5 Monday through Friday, and he just creates stories because that's he loves the process of storytelling.

And the other passion he has is for his wife who is 91 years old. And the two of them are so lively. And I can't speak for them but I think a lot of it has to do with how they engaged they are with life. But the reason I bring this up is while we're in the car, we're in LA, a simple ten-minute drive to dinner and they're taking an hour with traffic. And I was talking to them about all that he's created, because he is, for me, a living Disney and with all these wonderful characters and universes. And I asked him a question and he answered. What the response was this great quote that he created for Spider-Man, saying "With great power comes great responsibility." People and power that have, who are in position of the power, they have responsibility to steward it and just steward it well. And I said, "That's interesting." And I looked at him. And in that moment of inspiration, I said, "The opposite is also true. Not only with great power comes great responsibility but with great responsibility comes great power." We take responsibility for our lives, for our business, for our work, for our family, for our health and we have the power. We have great power to be able to influence and impact all the things that we want to.

And so, that's why I like the whole theme. For me, I have certain habits and rituals that we could go through during this call to optimize my health. And also, a lot will have to do with my body but then also my brain and also because those two things are very obviously intimately connected together with our mind. And so, a few things that I do, and I actually teach people I'll give you like maybe ten tips over the course the call. But then, I'll also teach you how to memorize all ten. How about that?

We can make it a very, very practical like that. And the back story for this is when people see me on stage and they see me memorize a room-full of people's names. I mean, 50 or 100 people stand up, I'll memorize their name right from stage or they pass around the microphone and give me 100 random words or 50 or 100 digit number. Most people struggle to memorize their seven-digit phone number and I'll memorize like ten seven-digit numbers. I tell people I don't do this to impress you. I do this to express to you what's really possible. And there's no such thing as a good or bad memory. There is just a trained memory and untrained memory. And this is an important...

Robyn: Could you give an example of that because that's profound.

Jim: Sure, sure. I would say this that if you are listening to this, you want to have a better memory which is who doesn't want to improve their ability to remember things. I would say that regardless of your age and your background, your level of education, your diet, your financial situation, whatever, there is no such thing as a good or bad memory. There's just a trained memory and an untrained memory.

And the reason why I say this is I like to talk about all the works that I do. I always talk about beliefs because I believe that all behavior is belief-driven. All behavior is belief-driven that if you want to create a brand new result in your life, a brand new result, let's say, a stellar health, or more money or wonderful relationships, whatever your goals and aspirations are, you need to be able to do things. You need to be able to behave. But in order for us to behave and take on a new habit or a new action, we need beliefs that support those behaviors. So, all behavior is belief-driven.

And so, the belief that I have for this is that everyone has genius inside of them. There is no such thing as a good or bad memory. There's the trained memory. And we're not taught that because what class taught you how to remember? I thought that it's really interesting growing up in school that this old model and the school whether it's ten years or 20 years or 50 years or even 300 years, our learning ability happens to increase dramatically in terms of how people are taught. We read the same way, we study, we remember the same way. But the world is dramatically different, not even just the past 300 years, just the past ten years, or five years.

And so, I thought it was interesting that school taught us what to learn, Math, History, Science, Spanish but there weren't a lot of classes on how to learn those subjects. Not a lot of classes on how to think or how to focus, how to listen, how to be creative, how to solve problems, how to read faster, how do remember things. And if I believe in this age that we live in, knowledge is power, then I believe that learning is a superpower.

When I had this whole theme around, again, if knowledge is power, then learning is a superpower. And you could tweet that too. I believe a lot of the learning is also social, it's not solo. The old model of sit quietly in your chair, don't talk to your neighbor, just repeat what I say and taking notes, I think that's over. That's solo. But today, the classroom doesn't have four walls like we're demonstrating right now on this call. If you don't talk to your neighbor nowadays, you're in trouble, right? It's not based on consumption. It's based on creation and co-creation. And that's where really learning of the 21st century is. It's not even just left brain learning, whether it's like math and

words. You know, it's right brain where it's creativity, it's music, it's emotion, it's experience. But I won't even say it's just right brain, I would say it's whole brain. Or today, it's one level above that, not just your left brain and your right brain or even your three brains, your total triune brain, reptilian brain, everything, I would say it's a whole self-learning.

When we're talking about self-care, imagine whole self-learning whether it's your left brain, right brain, your three parts of your brain, your conscious, your unconscious, your non-conscious, your brain and your body, it's your multiple intelligences or different learning styles and your sensory integration. I mean, there is so much to it. I don't believe that there's a magic pill, but I do believe that there is a magic process. And then, throughout the calls like these, you're getting another perspective, another piece of a puzzle.

And so for me, the reason why I'm passionate about this is I was telling you that even if you see me on stage, my inspiration really was my desperation because I wasn't always able to do this. And growing up in school, I was actually in a lot of ways very learning-challenged. And people don't know this about me but I struggled a lot throughout school, throughout grade school, throughout junior high, throughout high school. And I would always have to work harder than everybody else to get worse results. And I remember when I was five years old, I had this really bad head injury. And from that point on, I always thought that maybe I was broken that there was something wrong with me. Maybe that's why I couldn't focus, like I could never finish a Module or I didn't understand things like my friends understood things. And so, I struggled in school.

And I don't know if anyone can relate with this, but so much of our identity sometimes...

Kevin: I can.

Robyn: Kevin can.

Jim: Who doesn't? And also because the school, the education system, and I love teachers and I'm very honored to be able to share with lots of educators and teachers. I come from a family, my mother is a school teacher. My aunt is a school teacher. And the challenge is the system. They say that if Rip Van Winkle woke up today from his 100 years of slumber, the only thing he would recognize is the school system because it hasn't changed then, because right now, it's kind of like this assembly line, one-size-fits-all cookie-cutter approach to learning, it doesn't cut it anymore.

So, if you've ever struggled in school, maybe it wasn't your fault because you weren't taught how to do that. And I wasn't taught. And so, when I got to college, I wanted to start fresh and I took on all these classes and it got even worse. And I was interested in health because I lost some family members and grandparents at an early age. And so, I took all these science classes and I just even did worse. And weeks without eating, weeks without sleeping, what would that do to your care, your health? And I ended up at the library where I spent most of my time and I passed out of exhaustion. I literally fell down a flight of stairs and I woke up two days later in a hospital, two full days later, hooked up to all these IVs. And I thought I died and I was down to 117 pounds. I mean, I was not in great shape, and I just woke up thinking there has to be a better way.

And just at that moment when the nurses came in with a mug and on the mug had a picture, a hand drawing of Albert Einstein, pretty smart individual, a superhero on his own right. And in this quote that said, "The same level of thinking that's created the problem won't solve the problem." And I was like, "Wow!"

And I mean, you ask a new question, "How do we learn?" How does our brain work so we could work our brain? They tell us that our brain is a supercomputer and we only use about five or ten or whatever small percentage of it but how do we use most of it? And I thought it was interesting that your brain, that you could buy any device, you could buy a blender or a DVD player, Blu-Ray player and it all comes with an owner's manual, an instruction manual. But your brain doesn't and everything operates from your brain. And so, I've spent the past 20 years trying to put together that owner's manual in a way that's simple and fun and easy and people could do remarkable things. And so for me, that's where I felt like I was almost dying and then, that's where my passions came for self-care. And why I became so interested in that subject, the thing called health.

Kevin: That's an excellent story and I do think that you're right, a lot of people can identify with that. And that's hopefully what we're touching into here is these. And now, basically, you are a superhero. You've created that identity that we are looking to.

Robyn: And we're tapping into our own superhero side or own genius side.

Kevin: So, you met your challenges.

Jim: Well, that's what happens, right? Once you claim your power, you can't help it. You want to help other people. And I think a lot of the biggest solutions came from

people who struggled the most in certain subjects and learning was my mine. And after I started studying everything I could get my hands on, the adult learning theory and neuroscience and brain science and making it very practical and I would start looking for clues, anyone who could do something amazing.

I remember when I was eight years old, early on, I was at a family reunion and 25 of us were at a restaurant in a busy Saturday night. And a waitress comes and starts taking everyone's order. And I didn't really pay attention until she came to me and I was half-way through on the table. And she took my order and I noticed something funny, she wasn't writing down. Have you ever had a waiter or waitress like that who just kind of can memorize your order? And at that time, I'm eight years old, I'm very skeptical and even to this day, I'm skeptical, meaning I just want to know what the truth is. And so, I'm thinking there's no way she's going to get this right. We're going to have to send our plates back, we're going to have to trade plates with each other because they're busy, look at all the different tables she has. But when she came back, she got every single thing perfect. I mean, the beverages, the salad dressing, the appetizers, how we wanted the meal cooked, the desserts and that's a stand-out skill. And she was in effect, she shook up a limiting belief that I didn't realize I had. She was my Roger Bannister. You know, back in 1954, ran a four-minute mile and that broke the four-minute mile and all of a sudden all these other people started breaking the four-minute mile because he shook up that belief that we always talk about.

And so, what I wanted to do is, right now, I'd like to give everybody some memory tips and some pretty things that I use for self-care. And I talk kind of rapidly. So, take quick notes and write them down. And I'll teach how to memorize them. And I always use acronym because I think they're easier to remember. Like, we remember like the seven colors of rainbow because of ROYGBIV, red, orange, yellow, green, blue, indigo, violet, or homes in search for the Great Lakes.

I want you to remember, first of all, three keys to a better memory is MOM. And I'm going to go through this really fast. The first "M" stands for motivation. Okay. If you want a better memory, you have to find out what your drive is. And the question I would ask people is, what's in it for you? There is a radio station actually everyone listens to, it's WIIFM. WIIFM, What's In It For Me? And that's everyone's favorite subject.

But here is the thing with your memory, is you only remember things that you feel. Things that you can see, things that you could feel, control all your senses. And if I ask somebody questions like, for example, how good they are with remembering names?

Most people say they have trouble remembering people's names. But I would say that it's not completely true that you remember some names, and some of those names are names you are motivated to remember. So, for example, if somebody is struggling for remembering someone's name, and I'd say I have a suitcase here of \$10,000 cash for you or your favorite charity if you just remember the name of the next person you meet. How many people are going to remember that person's name for \$10,000? Most people because they're motivated.

So, why do you want to remember the person's name? Maybe it's because you want to show this person some respect, or you want to create new business or you want to practice these techniques that you learned on, on the Self-Care Revolution™ and such. So, first is motivation.

The "O" is observation. And this is so important because so many people blame their memory. They think it's a retention issue when it's really an attention issue as if they have big names. A lot of people aren't forgetting the name. They're just not hearing the name to begin with. So, there is a difference between looking at something and really seeing it. Like for example, if you're at home, I want you just to draw a circle. Sketch out a circle and draw the back of a dime. What does the back of a dime look like? And I know you have many people from other countries listening to this. Whatever the currency is for you, what does the back of that currency look like? And for most people, they still have an empty circle because there is a difference between looking at it and seeing it. Just like if I ask you, we all use this site called Google. But are you willing to bet what colors the letters of those six letters are? What color is first G? What color is the first O? What color is the second O? What color is the second G? What color is the L? And what color is the E? And how many times do we use that site? But there is a difference. And so, the O stands for observation. Paying attention and being present.

Recently, I had the pleasure of spending some time with President Bill Clinton. All the stories I heard about him is that he has an incredible memory. So, what I want to talk to him about is memory techniques he used to remember names because I know a number of people that have met him on multiple occasions and they remember exactly who he is after one meeting and that person is by name. And I think remembering names is a stand-out skill. I think leaders are readers. And as I talk about some speed reading but I also think that to show you care at the highest level, you need to remember that person, because again, it's really hard to show someone you care about them if you don't even care enough to remember their name.

And so, this was just a couple of weeks ago. And I'm with President Clinton. And I asked him the magic question, "How can you remember all these people's names? Are you using memory techniques or anything like this," the kinds that we teach. And he honestly said, "Jim, I don't." And I noticed he used my name right away. And I felt like I have a name tag, but I don't. And he says, this is the thing with Clinton is he not only has an incredible charisma and a wonderful communicator, he's an incredible connector regardless of how you feel about politics. He's an incredible connector. And I found out that really, the art of memory for him because this is a gentleman who has incredibly powerful presence. But when he is with you, he is powerfully present. You know what I mean? Powerfully present.

And there are certainly a lot of other people there in the room outside waiting for him in a place like that but he was right there. And the conversation seemed to last forever because it felt like he wasn't looking over my shoulder. He was asking really thoughtful questions and really listening to my answers for the work we did and such. And I think that powerful presence, being in the moment, completely observant, and we'll talk about the power of now. You're not talking, most people when they're listening to somebody, they're having conversations with themselves, in their own mind. How do you know this person or what is this person's name? And there is two conversations going on, one with the new stranger, one with yourself, you can't listen to both conversations. And if it's between you and a stranger and you and yourself, who do you think you are going to listen to? And so, I just think observation is so important.

And finally, the final "M" in MOM stands for mechanics. And I don't mean the person who fixes your car. I mean the tools, the tips, the techniques you use for remembering names, for remembering a speech, for reading faster, for whatever the outcome is. But the reason why I put it last is if you're not motivated to want to learn something or remember it or if you don't observe it, to begin with, then the techniques or the mechanics are not very useful. So, remember your MOM.

Robyn: Easy to remember, right?

Kevin: That's right.

Jim: Yeah, it's working already. And I'll get also the part on the self-care. But actually, let me give you one mechanic, one tip for remembering names because that's a big one. And I would say this. Remember this: BE SUAVE. And I'm going to go through really quick. The B stands for belief. We've already talked about it. Henry

Ford said the famous quote, “If you believe you can or you believe you can’t, either way you’re right.” And if you want to tweet this also, then you could do so.

Robyn and Self-Care Revolution™, or I take myself Jim Kwik. Kwik is my real last name, to get the conversation going but that’s the social part. And I also love it because taking notes is one thing to learn it, it’s teaching other people. I think that throughout this year long series, people should learn stuff but it teaches other people because when you teach it, you get to learn it twice. When you teach something, you get to learn it twice.

And so, I would sit here, listening to it or if you’re working out or you’re driving, think about it like, “Oh, that’s really wonderful.” And, “How would I teach this to my friend? How would I teach this to my spouse? How would I teach this to my kids?” So, the B stands for belief. So, you’re going to eliminate your negative self-talk.

And I remember I was preparing to run my first marathon and I picked up a Module and I was on one of the chapters of psychology of running a marathon because with a name like Kwik, your destiny is pretty much planned out. And I had to be a runner back in the school. I was a runner back in school. There’s a lot of pressure too when your shirt says Kwik right on it. Be careful, Kevin and Robyn, when I’m driving because I don’t want to be pulled over for speeding. You hand the police officer your license and it says Kwik right on it, and you’re not going to talk your way out of the ticket. And I get to teach accelerated learning, speed reading, speed memory. But I was running this marathon and I had the physical training, the mental training I was curious about. And I read one chapter, the first to be opened up with this, this is verbatim, “Your mind is a supercomputer and your self-talk is the program it will run.” If you tell yourself I am not good with names, you will not remember the name of the next person you meet because you program your computer not to.

I was like, “Wow! That’s belief.” So, if you say to yourself, I have a bad memory or I forget everything. A lot of people take pride about things. I find it very interesting nowadays even when going back to self-care, people start kind of glorifying being busy. They start having pride about how forgetful they are. And I just think it’s reinforcing the wrong result that we’re looking to get because we get excited about forgetting things and it starts becoming self-evident. So, the B is eliminating your negative self-talk, replacing with positive.

E is exercise. In the BE SUAVE, E is exercise. And I don’t mean physical exercise, although that’s one of my habits for personal self-care, exercise because those people who are more physically active will perform better on mental agility test and focus

also, as well. So, exercise is important but I don't mean physical exercise, I mean practice. So, you practice these mental tools because we all know it, practice makes perfect sometimes. Like I like to say practice makes permanent or practice makes progress. So, practice makes progress because there is always another level.

And so, I would practice these tools. So, whenever you're meeting somebody, practice what you're about to learn like now because what practice in your private life, you are rewarded big time in your public life. And so, you definitely want to do that. So, that's E is exercise, practice. It could be watching television and you're watching the news, they introduce somebody, practice remembering their name because the bad news is it takes effort. That's the bad news. It takes work like anything worthwhile but the good news is it doesn't take as much as you probably think. Like I am very good at remembering people's names or memorizing a deck of cards and memorizing words or speeches but I haven't gotten much better at it. Once you know how to, for example, read faster or remember someone's name, and maybe it took me 30 or 60 days of practice. But then after that, you know how to do it just like you know how to type or you know how to drive a car. And so practice, exercise.

And then finally SUAVE. Next time you are at an event or you're at a conference, you're at a health event or whatever in your networking, as you're looking in the mirror and you're checking your makeup or checking your clothing, I want you to say to yourself, BE SUAVE. And the "S" means you say the name. Say it. So, if someone gives you their name, you say the name. And it goes, "Robyn, it's nice to meet you." "Kevin, it's real pleasure." You say it. And the reason why you say it is because it means you observed it, going back to MOM, the O, observation, because you don't want to talk to somebody in bed and say, "Goodbye Ed." You start to get corrected upfront. So, you say the name and you get to hear it twice. The "U" is use the name. When you use it, use it well in a conversation, three or four times intelligently in a conversation but you don't abuse it. Use it and abuse it, those two words are different, right? You add "AB". Abusing it would be, "Kevin, it's really nice to talk to you." "Kevin, you want to grab some lunch?" "Kevin, what should we talk about?" That would be an abuse, right? But use it three or four times.

The A is great when you're meeting new people who have different names. Ninety percent of the names of the people you meet probably are names you've heard before. The three of us have pretty common names, Kevin, Robyn, Jim and such. But if you meet somebody, 10% of the time is a new name, a name you haven't heard. And the A stands for Ask. You want to ask about the name. Like what kind of questions can you ask about a person's name?

Kevin: Yeah, that's good. Sometimes maybe we feel a little rude, you've already forgotten the name and we feel embarrassed even to ask even when we are right talking to somebody new.

Jim: Yeah. And it's really new to somebody who has name like Assav, or Rudiger, or Asis, or whatever their name is. So, I think everyone's favorite subject is themselves. And so, you could ask about the origin of the name or how do you spell their name or who you're named after, are you related to this person who has the same last name, or what does it mean? And I remember I was doing this training at the country's largest life insurance company, about 100 people in the room and the Training Director was there. Her name was Nanchita. And I was like, "Wow, that's a really beautiful name." Where is it from, how do you spell and so on. And I asked, "What does it mean?" She looked around at her co-workers and she paused and then she said, "It means graceful falling waters." I was like, "Wow! That's kind of neat. Graceful falling waters, that's beautiful." I put an image in my mind so I could remember it. And based on her co-workers' response on that, I said, "It's inspiring." And I was like, "How long have you been working here, Nanchita?" And she's like, "Four years." I was like, "With many of these people here." And she's like, "Yeah, many of them are my very good friends. They were at my wedding." And I was like, "That's interesting." I was like, "How many people, raise your hand, knew that's what Nanchita's name meant?" And out of 100 people, not one person raised their hand.

Robyn: Wow!

Jim: So, that's the power of asking. Think about the power of a name. The name is someone's identity, right? Think about the emotion and the positive connection people have to their own name. It's probably one of the very first words you learn how to write and how much positive reinforcement will you give it no matter how sloppy your handwriting was at that time for doing it correctly. So, you ask about a name.

And then finally, the V stands for Visualize. You visualize the name because I bet you, most people who are listening to this, you're better with faces than you are with names. You always go to somebody and say, "Hey, I remember your face but I forgot your name." You never go to someone and say the opposite. You never go to someone and say, "Hey, I remember your name but I forgot your face." That won't make any sense. But if you tend to remember the face, there is a reason why, it's because more of your brain is dedicated towards your visual processing. And there is a Chinese proverb that goes 'What I hear, I forget; what I see, I remember; and what I do, I

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understand'. What I hear, I forget. I heard the name, I forgot the name. What I see, I remember. I saw the face, so I remember the face. And what I do, going back to practice and exercise, I understand. So, visualizing means if you tend to remember what you see, then try seeing what you want to remember. Because this will be simple as if a person's name is Mark, imagine yourself taking a marker out of your pocket and putting a checkmark on their forehead.

If the person's name is Mike, imagine them jumping on the table and singing karaoke on a microphone. If the person's name is Mary, the picture – what can you picture for Mary?

Kevin: Getting married.

Jim: Imagine you meet someone named Mary and you're forced to marry them, in your wedding gown and everything. And if it makes you laugh when you put the image in your mind, that's why you remember it, because these strategies are useful, these mnemonic strategies, these memory strategies because if you don't, I call it the six-second syndrome. You have six seconds to do something with the information. Otherwise, it gets lost. And so, at least, focus on it. If the person's name is Carol, you could imagine them Christmas caroling, right. If you meet someone named Bob, I picture them Bob in Crapples. David, I think about slingshot. Why, for David?

Kevin: Goliath, David and Goliath.

Jim: David and Goliath. So, I just picture a slingshot. And you're doing in the privacy of your own mind. It's fun too. And that's why, who are the fastest learners on the planet? They are children and they do the same thing. So, I do that. So, if first name is John, you could picture, whatever picture for John. And so, for Kevin, I think of a cave-in. Robyn, obviously Red Robin.

And then finally, the E in SUAVE stands for End, which means you leave saying goodbye to that new person saying their name. "Robyn, it's been a real pleasure." "Kevin, have a wonderful day." "Jim, thank you so much for coming." Because if you could walk into a room and meet ten strangers and leave saying goodbye to every single one of them using their name, who did they all remember? You, that's a real standout skill.

And we have a gift, I know we arranged also for Self-Care Revolution™ for everyone listening, we have a gift that we'd also like to give everybody. It's actually a training on how to remember names. You'll see me on a live event where I actually pull people

right from the audience and you get to practice this. And we go even further into it. And you could have that just as our gift. So, thank you.

Robyn: They can go to SuperHeroYou.com/care.

Jim: Yes. So, if you go right now, you go to SuperHeroYou, write it down, SuperHeroYou.com/care and you'll get that free tips. And enjoy it. And I'll follow up with some other wonderful training.

Robyn: Thank you so much, Jim. That's a whole hour of information. And just for all the listeners, I am a student of Jim Kwik. So, I can't tell you how much his information has helped me. I speak a lot. I've got a full life. But the main thing I've gotten better at... but it's good to be reminded, to hear the MOM, I am so grateful for this. And having a name like Robyn, the other thing is, so many people, they care about how their name is spelled, like the only thing I like about my name Robyn is the Y. And I love it. Not only it's made people to remember my name, but they know they have to spell it right with that wonderful Y.

Jim: I like it. Yeah, very memorable. It's very memorable. So, those are few things you can do and you don't have to do everything but just to be able to improve your ability to remember names and practice it. And you get to practice it actually on that video. I'll introduce you to brand new like just random strangers come on stage and I don't even know who they are and then I get their name and you can practice this technique and learn and going further. And I also teach you another method on how to remember name as easy as PIE. It's a three-step process, PIE. That just takes it to the next level.

And one other thing that should be mentioned, you said that a lot of people have trouble with overwhelm and overload and anxiety and there's information anxiety. And so, I still want to get to my ten self-care tips that I wanted to share it in terms of my lifestyle. But I thought maybe really quickly, we could just maybe talk just five or ten minutes on this thing called speed reading because a lot of people have taken or might have taken speed reading class back in the '70s. And traditional speed-reading has been long associated with skipping words or scanning or skinning or getting the gist of what people read. And that's wonderful. I think it's very useful to be able to skim and scan through information quickly. What we teach is something called quick reading which not only just focuses on reading speed but also reading comprehension, reading understanding, reading focus, reading retention of what you read because I think all those, not just speed reading but smart reading is important.

But I wanted to give a couple of tips on what people need to do to improve their reading speed maybe 25%, even 50% right now and which is incredible, 50% increase. The average person reads, by the way, three hours a day. Three hours a day. Think about all the Modules that you need to get through, the newspapers, the online reading, the texts and Emails, three hours. Even if you could cut that in half, 90 minutes or an hour a day, do you think an hour a day, just one hour, that's 365 hours a year. How many 40 hour work weeks is that? That's more than two months. That's nine weeks of productivity you get back. And so, when we're talking about how would you like to spend an extra hour that you save reading towards your own self-care? So, you get to spend more time meditating or spend more time resting and sleeping or doing things for your stress management, or reducing or exercise. So, that's what I really like about it.

So let me give you a really quick five obstacles for effective reading. Okay. These are five obstacles, really rapid fire that get in the way of you being a better reader and not just reading speed but reading comprehension. And so, the first one is lack of education and we already talked about that. Reading is a skill. It's not something that you're born with. You didn't just crawl. We aren't born and crawled out to the waiting room and start to speed-reading magazine and stuff like that. I didn't do that. I never actually read a Module cover to cover, school Module, until I got to college, and that's how poor of a learner I was. And so, the learning of the skill and like all skills, they can be improved with the correct training. So, I could practice typing with two fingers but much better is to learn to train with all ten fingers and working smart. But the last time you took a reading class probably you're eight years old, and that's pretty much how people start reading like when they are eight. That's number one.

Number two, and this is a big one, lack of focus. If you've ever had trouble while you read, the focus, maybe your mind wanders, you get to the bottom of the page and you forget what you just read. You start daydreaming. I think it's because of this. They say your brain is a supercomputer, and I think we use a 100% of our brain, it's just how we use it is different. This is unbelievable supercomputer but when we read, we feed it one...word...at...a...and you feel it, right? Like if I was to talk like that throughout the entire conversation, everyone's mind will start daydreaming, you turn it off, you would start focusing on the things. But that's exactly what happens when you read, you start to daydream, you start to focus on other things. Most people read so painfully slow that they have no focus. Their attention goes everywhere else. And if you don't give your brain the entertainment it needs, it will seek stimulus elsewhere in the form of distraction.

So in actuality, people think that if you read faster, your comprehension would go down. I tested thousands of people around the world, everything single year and I could tell you that in general, faster readers have better comprehension because they are better focused, because it's similar to driving. If you're driving through your neighborhood 20 miles an hour, 30 miles an hour, are you really focused on driving? Have you ever ended up at home or ended at work, and you don't even remember like the trip getting there? So, you're not conscious, right? What are you doing? You're conscious of other things. You're listening to the radio, you're texting even though you shouldn't be, you're thinking about the baby, the kids, the bills, and you're drinking your Starbucks, you're doing like six, seven different things when you're going 20, 30 miles an hour.

But let's say you're racing a car and you're taking hairpin turns at 100 miles an hour. Do you have more or less focus at 100 miles an hour? Well, a little bit or a lot? Are you paying attention to anything else? Are you thinking about the kids, or the bills or trying to drink something or text something? Of course not, right? And so, the speed gives you the focus and the focus gives you the comprehension. So, I think a lot of people lack focus because they are going too slow. For me, I think it's like riding a bike too slow. If you ride a bike too, you'll fall off.

Third obstacle and this is the big one, sub-vocalization. Sub-vocalization means, have you ever noticed when you're reading something to yourself, you hear that inner voice inside your head reading along with you? Hopefully it's your own voice, not somebody else's voice. Sub-vocalization is a problem because if you have to say all the words inside your mind in order to understand them, which means you can only read as fast as you could speak. That means your reading speed should delimit your talking speed and not your thinking speed. Like if I was to take a word like television, you don't have to pronounce the word 'television' to understand what a television means. Any more than you have to see someone that you know, "Hey, Michael," and you have to say to yourself 'Michael', you understand what it is. You don't have to pronounce it any more than you would pronounce a stop sign. Like when you're driving, you don't say to yourself stop when you see a stop sign. You comprehend it exactly what it is. And 95% of all the words you'll ever read day-to-day are what they call 'say words'. They're words you don't have to pronounce. And most people read about 200 words per minute because that's the average talking speed. But how do you get up to 400 or 500, 800 words a minute? Impossible to speak that fast. And so, our students that go through our programs, they reduced their sub-vocalization so they could read by sight based on sound.

There are a couple more obstacles. Another one is regression that's keeping you from you reading new words, such as the one I would say is belief again, limiting beliefs. But here is one thing you can do right now to improve your reading speed 25%, 50%, right now, is use your finger while you read. Use your finger while you read. Now in school, we're taught not to use our finger while we read because you're told not to do it. And I think it's kind of like typing. You know how they designed the old typewriter? People wonder why they've made the keys ASDF and why they do it like that? And people think it's to optimize like the thing. But it's actually not, it's actually to be able to scroll you down. That's why the letters are where they are. Because back then, not on the computers, but certainly in the old typewriters, what would happen if you typed too fast?

Kevin: Yeah, definitely.

Jim: So, I think people say there is a conspiracy theory to say, you're taught not to use your fingers, it's actually to keep people learning slow.

But I will tell you the physiological reason when you use your finger while you read. First of all, test yourself. If you read something for a minute, count to nine and then re-read it, just underlining the words with your finger for another minute, you will find a 25% to 50% jump across the board. I will tell you why. First of all, you do it. Like you don't need your finger, most people don't use their finger. And by the way, finger could be any visual pacer, a highlighter or pen and pencil and mouse on the computer, anything that's underlining the words for you, but you do it. Like nobody uses their finger while they read, but when I ask them to count the number of lines they just read, 100% of the people will use their index finger or a pen and start counting with it. And then, children naturally do it, kind of interesting organic learning. Children will just, if you don't teach them, they will use their finger naturally when they read.

But thirdly, your eyes are attracted to motion. So, as your finger is going across the page, your eyes are pulled, like when something ran across the room, you would look because it's survival. You need to look at what's moving in your environment. So, as your finger is moving, it will pull you through the information as it calls your attention being pulled apart. But another big reason is how your nervous system is set up. Like certain senses are very closely linked. Like have you ever tasted like great tasting peach? No. People love it to taste, it's like a fresh peach that you're buying right off from the farmers' market. In actuality, you're not tasting the peach, you're

smelling the peach. That your sense of smell and your sense of taste are so closely linked, that your mind doesn't know the difference.

Just like your sense of smell and taste are closely linked, so is your sense of sight and your sense of touch. People that read with their finger, they'll tell me all the time they literally feel more in touch with their reading. And that's called comprehension. In fact, when people lose their sense of sight, how do they read?

Robyn: That's right.

Kevin: That's right.

Jim: Using like Braille and using their fingers. So, using your finger while you read, just underlining the words will boost your reading speed or a highlighter, I like to use a pen, I'd have a little notation system 25, 50%. Fifty percent increase in speed will save you 20 minutes on every hour. It doesn't seem like a lot. But a couple of hours of reading a day, saves you 40 minutes. That will work out.

Robyn: Jim, Kevin has four papers to write. So, you give him some extra time today from all the reading.

Kevin: I absolutely will. I'm very grateful for that.

Jim: That's just in terms of the basics. Now, there's a way to speeding that up and getting rid of sub-vocalization that we train but that is a wonderful tool you can do right now. So like right now, you could actually go and practice MOM, practice BE SUAVE, practice using your finger while you read. And what I love about the work that we're talking about, we talk about quick learning, everything is measurable. I love things where you get results right away. Even if you don't get perfect remembering everyone's name, you can start remembering two or three more names a day. You start reading 25 or 50%, you get to read extra ten pages a day, get an extra 20, 30 minutes, an hour a day, it starts to really add up over time.

Really quickly, here are my ten things and these are things that I would assume a lot of people do for self-care. But I'm just going to tell you what ten of them are. Certainly there's more, but these ten will give you a lot of bang for your buck, a lot of them, half of them are free. These are wonderful.

And I adapted a couple of things from Dr. Daniel Amen, he's one of our faculty. He has written 30 Modules on the brain and we are featuring his latest Module 'Use Your

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Brain to Change Your Age'. That's how we met. But here are the ten things. You could write these down but I'm going to teach you how to memorize them. First thing is a good diet. Good diet. The second thing is killing ants. Killing ants. And that's from Dr. Amen, 'Change Your Brain, Change Your Life'. And ants answers automatic negative thoughts. Remember going back to beliefs, get rid of those negative thoughts. So, that's going to really hurt your self-care especially for your brain.

The third thing I do for self-care especially for mental self-care, the third thing is exercise. Physical exercise and every day I read and I run. I just have to be active, being engaged. I find that sometimes when people retire out of work, which means they retire their mind too. And shortly after that, they retire their life. And there is a great study also on super moms in the cover of Time Magazine where they wanted to find how these women were living in their 70s, 80s, 90s, 100s and above and they found out half of it had to do with their gratitude and their faith which is incredible for emotions. The other half of it though had to do with how mentally active they were their entire lifetime. And that's what's literally adding years to their life and life in their years. And so, exercise. That's important. That's the third thing.

The fourth thing, brain nutrients. All nutrients in general, I pulled this on self-care for the brain, plenty of nutrients, getting your vitamin D, your omega and so on. The fifth thing, positive peer group. A positive peer group is so important for your self-care. Being around friends that encourage you, inspire you especially when it comes to learning and self-care for your brain, being around people that stimulate you, that challenge you in that way, very important. Number six, clean environment. Clean environment is so important for your self-care. And they find that your external environment reflects your internal world also. So after that, number seven, sleep. Very important. Most people aren't getting anywhere near as much sleep that they need. And so, sleep is so important. That's where you're actually making those connections. You're consolidating long-term memories, your dreaming which helps you to create amazing things in the world.

Number eight is brain protection. Now, this is, again, self-care for the brain. Brain protection meaning things like be careful of trauma to your brain like I had one when I was five. Wear a helmet, for example. So, there is lot of research done on concussions in NFL players and boxers and you got to protect your brain. And number nine, new learning. So important for self-care to learn new things every single day. New learning, that's probably one of the most important things for me. That's why I do what I do. And I'll tell you a story how I started on it in terms of teaching and learning it is your new learning. You always want to learn new things.

And Abraham Lincoln always talked about never going to sleep, putting his head on the pillow being the same person he was when he woke up. And so, the best and best man is always in your self. Knowledge is not only power, knowledge is profit and not just financial profit, that's obvious. I mean, the treasures in every area of your life especially your health and your relationships.

And finally, number ten is stress management. Stress management because one of the things that will kill like a lot of your memories and your ability to think is stress. And we know it raises adrenalin, your body shuts down, big parts of your brain, which is great if you need to run, or be in conflict but it doesn't help you to be a better thinker, remember, focus or in such. So, those are the ten things.

Really quickly, I'm going to show you a way to be able to memorize all ten things. And what I'm going to ask you to do if it's safe, close your eyes. Only if it's safe, help you focus, take a deep breathe. Take a breathe, exhale, just breathe normally. I'm going to take you through a quick visualization exercise. Close eyes process. I want you to imagine. In my office where we teach all these speed reading and memory programs is in the suburbs of New York, in Westchester, New York. And so, imagine a big glass building with lots of trees and that's where our office is in there. And let's just say a car picked you at the airport and you are in the back seat and you drive, I'm going to help you find ten places in my office. I am going to show you why in a second.

You pull into the parking lot and right there in the back, is the parking lot. And the parking lot is the very first place. We're going to name ten places. That first place is the parking lot. You get out and it's a beautiful day out. You see this waterfall across the stream and kind of like flowing around the building. In order to get to the building, you have to across the bridge. So the bridge is the second place. You cross your self, see your self crossing the bridge, bridge is number two. You go into the building, you get into the third place, which is the elevator. See your self, even if you can't imagine it, just imagine you're imagining it in the sense that you step into the elevator, it's the third place. Step out of the elevator, go into the fourth place, which is the hallway. So, you start walking in the hallway, that's your fourth place. Good.

The fifth place, you walk into the office. Immediately to your left, is the fifth place, is the closet. Go to the closet, that's your fifth place. You leave the closet. You go to the receptionist. Our receptionist is the sixth place. Behind the receptionist is this gorgeous fish tank. The fish tank is your seventh place. Around the corner is the door to your speed reading class. So your eighth place is your door. The ninth place, as you

walk into the door right in front is the whiteboard. That whiteboard is your ninth place. And then your tenth place, the final place are all these Bonsai trees on the side of the classroom. See all these Bonsais, little Japanese trees. That's your tenth place.

Okay. Those are your ten places. Now, what I just showed you is a method, it's kind of like the location method. We've had ten locations. And back 100 years ago, there was this Greek author named Simonides, poet, that he created this method to be able to memorize speeches without notes. And he noted that if you put information in certain places that you're familiar with, you can remember those different points to a speech.

So, what we're going to do is take the ten keys to self-care for your brain and put them in your ten new places in my office. So, keep your eyes closed. And you go into the first place, which is the what? What was the first place? The parking lot. I want you to imagine as you're getting out of the parking lot, there is a big, there is the diet right there. The big buffet, good diet. And really picture it, everyone who is listening to this, picture it starting in this big, wonderful good diet. You go over after you're done. You cross your second place, which is the what?

Kevin: The bridge.

Jim: The bridge, and you start killing ants. It's not a pleasant thought. You start stepping on ants and killing ants. You go into the building and you can step into the third place, which are your what?

Robyn: Elevator.

Jim: Elevator. And once you get in there, there's all these people doing cross fit, yoga, exercise, and just imagine Billy Blanks, the Tae Bo, or P90X Tony Horton, Zumba, Richardson on television there, exercise.

Step out into the fourth place, and that's the hallway, right? And as you're going up the hallway, I want you to imagine you're like Indiana Jones, you're jumping over these big bottles of brain nutrients. And that's the next thing you remember. The fourth thing is brain nutrients. Imagine all these bottles of vitamins that you're jumping over. You go into the office and nearly to your left is the what?

Kevin: Closet.

Jim: The closet. You open the closet and there is your positive peer group. All your friends smiling, that's your positive peer group. You go up to the sixth place, which is the receptionist, right? And while she's there, she's cleaning her environment. That's to remind you she is cleaning environment. Behind her is the seventh place which is what?

Kevin: Fish tank.

Jim: The fish tank. All the fish are sleeping and they're snoring.

Kevin: Oh, great! Okay.

Jim: That's the sleeping. That's to remind you to sleep. And then, you go over to the classroom and the doorway, the eighth place. And I want you to imagine you're putting on a helmet and you're head butting the door open. That's to remind you the helmet of brain protection. That's your eighth thing for self-care for the brain.

And then finally, number nine is, what place is that?

Robyn: Bonsai?

Kevin: The whiteboard.

Robyn: Oh, okay.

Jim: The whiteboard. And on the whiteboard, I want you to see it's me and I'm teaching speed reading, new learning. See me writing on the whiteboard, 'New Learning'. And then, finally is the Bonsai trees on the side. And the Bonsai trees, I want you to remember stress management. And stress management, just picture anything that represents stress management for you. Maybe you're there getting a massage. Maybe you're there entertaining.

Robyn: How stress-free to keep even a Bonsai tree open, alive and healthy.

Jim: Exactly. So, let's do this now. So you start now, you need to give a speech on this. Let's say you're the memory expert. You just learned this great and wonderful ten things about how to self-care for your brain. And you're in front of an audience, you need to remember the ten things in order. All you have to do now is mentally walk into all your places. And by the way, if you ever said in the first place this, on the second place that, and third place, that's where that came from, this locked part of memory.

So, what's in your first place? Let's go to the brain tips, self-care brain tips. Number one, what was in your first place? Drive-up, get out of the parking lot is what?

Kevin: The good diet.

Jim: The good diet. It's good. Even if you're listening to this at home, shout it out loud.

You go to second place and you cross the bridge to remind you of what?

Robyn: Ants, automatic negative thoughts.

Jim: Get rid of those automatic negative thoughts. Third thing, you walk into the elevator.

You get out into the fourth place which is what? Hallway, then you start to what? What are you jumping over?

Robyn: The brain nutrient bottles.

Jim: Perfect. That's very important, that's your brain nutrients. And then, you go to the closet and you have the what?

Kevin: Your positive friends.

Jim: Yeah, you have all your positive friends. That's important for good brain self-care. And then, you go to the sixth place, which is the receptionist. And what is she doing?

Robyn: Cleaning the environment.

Jim: Cleaning the environment. Behind her is a fish tank. What are they doing?

Robyn: Sleeping

Jim: Sleeping, you need sleep. And then, you go to the door to the classroom and you put on your what?

Kevin: Helmet.

Jim: Helmet reminds you of brain protection. And then, you go into the classroom and I'm up there writing on the whiteboard. And what am I writing?

Kevin: You're writing how to do this stuff.

Jim: All the new learning.

Robyn: New learning.

Kevin: New learning.

Jim: Finally, the Bonsai trees is what?

Robyn: Stress management.

Jim: Yeah. Those are my keys to self-care for my brain. Unlock the genius inside of you. I think, obviously, there's more in terms of journaling and there's a whole bunch of you might be using that idea and everything else. But that's something that goes really far. And I would encourage people out there, if you go to SuperHeroYou.com/care, you get this gift from myself and from the Self-Care Revolution™. You'll get a number of videos on how to train your brain and how to do more of this stuff, much more in-depth. We don't have the time to do here. And all those are gifts. And then on top of it, if I can, just give me 30 seconds, on how I got started.

Kevin: Yeah.

Jim: So, I learned all these wonderful tools and I couldn't help but help other people. And so, I put together like tutoring for students. And one of the young ladies, she had problems struggling with the speed reading. For a couple of weeks, she was still reading at the same pace while everyone else had doubled, tripled, or quadrupled their reading speed after a couple of weeks. And she came to me and she was really concerned. And I gave her some more pointers. And suddenly, something clicked from her and she ends up reading 30 Modules in 30 days. How many people would love to read a Module a day? Even a Module a week? And then, 52 Modules a year. How different would your life be right now? What kind of Modules would you want to read if you could read 52 Modules a year? The average person, by the way, reads one Module a year. And so, it's frightening especially if you want the wonderful answers. And I wanted to find out, I was curious but I've never seen anyone read that

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much before because I haven't been reading that much. And I don't need to know how she did it, I don't want to know how she did it, I want to know why she did it.

Remember going back to motivation and MOM. And I found out, after asking her, that her mother was dying of cancer. She was given 60 days to live. And the Modules that she was reading were Modules on health and wellness and self-care. And she was determined to save her mother's life. And I still get chills thinking about this. My wife calls them truth bumps, instead of goose bumps. But I was just like, "Wow! I hope this helps you." And she opened one of the Modules that she was using a picture, a photo as a Modulemark and it her mom in the hospital. And it reminded me so much when I was in the hospital. And I was like, "Wow!"

Anyway, fast forward to six months, and I get a call from this young lady. And she has tears in her voice, and they're tears of joy. And I find out that her mother not only survived past the 60 days, but she's really now starting to thrive. Doctors don't know how she is getting better but her mother attributes it to all the wonderful advice she learned from her daughter that learned this from all these Modules. And that's where it really hit me that this kind of information that's being shared, even on this call, perhaps with the right ideas when they're implemented could totally change or even save a life.

But do we have the tools to be able to find that information, to filter it, to focus on it, to understand it, to learn it, to comprehend it, to read it, to retain it, to apply it? And that's really been my life's work is to help people unlock what I think is the ultimate superpower which is learning, how to learn. And by the way, she ended up giving me one of those Modules when we had first met, those 30 Modules. And one of the Modules, I read it after her mother survived and such, and it was a Module on Quantum Physics related to health. And I was blown away by it. I keep a journal and I think that's one of the things my self-care is important. I wrote it and I didn't even know its author. I'm not ready right now but give me two years, and I can have a good conversation with him. I write that in my journal.

Two years later, I am speaking in Boston, and I leave the assembly hall. I turned the corner and there is the author. Two years to the date, and that Module was on Quantum Physics. And there was Deepak Chopra.

Robyn: Great!

Jim: And we ended up having this amazing lunch conversation and we're still friends to this day. And he talked about, he said, "60,000 thoughts a day. But the problem is, Jim, 95% of those thoughts are the same thoughts they had yesterday."

So, my challenge to everyone listening to this, what are your new thoughts? What are your new actions? What are your new steps that you are going to take to be able to take care of yourself, to initiate self-care, to optimize and maintain your health at higher levels so you could be a real superhero? The superhero unleashes their powers and inspires other people to do the same. And I hope one of those things would be maximizing your mind and falling in love again with learning and making it fun.

Robyn: This is amazing power hour. I can't wait to definitely have this replay for my 11 and 13 year old. But we are getting quite a few questions. One of them about children in learning especially when there is so much interference, so much dreams and all that. Just one last question, what's your advice about that?

Jim: Yes. I always say that I'm not a doctor and certainly talk to healthcare professional that understands this. Anything that we teach can be applied towards children. In fact, we encourage a lot of our parents and educators we work with to share this with the children in their lives because children pick this stuff up so much faster than adults because what we do with adults is I think a lot of learning challenges. There is no such thing as a good or bad memory, just trained and untrained. But there are also good habits of learning. And I find that there are also bad habits in learning. And so, what we do with a lot of our trainings on these kinds of things is helping people unlearn the poor learning habits that we picked up. And so, for children that have trouble focusing.

I will say, by the way, my personal experience with a lot of children is if you teach them in a way – even my children right now are growing up with joysticks and iPhone and iPads. They will use information being so dynamic and so fast and when they get to class and they are forced to sit down and not move their body and be lectured to, and hoping the information gets pushed into their brains, it's so counterintuitive to what our children are right now. And I find that this... if I ask everyone to write their name, if you can write your name, first and last on a piece of paper, and then write below it, even if you don't have a pen, use your opposite hand, write your first and last name. And for most people, taking an attempt to write their name, it takes longer, it's more uncomfortable and the quality of the writing is not as good. But that really describes a lot of people's learning especially children. But sometimes when they learn in a different way than the teacher is teaching, for

example, the way the teacher prefers to teach, sometimes it takes longer, it's uncomfortable and the quality is not quite as good as if they were learning with their dominant hands. And when you wrote your name with your first and last with your dominant hand, it was fast, it was clear, the quality was good, it's comfortable. And that's what I find needs to happen in the school system. Find out how children love to learn, how they prefer to learn and then how wonderful would it be to teach them in the style. Otherwise, it becomes two ships passing in the night. You don't even realize what's being missed because the learning style is not the same as the teaching style.

So, my advice with children is use all the stuff that we're talking about here. Go to SuperHeroYou.com/care, you will get to a lot of additional training and children can go through that. Certainly children can use their finger while they read. I would actually encourage that and just don't take my word for it. I think ultimately, the expert is not the person on the call or in front on the stage who writes the Modules. Certainly, they are an expert. I think you are the expert. You, listening to this right now going back full circle to what Stan Lee talked about when he said, "With great responsibility, comes great power." You have the ability to respond and do amazing things with your life and include the lives of your children. So, teach them all these wonderful things. Teach them BE SUAVE and have them imagine things, teach them the location method. Do it at your house instead of my office. Take five places in your living room. Take five places in your kitchen and then go through a grocery list. Great, I am going to put apples in my fireplace. I am going to put the hot chocolate all over my Moduleshelf. And like, "Wow! I can remember grocery list without doing it." Have them read with their fingers. They are better focused in comprehension and speed. And then, appreciate their current learning style that it's not so much with children, it's not, "Are they smart?" It's, how are they smart? And I really do believe that going to... I'm a big subscriber to multiple intelligence theory that it's not just word, verbal, and mathematical. Think about all the other wonderful intelligences, all the incredible geniuses that could express whether you're nine or you're 99.

And so, honor their IQ. It's not something that's static and it only measures a fraction of different thinking and learning, and also it can be improved. But it's not something you're born with and that you could... it's like your shoe size, it's static, it could grow. Neurogenesis, neuroplasticity, all the science that we've discovered in the past ten years has been more than the previous 1000 years.

And it's funny, I got to the point where I find that people can't tell me difference because working with as many people that I have of all walks of life from the top CEOs and celebrities, to children who have learning challenges, no matter your age or

background, your education, you have genius. It's just, do you have the perseverance and the face to be able to unlock it. And also, help other people do the same. And I think if we all did that, we raise a collective intelligence and gifts of the planet, then we can really go to the next level. And we could solve some of the biggest challenges that we have personally and also around the world. And I think that's really what the world needs, more superheroes like yourselves or stepping off to the fence or building a bridge. We're not working just in our silos but are coming together in creating a superhero community and team where self-care will all start with ourselves is you can because you can't give what you haven't grown. And so, learn it. And be the superhero, unlock it, take care of your self, you could be better for others. And that's where it starts.

Kevin: I certainly, but we appreciate your superhero in this. We've had a blast of you today, Jim.

Robyn: You're superhero, being observant sort of thing in your busy, busy schedule and you shared so much that we could practice today. And it's the start of revolution, a big part of everything that you shared here. Thank you.

Kevin: Absolutely.

Jim: Thank you to the two of you for the good works that you do and the entire team because lot of people don't realize what goes on behind the scenes to produce a great content and stuff like that. So, I also want to thank everyone who listened all the way to the end. If you are here listening to this, almost the 75 minutes into it, then you're a special individual. And you know what? Maybe we haven't met each other in person but I do believe that we're kindred spirits, that there's a reason why that you're here. And I don't believe it's just coincidence that we're on that same path of lifelong learning in self-care. And I would love to meet you in person. Find me on FaceModule and look at me and such. It's FaceModule.com/JimKwik and go to SuperHeroYou.com/care and enjoy the rest of the Self-Care Revolution™. I'm looking forward to tell us so many more also.

Kevin: Well, you mentioned earlier powerful presence. We really appreciate your powerful presence.

Robyn: Absolutely. As such, we would love for you to come in Santa Fe. Come see our center and come to our live event. If you happen to be free on June 21st to June 23rd, we would love to have you here.

Jim: Fantastic. Let me check the calendar and I'd love to meet many of you in person.

Robyn: We will give you another ten steps for your self-care list.

Jim: Thank you for all of you, you mental superheroes, you self-care superheroes.
And thank you people and everyone.

Kevin: Thank you.

[End of interview]

EMILY GLASER

EmilyHealth.com | RN, BSN, Clinical Ayurveda Education,
Energy Medicine Practitioner, Certified Practitioner of Crossinology
Brain Integration Technique (BIT)

INCREASING THE BRAINS' CAPACITY

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Robyn: Hello everyone. And welcome to month four of the Self-Care Revolution™ where we are exploring Unleashing Your Brainpower. My name is Robyn Benson; I'm a Doctor of Oriental Medicine and the founder of Santa Fe Soul Health and Healing Center.

Kevin: And I'm Kevin Snow, Intuitive Counselor and The Desert Shaman. And I am enjoying working in Santa Fe Soul Health, this wonderful healing center that we are running here. It's a really incredible place. And we are welcoming Emily.

Robyn: Emily who is one of our very own practitioners a.k.a. Self-Care Coaches here at Santa Fe Soul, an amazing woman with wow, so much knowledge, so much view on this topic. And we're seeing so many of you are joining on right in time to hear her big message. And for those of you that are joining the Self-Care Revolution™ for the first time, we are a 12-month Self-Care series where we are focusing on various topics. And our first month was all about Thoughts and Food as Medicine, which will play a certain role in this month as well. The second month was all about the importance in the connection of breath and heart. And in our fifth month, we're going to go deep into the importance of Earthing and reconnecting to the earth's frequencies and also how to electro-sanitize your life.

Kevin: Which is Robyn's passion.

Robyn: I can't wait it. That's my favorite month for sure. And we just want you to now this... there is a huge vision with the Self-Care Revolution™ because it truly is a movement where we want everyone to call forth their self-care advocate like never before with this exciting time that we're living in. But there is also lots of challenges out there, and we just want people to know that you don't really have to be sick if you don't want to be in many, many ways. And considering some of the challenges out there, that by practicing self-care strategies that we're learning from a lot of our

speakers and we just got off with Jim Kwik. Oh, my goodness! That was 75 minutes of rich content.

Kevin: Absolutely. I'm going to need some brain integration after that.

Robyn: I think we need to. But at this moment, we are just delighted to invite you all to listen to the amazing Emily Glaser who is a Registered Nurse and she is an Energy Medicine Practitioner also and practices the Quantum Biofeedback machine to balance frequencies. She's also a Healthcare Coach, a clinical Ayurveda Educator and a certified Practitioner of Cross Brain Integration Technique, which she'll be talking about. She also specializes in the correction of ADD, ADHD, Dyslexia and learning difficulties in children and adults.

So, if you or your child can benefit from optimized brain function and/or health counseling with a foundation in the science of Ayurveda, then you have come to the right place, right here, right now. That's because Emily facilitates the transformation of the brain, body, and soul.

So thank you, Emily, for being with us today.

Emily: Thanks, Robyn. Thank you, Kevin. It's so wonderful to be here.

Kevin: Welcome.

Robyn: But one of the first questions we seem to ask every single expert, and just for everyone to know, Emily is our 37th speaker expert that we have interviewed in this Self-Care series. And so, we want to ask you how do you practice, this is something that you share with the world, obviously, self-care. So, you teach self-care, but how do you practice self-care especially now that you're working and you're seeing your patients and you're always learning. That's what we know about you. You are always learning.

Emily: Well, that is a good question, Robyn. I really try to practice self-care by being dedicated to routines in my life. And you know there is a variety of exercises and foods that I know are really good and helpful for my body especially during really busy times. And I just make it a priority to make sure that I'm eating well and always making time for moving my body and just also enjoying being either outside, like in nature.

Kevin: Yeah, absolutely.

Emily: Really feeds my soul.

Kevin: I think just emphasizing the fact that it's a routine I think is really important for people to hear that it is something that you have integrated into your lifestyle.

Emily: Absolutely. Lifestyle is the key.

Kevin: And our talk today is about the brain. And maybe you could give us a little overview on how that brain works.

Emily: Alright. Kevin, well, our brains are designed to effectively integrate and process information. And I often give the kind of analogy of an orchestra performing a symphony. So, it's always important that all sections of the orchestra, you know, the strings, the percussions, the woodwinds are all playing the same tune at the same time and thus creating a really beautiful harmonic sound. However, when the sections of the orchestra are not playing in time with each other or when maybe perhaps individual members within a section are not even playing the same piece of music, we can kind of get this mess going on which can feel stressful to listen to and also stressful to participate in.

So, this is an illustration for how the brain functions and how the brain functions when learning difficulties, for example, are present. There doesn't tend to be the harmony present and timing can be off. So people who have learning difficulties within the brain can sometimes have certain sections of the orchestra playing different pieces of music, where people with real profound learning difficulties can have each individual instrument playing completely different pieces of music and not in harmony with anyone else.

So most of what we learn actually comes into our brain through our eyes and through our ears. And when this information enters the brain, it needs to go to the correct location and do so within proper timing. So, when this doesn't happen, we aren't able to think or learn very easily. Our brains, as I said before, they're really built to learn. And learning is easy when all areas of the brain are accessible and all the routes that connect them are totally clear. So, learning difficulties can result from blockages to one or more subconscious areas of the brain and more severe learning difficulties are caused when there are several blocks to specific functions and blocks to the route, which assess overall brain integration.

I always feel that stress, which can kind of create learning difficulties in a person; it's a functional problem of the brain circuitry and really has nothing to do with

intelligence or a person's IQ. There is actually many people out there that aren't even aware that they have ADD or Dyslexia until they're actually adults. And then, they're seeing the problem being diagnosed in their children, and realizing that the difficulties of their children are describing and feeling, are descriptions that match their own experience.

Kevin: Right, right. I definitely resonate with that. I know I've had some of these challenges myself. And when you put your self in the learning situation, it becomes more obvious. I think people, they develop coping mechanisms that can kind of mask or at least help them to cope but it doesn't actually correct some of the problems that you're talking about.

Emily: Yes, you're totally right, Kevin. Yeah, that's the fact. The more intelligent a person is, the better their coping mechanisms are. And people can come up with incredible ways to navigate through life, even though the brain isn't working as effectively as possible.

So the brain has these two separate hemispheres, which we often refer to as just the right brain and the left brain, because of their anatomical distinctness and differences in how they actually process information. So the hemispheres are not completely separate however. They are connected at the bottom of a fissure or kind of a gap between them which is a structure called the corpus callosum. And this corpus callosum is estimated to have approximately 200 to 500 million nerve fibers running between the two different hemispheres. And it functions a lot like a telephone exchange that really allows this two-way flow of communication between the hemispheres. Basically, this massive switchboard. And whenever the hemispheres are required to work together to produce an integrated function, for example reading, this integration really is taking place in the corpus callosum.

So, each hemisphere can initiate or carry out a number of real specific functions, and each one handles information in a very different way from the other. It's almost as if each side of the brain has a specialized set of instructions. The right hemisphere possessing a set of functions that complement those of the left hemisphere and vice versa.

The left hemisphere, in most people, deal with logically sequence analysis parts as a whole. And generally speaking, the functions that take place in the right hemisphere, in most people, are more global. It's often referred to as the Gestalt brain which means like whole picture or indivisible, and deals with recognition of overall patterns. Thus looking at a forest is kind of a Gestalt right brain experience, and

studying and analyzing the trees is a more logic brain experience.

And one thing that is interesting is that left-handed and ambidextrous people, and some right-handed people, actually have transposed hemispheres, where logic functions are actually located in the right hemisphere, and the right brain functions, the Gestalt functions, are actually located in the left hemisphere. It's a very normal variation in the population, and it's been noted that there are both a higher number of geniuses and a greater incidence of learning difficulties in people within this population.

Kevin: That must be me.

Emily: Are you left-handed, Kevin?

Kevin: I think I was, and then...

Robyn: I'm left-handed.

Emily: Yeah. I don't think it happens so much anymore, but kids who were left-handed and they get in this classroom, inspired to start using the right hand instead of their left hand, and that's not always the best idea.

Robyn: You know, I noticed this when I studied in China for several months and oh gosh, about 13 years ago, is that it's so, like they thought I was literally from outer space, my blue eyes and blonde hair but also, I was left-handed. And they just thought I was a freak. They will not allow, I hear to this day, they will do anything to prevent you from being left-handed which you will share with us. That's not a good thing because that's your natural way. It's your nature.

Emily: Right. Oh, wow, interesting.

Kevin: You are the left brain of the world.

Robyn: Oh, we are so left brain. So, can you talk to us about, I know you told us about how the brain works. So, a little bit about what exactly poor brain integration is with all that you're sharing right now?

Emily: Yes, absolutely. So poor brain integration, so the brain is really in this line of work is really seen as the interface between the body, the mind, and the spirit. And when your brain is integrated, meaning that all of its parts are connected and functioning in an organized manner, you're really able to cope easily with all aspects

of life. An integrated brain can really enable you to live a full life with the ability to develop into your full potential. But when the brain is not integrated, learning in life can definitely feel a lot more challenging. And there can be this real constant sensation that you're just not performing up to your full potential. People really do have that sense that they're just not firing on all cylinders.

So, how this happens is that basically through normal yet stressful life experiences, the brain can develop really inefficient ways to process information. These stresses can occur early in life typically between about birth and five years of age when a child is more right brain dominant. We don't develop our logic brain until about six. And so prior to that, we just don't have the logic to understand kind of what happens in the world. And this can be like some kids, for example, can experience stress when there is the birth of another sibling especially if the older child is under two years of age. From the first child's perspective, having been the center of the universe with their parents' complete attention, suddenly it creates a stress to them when this tiny newborn is taking a lot of the attention away. And again, it's just because they don't have a full logic to really input down the situation.

And by reacting to this event, what happens is they actually shut down part of their brain's processing. And in a complete coping strategy, just to avoid some of the emotional pain of the situation that they are confronted with. And of course, they don't realize that they're doing so as if they are going to need those parts of the brain for academic performance in the years ahead. But by the time they start at school, this original stress is forgotten and so the connection between the original stress and this learning difficulty that is now present is not even considered. Other things that can kind of create stress in the brain are traumatic birth as well as actually hitting the head, bumping the head, and just any kind of a tense emotional experience that even it happens after six years of age. So, this impact of actually shutting down parts of the brain's processing is really what creates poor brain integration.

Kevin: And this technique, BIT, Brain Integration Technique and the first word is Crossinology?

Emily: Crossinology, yes.

Kevin: Crossinology, yes. I'm thinking that might be what you're talking about the different hemispheres, is that correct?

Emily: Crossinology Brain Integration Technique, there is definitely, I think, a few modalities out there these days that address areas of the brain, and Crossinology is

just this particular technique. The woman who has developed it is Susan McCrossin and Crossinology is kind of her trade name.

Kevin: Okay, alright. And share a little bit about that. What's involved when maybe just describe working with somebody in this way.

Emily: Well, Brain Integration Technique is directly to help people with learning difficulties such as Dyslexia, ADD, ADHD. And it does so by correcting the missed routing and the improper timing of information that is sent to the brain. And it does so by clearing blocks along the way. This therapy can address concentration and memory, auditory processing, visual processing, overall comprehension. And the time for the treatment can vary case to case. I usually tell people it takes approximately 8 to 12 hours. And it's a combination of acupressure and muscle testing that is used to vary and then basis procedures.

Acupressure, which I'm sure a lot of you know is different from acupuncture and that is it does not involve needles, it's just light pressure from the finger tips that is applied on precise locations within the body. And muscle testing is a technique used to determine whether a muscle can resist downward pressure. For example, you kind of push on a muscle and if the muscle resists gentle downward or not, it kind of collapses, and this is an indication as to whether or not the muscle is strong, whether the muscle is weak. And in this way, muscle testing is used as a biofeedback tool and can reveal whether specific pathways in the brain are blocked or unblocked. And so together, the acupressure and the muscle testing can allow me to know which pathways in the brain are kind of experiencing stress.

Robyn: I actually went through this program with you, and we did about two years ago.

Emily: Yeah, gosh. Is it that long?

Robyn: Two years ago but to me— just to share with our audience—I found it to be very relaxing. Lots of times I didn't know what you were doing but all I know is that— now that I'm looking back at it—my brain function is so much better than it used to be. I'm a pretty high energy person and go out going on but I think I used to wake up with a lot more, even just brain fog in the morning. That's so much better. Yeah, it definitely less ADD. And I know that a lot of people who are with us today, they really want to hear. This is what you're saying, what you're sharing with us, this is how you correct ADD, ADHD, and all kinds of brain integration problems.

Emily: Right.

Robyn: So, do you still mostly work with kids, mostly children?

Emily: I do mostly work with children. Children are just great because they are actively learning, and in the classroom, really using their brains in this way on a daily basis. So I mean, children, they can just have really incredible results depending on the stress levels that their brains kind of experience and just where they are in their life, they're just great clients for this work. I do work with adults, as well though. And they tend to be adults that are really pursuing learning another language, or wanting to go back to school and just kind of definitely know that they are going to be challenging the brain and they felt like in the past, there have been some challenges. But working with kids is really wonderful.

Kevin: I'm ready for my 12 hours, definitely, yeah. I think we should too. Definitely. I think one of the things maybe, it is difficult to explain muscle testing when you are in an auditory way. It's much more easy to see it visually, but the idea of using some sort of body-centered awareness so that you can tap into these differences. So, you're essentially asking questions in relationship to what the pathways are. Is that correct?

Emily: Well I'm asking questions in a way of utilizing different acupressure points. Like any one sequence, I always say integration is an 80-step process. And I don't go through every 80 steps with each person, but each step will involve a series of acupressure points on the body that are kind of get to press this one point and it communicates something to the body and then the body is able to give me a response, yes or no essentially. And then, I'll move to the next point that is appropriate after that. So, there's just all of the communication isn't necessary like verbal questions are coming out, but speaking to the body with utilizing these points and using the muscles to kind of read how the body is responding.

Kevin: I think some of these things are... people can tell that something is wrong. There are some things that are obvious but some things that are not so obvious, do you have some clues for our listeners? They're experiencing certain things that might be this.

Emily: Absolutely. Well in my clinical experience I've really seen that behavior can really reflect the degree of access and integration of a person's cerebral function. And I'd say this especially when we're talking about children, a child's behavior can really tell us the truth about how his or her brain is functioning. When we have a child that is actively saying, "I hate reading, I hate math, I hate going to play." You know, what

this child is actually telling us is, "I cannot access the part of the brain I need to do this task easily." And he hates it because it's difficult for him to do. And so, when we see these intelligent children who have these are using this phrase like 'I actually hate doing something', it's usually just, again, because it's actually difficult for them to perform.

So, when we can read well and easily, we usually don't avoid reading but rather speak it out because there's so much to learn and there's so much to enjoy in Modules. So when children find reading demanding and stressful, they soon develop this avoidance mechanism. For instance, they might label reading as boring. Who wants to do something that's boring?

Kevin: Right. I recall in grade school actually, throwing a Module across the room and saying, "This sucks!"

Emily: That's definitely in education, that's right.

Robyn: It's, "Don't do that, Kevin." [Crosstalk]

Emily: Well, you know, what's most frustrating to these children and probably to you, Kevin, in this example, and to the teachers and later, our employers and supervisors in life is that these avoidance behaviors get misinterpreted as just that, like avoiding the work. When in reality, they are signals that the brain is malfunctioning. And the vicious cycle begins. The more punishments that children receive for not wanting to do the work, the more stress becomes associated with the task.

So, accomplishing the task is not a simple matter of just trying harder. Most of the time people are trying as hard as they can and they are still not able to really experience success. And many people with learning difficulties don't have any idea that they are not performing at an optimal level. They just know that they much rather be playing video games on their computer, taking the dog for a walk or just doing play with friends rather than actually sitting down and really trying to focus on their homework or reading or study for a spelling test. They're capable of finding an infinite number of excuses in order to avoid these tasks.

Kevin: Definitely. I am noticing one of the things on the list on your website which, by the way, is EmilyHealth.com. One of the things that you had listed here is impulsive responses. That sounded kind of similar to what I was just saying. So, that's where you're saying behavior is a clue.

Emily: Yeah, behavior is definitely a clue.

Kevin: Okay.

Emily: And again, yeah, just when we have these innately clever people that are having a hard time accessing specific brain functions, we get this result of a really bright person who does not read well or spell well or who has a hard time understanding and doing simple Mathematics. And again, we kind of have this assumption that they're just not concentrating or paying attention or trying hard enough. But in reality, there is some miscommunication that they are experiencing within the brain.

Robyn: Are there exercises that you recommend to your clients or could you recommend to our listeners today, that just because you know about how to achieve optimal brain integration, what would those be, if there are any?

Emily: Sometimes, I will just tell people to do simple cross crawl exercise which is taking the right hand in kind of a marching technique but you take the right hand while lifting the left leg, you raise left leg and top it with the right hand and then vice versa. And lift the right leg and top it with the left hand. And that's just a good exercise, I always tell people they can do it any time they are about to exercise or if they are playing sports, just to kind of do this cross crawl exercise back and forth. And that just helps the body to remember that the left brain should be communicating with the right side of the body and the right brain should be communicating with the left side of the body. But that's really the only exercise typically that I recommend to people.

I do know that there's definitely things out there and exercise about this that could be beneficial for people to kind of engage and to help.

Kevin: I have this experience where I was taking a particularly difficult psychology test. And before the test, I was doing cross crawls.

Emily: Yeah, exactly. I know that kind sounds funny but it can be quite effective.

Robyn: But you are big on nutrition and cooking healthy foods. So, can you spend some time educating all of us on what healthy brain food is, and what is the best way that we can feed our brain to function more optimally in everyday life?

Emily: Absolutely, I would love to. One of the things, when I'm working with clients,

I always check through muscle testing to see what the body's responses to gluten, yeast, just plain sugar, and dairy. And these definitely are the main players in brain fog and just people that really kind of describe, just having a hard time, yeah, really focusing and learning. It could kind of get into like the Candida response that the body can go into. And for a lot of people that I work with, they have to get off these foods. I kind of get them on this protocol for about six to eight weeks depending on how, what I am picking up in the muscle testing. But the dairy and the wheat are culprits and just giving the brain a hard time and making it really difficult for people to just see clearly and hear well and really be able to focus. And just the food alone, people who get up... I was just talking to a friend recently who had stopped wheat and sugar and she's describing this crystal clear world that she was experiencing.

And so when you can, brain integration really can open people up to new sense of possibilities in their life. And really, with an integrated brain, you're really able to make good decisions for your self. So, it's a good time to really implement the lifestyle that doesn't involve so much sugar and doesn't involve so much wheat, and doesn't involve so much dairy. So for a lot of people and especially the children, it's just a must that they get off these particular foods.

And then, for long term maintenance, just the whole fresh foods are definitely what give the brain and the body overall just the most nutrients and life. In Ayurveda, we talk about Prana a lot. And Prana is a life force that foods contain. And so, when we're eating fresh foods that are grown locally and are in season, it's really what feeds the body in the best way.

I was just speaking to someone the other day about so many people experiencing allergies and what's going on right now, and this friend of mine who is a nutritionist really feels like a lot of the problem has to do with people eating foods that are not in season. The body kind of being in this like defense mechanism all the time and there's always just something to be said for really feeding our bodies and our brain with what is again local and seasonal and actual giving it the whole food that can really get it the nutrients it needs because we are asking so much of our brains and so much of our bodies constantly. So, the best thing we can do in return is really feed them well.

Kevin: That's really excellent. And I think that's... we're talking so much about, we're giving people information on self-care, but being able to even make that decision requires to make the decision to eat this way. So, it really is kind of a loop that you can get going in the opposite direction, I think.

Robyn: Yes. So, how can we maximize our brain to continue in a forward positive

choice? How is that? Let me articulate that question better. How can we work with our brain to actually make better choices? So, our brain works for us rather than saboteur? Can you talk about that? Just curious, because we have 60 thoughts a day and so many people are programmed to keep doing these patterns that they know are not good for them, but they can't resist.

Emily: What happens a lot of time, people who are actually craving especially when we start talking about dairy, and wheat, and sugar, and people who experience these cravings, intense, I really try to listen to my body and what my body is asking for is dairy, wheat, and sugar. And oftentimes, what happens is when our bodies get sentenced, almost like when they get pushed too far in the wrong direction, we start experiencing this thing that in Ayurveda, it's referred to as mistake of the intellect. And the body can start to actually ask for things that really aren't serving it and really aren't for their best interest.

So, one of the things that I think is really great about the brain integration process is one of the things I do with people is, I hope, just balance those cravings that they are experiencing just within their bodies for these particular things. And I do this right before they start kind of going on this cleanse. To really help their bodies just because I think it is more of the body that starts to want these things more so than the brain because once people are able to really like get a grip and start noticing what it is that the body wants that is truly healthy and truly serving the body in a higher way and in a better way, I guess, and in a higher purpose, then they can start feeding themselves the right way. And then this whole experience of balance and equilibrium just really starts to happen. And there is definitely a learning curve. And I tell people they need to be patient and they really need to trust. But once the body and the brain start receiving the nutrients that they need and the foods that are helpful for them, it becomes really clear very quickly. And it's also a feeling, people just... you just start to feel better, that kind of things, like you don't know how bad you feel until you really start to feel better. I mean, it's just, "Wow!"

And then, I think the intelligence of the body and the brain can kind of really take over and start to allow you and guide you and just to support you in doing the right things. I really believe that when given a chance, the body wants to be treated well and the brain is behind it a 100%. And we just need to get on the boat and start moving in the right direction and then the brain and the body are completely onboard. And will start to show you that and make it easier for you to make good healthy decisions for your self.

Kevin: That's a great analogy, I love that because it really is this making a choice against some of these foods, or all of these foods really for a time. And that's really one of the things that I think people are, like you said, they're in this process. And I think the other thing you pointed out was that it's the body essentially that's calling for some of these more addictive foods.

Emily: Right.

Kevin: It's a good point. I do think that's good to realize that. And then, the brain basically is the one that can take over and say, "No, this is a time without sugar to create more clarity." So, we do. We get into this pattern. And I think choosing to not be in the pattern is one of the very first things that you can do. So, I like that you brought that up.

And then kind of going back to your original thing about routines and then just putting these routines in your life is so important. And I appreciate you sharing that because that's a routines, rituals, all these things that we are doing but we're not necessarily doing consciously.

Emily: Absolutely. Education, I think, we're living in a time where there is so much information out there. I don't know how many people I've had come to me and say that they just have no idea what they should be eating. And that's why I just respect so much what Ayurveda teaches around food and health, because it's really this ancient system of understanding how the body works and what foods are really medicine for a person and what foods are poison for a person. And just getting clear on that, even if getting clear on that means you've got it written down on a sheet of paper and then you can start to take action and go to the grocery store and start buying foods that are actually going to feed you and bring health and life and vitality to your body. And then, that actual instinct, that want for those foods will all start to kind of take over. And then the routines come in, yeah, it's beneficial to get the right information and then, you can really work with your self and your own brain and body to...

Kevin: I know that dosha is an important word in Ayurveda. Is that something you do when you work with somebody as a Health Coach to kind of help them determine what their dosha is?

Emily: Yes. Determining the dosha is one of the first things we look at. And that kind of serves as like a guide for them, the person being able to understand what it is that is going to be most beneficial for them nutritionally and mentally and even

emotionally. The doshas can really be a guide for a lot of factors in their life.

Kevin: Yeah, I know I had this meal, I can't remember what it's called right now. But it was identified as tridoshic. And I felt really good after I ate that and I really think that...

Robyn: So, all your doshas were bound.

Kevin: They were all happy doshas.

Robyn: We like happy doshas, right. We have all parts. We have Pitta, or just Kapha. We have certain ones that stand out more.

Kevin: I look more Kapha but apparently I do have a lot of Pitta in me.

Emily: Yes, you do, Kevin. I think.

Robyn: So you are in a field, especially when the whole brain field is growing exponentially because a lot of us hear it all the time that we're only using 10% of our brain capacity. And you are teaching us the ways in which we can not only live more of that 90% or it's not even looking at it that way, just integrating the best of – not integrate, not the best self but just being able to integrate the left and right hemisphere and that helps get all the major places and parts of the brain communicate better.

Kevin: Yeah, absolutely. I think this science, and you're talking a lot about science, you mentioned science. And this science, Ayurveda, if you could talk to us just a little, give some foundation about Ayurveda. This is what, a 7000 year-old science that we -
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Robyn: Who picked up that number?

Kevin: I think I did, but it's many thousands of years, correct Emily?

Emily: It is many thousands, yes. Five thousand is kind of a general number we refer to but there are some of the tests, I mean it can date, say up to even 10,000 years, some of the information that is being ushered through Ayurveda. It is deep, and profound and really beautiful and yes, for anyone who hasn't looked into Ayurveda and what it can offer, it was definitely a profound catalyst for truly healing and being able to just communicate and understand my body in a way that I never had or certainly have not prior to, yeah, learning the concepts of Ayurveda.

Kevin: That's excellent. And I think that realizing that we have these three doshas and basically, they're always kind of in a process of either, like you were saying, being integrated or not. I think that's very, very important for people to understand and that they relate to the elements. Maybe you could talk a little about each dosha just very briefly and just say what kind of how people can identify with their own maybe personality types.

Emily: Sure. Well, that's quite a question, Kevin. But, I mean, I think generally, what I really feel Ayurveda uses the three doshas, which are Vata, Pitta, and Kapha. And they are – each contains – Vata is the space and air elements, and Kapha is the water and earth element, and Pitta is a fire element. And so within that, each element is expressed in everything, right? So, just as Robyn mentioned earlier, there is a little bit of Vata, Pitta, Kapha in everyone and therefore, everyone and everything actually has a certain makeup of all five elements. And Ayurveda is really a process of understanding which elements are most predominant in your body. So, even though everybody has a little bit of Vata, Pitta, Kapha, we're definitely going to have certain ones that are just more relevant to the specific time in our life or more relevant to just the condition we are experiencing. And what Ayurveda does is it also translates these elements into everything in the world. We can see the elements in innate objects, we can see elements in nature, we see elements in all of the foods that we eat, and it's this understanding of like increases like, and opposites balance.

And so, we can see the elements in the emotions that we have. And so, when the person can start to understand again what elements are most predominant in their physical makeup even in their mental, spiritual experiences, then they can start to choose in their life, things that are going to help balance that in their bodies. And really, it in turn just allows the person to develop these incredible routines that are really addressing just exactly what they need in their lives and to choose foods that are exactly what the body is going to be able to really benefit from the most.

And Ayurveda really is a lifestyle and something that needs to... a person for to practice. And really, the more you practice, the more you start to understand and it's really a lifelong learning. And just the experience of being able to communicate with the world around you and to be able to see that everything is so connected. It's all really connected in a very divine way, and it's a powerful tool.

In my experience, it certainly has been a powerful tool. It's really know what is... because what is good for one person may not be good for the next and that can definitely be kind of disorienting and confusing at times and through the lens of

Ayurveda, you can really understand why, why for one person this is medicine and for another person it's poison. And the clearer you get, then again, it's like the intuition of the body is be able to take over and really help guide you when you are making a these decisions that are beneficial.

Kevin: I love that. And to being able, having a system that allows you to tune into your intuition I think is really so important. And because Ayurveda as many of these, like Chinese medicine, just feels very complex at first. But once you really can get into it as you have, we did have a question that came in, in regards to the ADHD, ADD, and the connection of that to food. And you did touch on that briefly with bringing up the major food culprits. Maybe you could just go back into that a little bit. So somebody, a parent here that is dealing with a child and possibly what to cut out of the diets and possibly, maybe manage the medication at least.

Emily: Right, well the connection, I mean, there is definitely, what we see a lot, is that kids that tend to fall under these categories, ADD, ADHD, and experience this in their life, they're more sensitive on many levels. And one of the things that they tend to be more sensitive to is food. And there is a lot of research being done right now on just the body and the brain, and they are now referring to the stomach as the second brain because they are finding all of these neurotransmitters that are kind of living in the gut, in the intestinal lining of our stomach. And so, in realizing that, food is effecting the brain on many levels. And I think with these kids, I think for parents who do have children that are experiencing ADD, ADHD, they need to look at the food. Because guaranteed the kids are just because they are in an unusual situation, they're reacting to foods in a different kind of way, back to just because one thing works for one person, it's not going to work for the next. I think these kids in particular are really needing a specific way to eat and certain foods that are going to be really good for them and others are probably going to be not so good.

And so the best thing to do is to see someone – anyone who does muscle testing is able to kind of like muscle test specific foods, because you need to get even more specific than just the wheat and the sugar and the dairy, probably aren't going to be great. But then, if you can work with what is exactly the best for this child? Just to make sure that everything that goes into their body is medicine. Because of their sensitivities, they may have something that isn't really serving them, it is going to exacerbate the symptoms of ADD, ADHD for sure.

Robyn: You're pretty strong with your... we interviewed Dr. O'Bryan who is Dr. Gluten, he's a major specialist. He is very strict but if you have gluten intolerance, you

do not touch it. So, you probably have to – how do you do with compliance? How do you help people with compliance with staying away from these foods?

Emily: Well you know I always say to people that, I get them on this like six week plan, where for the six to eight weeks they are going to just cut it out in their system. And then, I'm kind of at a point with them where I'm like, "Try it. After you haven't had it for six weeks, put it into your system and just feel what you're feeling." Because again, I think a lot of times, people are just kind of, you know, again, they don't know how bad they feel until they start to feel better and that gives them the break and the kind of time away from it.

I just recently was talking to a family who had their kids off of gluten and then they went to visit a family member somewhere and they had gluten for the weekend, and the kid got really sick. And they were just shocked because they were like, "Wow!" We now are so clear that this is not what their bodies are needing and wanting. And so, I really just kind of try to talk to people about giving it, really giving the body a break from the food. And then, try it again, have it again and really listen and feel how this is affecting your brain and your body because the feeling can really speak for itself.

And I do also just I don't feel like the situation is going to get any better either. So, I always just tell people that it's kind of spearheading this movement. I don't think that wheat in 10 years from now is going to be any more digestible than it is. Today and...

Robyn: Probably worse.

Emily: Probably, it's only going to be worse. So, now is the time to just kind of realize what's happening. And it is hard when a staple food is just... to really understand that it's something that is no longer serving the body. It's something that we really have to wrap our minds around. But I think there is a cultural consciousness that's happening now with all of the... everybody that's really trying to develop these gluten-free products and move away from it. So, I feel like there is hope. And I really believe that people were intelligent enough to really be able to feel that for ourselves if we just give the body a chance.

Kevin: I totally agree. And I think one of the things that reminded me of is, I had a situation where I went off of dairy, just specifically dairy. And what I was told to do was go off of it for this six-week period and then, to eat pizza after that, which pizza is the perfect food with the gluten and the dairy. And it is a great experiential thing to experience for our listeners. If you are wanting to do this, to like Emily is saying, to go

back and eat pizza after not having...

Robyn: Kevin, what was your experience?

Kevin: Well, I will tell you. It was not fun. So, it's the gastro-intestinal issues, brain fog, mood swings, all of it. So, I really think that this food that we so much love and certainly in America pizza, it really is one of the major culprits.

Robyn: Emily, we probably have time for one more question, if you do. We're not giving our audience time to ask a question.

Kevin: Right, I know, we always give the audience time for that.

Robyn: We love that you're sharing your brilliance and what we certainly realize is this, it's kind more of an epidemic really with people having issues from the ADD, ADHD, brain cancer now increasing exponentially. So, can you talk a little bit about what you feel that electromagnetic pollution is impacting our brain integration issues?

Emily: Well, one of the things I also test for is that, just I put a person's cell phone on them, I just kind of test to see if it is, because some people seem to have worse responses than others. And something that I had just... there is a certain balance within the brain integration process that I do for that. But I definitely think it's affecting us, I think it's affecting us, it's the sound waves and it's hard to know what to do. I was on the phone with a friend recently that was complaining because she doesn't get cell phone coverage in her apartment where she lives. And I was just trying to tell her, I was like, "What? That's so absolutely wonderful that you don't get cell phone coverage in your apartment! Because it's really a safety zone, you're not just bombarded with the VMS."

And Robyn, I guess I'm kind of at a loss for words because it's a challenge. And I think it's only going to become more and more challenging. When I worked in on the neuroscience unit for years at UNM Hospital, and the people coming in, the young people coming in with these brain tumors was very disconcerting and just really makes you wonder what is happening in the world. And I feel there is a real effect that's having on our brain. Always holding the cell phone up to your head is not a good idea. Getting some kind of device that can have the earphones in the ear and the cell phone away from the body. I mean I've read things that the cell phone should be kept away from the body, we should definitely keep it two feet away from us. We shouldn't sleep with it next to us at night. Turn Wi-Fi off for sure. I had a friend who

was sleeping with the Wi-Fi box under her bed and was experiencing these tremendous headaches, and the minute she made the connection and turned it off, things changed instantly. And pray.

Robyn: Pray - I think that's a really good comment.

Kevin: It definitely is. I mentioned earlier that I'm excited to work with you. And maybe you could mention to our listeners how they could get a hold of you and work with you as well. And you did mention earlier that you might have an offer for our listeners today.

Emily: Yes, absolutely. The best way to get hold of me is through my website, that's EmilyHealth.com. You can just send me an Email. And for anybody who is on the call today and has heard this, I am offering \$200 off these treatments of brain integration. And so, that would bring the cost to \$1000 for the process. That involves the brain integration process that involves nutrition and the full package. So yeah, I'd love to hear from someone, everyone.

Kevin: Everyone.

Robyn: We'll have that offer on the replay, which will go out in the next 24 hours, right?

Kevin: Absolutely.

Robyn: And to find out, for all of you, to stay in touch with the Self-Care Revolution™ and where we're going. In fact, we ended talking about electromagnetic pollution and we are going into that deeply in month five Earthing. How to really reconnect to this ultimate spark that keeps us alive on a cellular level, and all of the interruptions with that wonderful frequency. So Emily, you shared so much, oh, my goodness! We could just spend hours with you, you're such a wealth of information, and I so admire your desire to keep learning more. I think you're going to really have the absolute formula to not only self-care but wow, I think how to live fully functioning in every which way.

Kevin: I feel much more integrated after having this talk with you.

Robyn: I did get you on the floor and practice. Didn't I, Kevin?

Kevin: Yes, she was doing the cross crawls, I saw her.

Emily: I love it, you guys. You're right on!

Robyn: Anyway, thank you all for being here with us this hour. And for all of you, we just want you to know we're having a live event in Santa Fe June 21st to 23rd, the Self-Care Bliss Weekend. We're bringing many of our expert speakers together here. We are going to be viewing a couple of films, documentary films that are just coming out in 2013. We have, I guess 17 speakers, right?

Kevin: Yeah, 17 speakers.

Robyn: We're going to have dance night. We've got a lot of fun plans for all of you. So, please join us. And we are going to get to at least get a sneak preview of you, right Ms. Emily? Since you're going to be busy that weekend with another obligation.

Emily: Yes, I will definitely find some time to come by.

Robyn: Wonderful. Well, we're going to end like just how we started with our theme song. We're going to end with it. And Emily, you may have not heard this. This is a big business. This is a song that's going to be a family and in its final production as we speak in Tennessee.

Kevin: It's hard not to sing along with this. Please join in.

Robyn: And I am glad that Kevin is singing along with where I'm just mouth synching better way for the audience taking care of me.

[End of Interview]

LARRY DOSSEY

DosseyDossey.com | MD, Internist, Author of *The Power of Premonitions: How Knowing the Future Can Shape Our Lives.*

SPIRITUALITY AND HEALTH: A VITAL CONNECTION

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Robyn: Hello everyone, and welcome to the Self-Care Revolution™. My name is Robyn Benson. I'm a Doctor of Oriental Medicine and the Founder of Santa Fe Soul Health and Healing Center.

Kevin: I'm Kevin Snow, intuitive counselor and the Dessert Shaman.

Robyn: We know many of you are joining us for the very first time today, so you're excited like we are to be interviewing Dr. Larry Dossey. The Self-Care Revolution™ is a 12-month series where each month we have a different theme and we are well into our fourth month, which is all about Unleashing Your Brainpower. How are you doing with that Kevin?

Kevin: It is unleashed!

Robyn: We appreciate all the comments we've gotten from so many people. We know this is a very broad topic. We've learned how food affects the brain, all about the gluten connection.

Kevin: My leaky brain right?

Robyn: Yes, your leaky brain becoming unleaky. We brought in Michael Gelb, who had a lot to share about some really important brain nutrients and we had Jim Quick last week. This has been an exciting journey so far.

Many of you might be wondering about our theme song. We actually have a couple professional song writers, Harold Payne being one of them and he's brought together some of his Nashville, Tennessee song writers. They too really care about this message of self-care and how through the message of self-care thousands of lives will be saved.

Plus, we will prevent disease from happening in the first place and reverse it, that's

all possible. We want to carry on with this mindset and belief system that we can stay well, but we need to make that choice.

Kevin: Choice is important.

Robyn: Yes, we're realizing that in a big way in this series. Dr. Larry Dossey thanks for being here.

Larry: I wouldn't miss it for anything it sounds like fun.

Robyn: Did you like our song?

Larry: Yes, I'm kind of jazzed up here. Play it again midway through if we start lagging.

Robyn: Dr. Larry Dossey is an internist and former chief of staff of Medical City Dallas Hospital. He's the author of 11 Modules on the role of consciousness, spirituality and health, which have been translated to languages around the world. His most recent Module is *The Power of Premonitions: How Knowing the Future Can Shape Our Lives* and he lectures around the world. That's a very short bio. We know there's more to share. We're so glad you're here with us today.

Larry: It's a delight. Thank you for inviting me.

Kevin: We were talking before we got started on the call and I noticed one of the questions we wanted to ask was about the re-spiritualizing of medicine, which is something you wanted to talk on today, and maybe proving some background and evidence to that.

Larry: It has to do with a series of developments that have occurred, basically over the past 10-15 years. I find that most people are surprised when they hear me say that medicine is being re-spiritualized. They'll say things like, I just went to my doctor and I didn't see any evidence of increased spirituality. That's probably true in the experience of most people who go to physicians these days, but there are some developments behind the scenes, which are extremely positive and very hopeful as far as bringing spirituality back into medicine.

Let me just go through some of these developments, which I'm excited about. When I first began to write about the role of prayer and healing intentions in medicine in the early '90s, out of the 125 medical schools in the country, only 3 of them had any

formal coursework looking at the evidence that spiritual practice has made any difference at all in health and longevity. But, as we speak, over 90 of the 128 medical states in the country now have formal coursework exploring the data showing that spirituality really matters profoundly in human health and longevity.

This is a landmark development. To add to the evidence you cannot be graduated from medical school in the U.S. with an MD degree, unless you know how to take a so-called spiritual history from a patient and demonstrate to your mentors, the faculty, that you understand that spirituality is an avenue for delivering compassionate care to the people you're serving so that's another indicator.

Another terrific indicator is that there's something in the country called the Commission on Accreditation, which passes and accredits all of the clinics and hospitals in the U.S. If you're a healing institution, hospital, or clinic you cannot be accredited now by this very influential body unless there is a method or vehicle in place to assess the spiritual health of every patient that comes into your institution. This is an absolute requirement now.

So these are some indicators that we're not just fooling around on the edges. The importance of spirituality is being recognized now at the top levels in medical schools around the country. It's permeated medical information as well as our institutions. I'd be the first to admit that it's not as evident as it should be. For example, when you go into a hospital as a patient usually your spiritual history is taken without you even being aware of it.

Nurses do most of this. They will ask questions like...

- How do you get through the tough times in life?
- What give you strength?
- What's your sense of purpose and meaning in life?

All of these things are part of a spiritual approach to life, and this is not an attempt to do religious interventions on anybody it's generic stuff, which basically investigates where people get their strength and meaning when their backs are against the wall. It's very important, because a sense of purpose and meaning in life correlates very strongly with how people do in the hospital and how they recover when they're discharged.

Kevin: Wow, that's really excited to hear. I didn't know that. I have heard some of those questions asked, and I can see as you say that, that they're spiritually related not connected or affiliated with a religion. I think that's exciting. You're also talking about prayer. How does prayer fit into the healing process?

Larry: Basically two ways, Kevin.

1. People can pray for themselves, or
2. They can be prayed for by other people.

This is one of the main reasons why this topic has become such an important one in medicine, we know that people who follow some sort of spiritual path in their life, live 7 to 10 years longer than people who do not. This is huge and is based upon data that goes back 20 years. There's not much debate about this.

This increase in longevity and healthiness in people who do follow a spiritual path, which almost always involves some form of prayer, just do better in life health-wise. The data, the actual studies looking at the efficacy of prayer are numerous. They're probably upwards of 50 or 60 studies by now. They're looking at the impact of healing intentions of one person for another, which usually takes some form of prayer; easily two-thirds of these studies show statistical significance that something really happens when one person prays for another.

To give you an example, there's one brilliant study by the late Dr. Jeanne Achterberg, which looked at the brain scans FMRI (functional magnetic resonance imaging) on the person being prayed for, when someone at a distance begins to think positively or uses positive healing intentions for them. Their brains change at certain specific areas showing increased metabolic activity in that specific part of the brain when they're being prayed for.

So we know that prayer does something at a distance, and this is key, even when the individual is unaware that they're being prayed for. So we're not talking about fantasy here, this stuff has been nailed down with the solid biologic studies. Prayer does something, it's not just fantasy and this is being increasingly recognized by people who have an open mind toward this kind of data.

Robyn: Can you share with our audience today, Dr. Dossey, exactly how did you get into this profession, being a doctor and now you've written so many Modules about the power of prayer, intention and premonition. **How did all of this begin for**

you?

Larry: There were several pathways into it. I had a very challenging medical illness growing up from teenage years even as I was completing my post graduate training in internal medicine. I was afflicted by severe migraine headaches. This was not just bad headaches and it had to do with profound nausea, vomiting, partial blindness, and incapacitation. I just couldn't function when I would have these things.

They got worse in medical school and in my residency and internship. They really were a huge issue. I tried every conceivable therapy and nothing would work, they just continued to get worse.

In the 1980s when biofeedback really became prevalent in the U.S., there were periodic reports that people with migraine headaches who learned to do biofeedback sometimes reported that the headaches would go away. This sounded pretty good to me, and I was desperate for anything that might help. I chased all over the country learning how to be a bio-feedback subject at seminars and biofeedback training programs.

It was like a miracle happened. Practically overnight, the headaches went away. In six sessions I was practically free of the problem, which totally stunned me. I became certified in biofeedback, established one of the first biofeedback labs in Texas at the time, and taught my patients who had problems that I thought would respond to it, biofeedback.

This led to meditation and contemplation, which was big in the '80s as you know. So, I became a meditator. In the late '80s, a study was published which also shook me to my foundation. It was a prayer study done by Dr. Randolph Bird at San Francisco General Hospital, Cal Pacific Medical Center. It showed that people who were prayed for in the coronary care unit did better than people who weren't.

At that time in my medical practice I had people all the time in the coronary unit with heart attacks. I wouldn't have prayed for them on a bet, because I just didn't do that sort of thing, but it became a personal issue because I reasoned that if prayer improved the outcomes of critically ill patients, maybe I should be doing that. This led to a search in the world's literature for more studies, which looked at the efficacy of prayer and healing.

I found over 130 studies, which showed overwhelmingly, that something positive was associated with praying for other people. I revolutionized my practice. I began to

pray for my patients in my own ritual, which I concocted. I would come into my office every morning earlier than usual and have my own, very strange prayer ritual, which involved burning incense, meditating and praying.

And Kevin this might interest you, I have quite a collection of Shamanic rattles and I would shake my rattles, do my chants and pray for patients I was about to see on hospital rounds or patients who'd be coming to my office later that day.

So I became open through my own personal illness, clinical data, actual clinical experiments, and my own experimentation in this area. I began to follow it and wrote a Module about in 1993, which became a New York Times bestseller called, *Healing Words*. The rest as they say, I guess is history.

Robyn: What an amazing story. It's interesting, we built Santa Fe Soul in 2004 and opened in 2005 and what was really important to us, based on the work that you've done and many others, when you think of 21st century healthcare model.

How can it be when you walk in the door and there you are. When you come to Santa Fe Soul and many of you who are coming for our live event, we can't wait to meet you in June, but there's a prayer wall that represents all healing and all spiritual traditions. We brought in Buddhists. We have Mother Mary, and then we had someone come in and do an African prayer.

Larry: I'm glad you mentioned this, because let me add, I don't belong to any specific religion. Critics accuse me for fronting for some religion, but it just isn't this way. I have looked at this data on remote healing, healing prayers and intentionality, and there isn't a shred of evidence that a particular tradition enjoys an advantage over any other, which is a very ecumenical thing, so I'm glad you pointed that out.

Kevin: It is important, because I think that's the barrier for some people is my religion and the beliefs that go along with that, and to notice, as you're pointing out, that there are basic things that follow through.

Robyn: Unity and diversity.

Kevin: You mentioned earlier your practice that you do for some of the healers that are listening to us today. What is the importance of a healer in the healing process in the way that you're talking about?

Larry: I think healers have to get themselves 'fixed' before they can hope to fix

anybody else. It's not really a fix, but simply helping someone achieve harmony and balance in their life and when that happens, people generally tend to become healthy. I think compassion and love are the key in the healer.

We know that in the experiments that have been done in looking at this, the experiments don't work unless there's a felt unity between the healer and healed. We can call healing by a lot of terms, but it all comes down to love, caring and compassion. Doctors learn this; we have hedge words like bedside manner and that sort of things, which doctors can use and not feel too stressed by the whole concept, but it amounts to love and caring. You have to care.

I've talked with dozens of healers over the years and almost all of them will respond when they're asked how they do this. They'll usually come back to some word, which relates to compassion and healing. Some will say you just have to feel it, or you have to have it in your heart, you have to care. If you unpack all those explanations it generally boils down to something we might as well call love.

Robyn: That sounds good.

Kevin: It makes it nice and simple doesn't it?

Robyn: What do you think is the relationship between the effectiveness of prayer and chronic diseases?

Larry: If you look at the studies that have been done, most of them have not been done in chronic diseases but in acute diseases, such as myocardial infarction or healing of surgical wounds. I must say, there's a study that looks at the response of people with advanced AIDS to intercessory distant prayer or remote healing.

This was done by Dr. Elizabeth Parr before she died at a hospital in California. The patients who were prayed for by people of a variety of traditions, some were religious and some weren't, did better on many counts. They had a better course across their illness, which was chronic by the way; it was advanced AIDS. They had fewer admissions to the hospital. If they got sick and had to go to the hospital they got out quicker than who were not being prayed for.

I just have to say that if remote healing and intercessory prayer can work for patients with chronic advanced AIDS, I can't imagine any illness that would not respond. That's one of the most tenacious illnesses that we have.

I think that's a crucial study that points to the fact that practically any illness probably, is responsive in some measure to prayer.

Kevin: Excellent. We mentioned several studies already are there any others you'd like to point out in relationship to?

Larry: I would. One of the perennial criticisms by skeptics of this field is that it isn't prayer that doing anything in these studies it's just the placebo effect. These people may think that they are being prayed for so they just try to help the prayer along by positive thinking and suggestion/expectation.

However, there's another set of studies, which I think are some of the most important of all. They're not human studies. They look at the response to animals and plants, degermination rate seeds, the growth rate of bacteria in test tubes, and so on in response to the intentions and compassion, loving thoughts from people at a distance.

Easily, two-thirds of these studies show that something happens in these non-human situations in response to people's compassion and intention. This is not the placebo response. As far as we know bacteria doesn't think positively. The reason these studies are so important is that they overcome these continual objections by naysayers about prayer in human beings. They show that the effect is real and we're not just making this stuff up.

Kevin: Some people make fun of me, because I have a house plant that I'm praying for. It's so green and doing so great. I'm doing my own little study; I can definitely concur.

Larry: Good for you. You've got a case series of one going there, that's great.

Robyn: Can you describe the difference and effectiveness in both directed and non-directed prayer?

Larry: I was interested in this question early on and, just for the listeners...

Directed prayer is where you specify the outcome. You pray for a specific result. If you want a cancer to go away or a heart attack to heal, something really definite and specified.

Non-directed prayer isn't like that. It's a general kind of request, it's like- may

thy will be done or may the best thing happen in this situation. You leave it up to a higher wisdom.

So, these look like they're very different types of prayer. Early on, there were a few attempts in the laboratory to sort out which one worked best. I used to talk about this quite a bit, but I've ceased to doing it because I think that the data is very tentative and limited, and I've come down on the side of authenticity and genuineness.

I think people ought to pray in the way that feels most genuine, authentic and heartfelt for them. If they feel better about specifying a specific outcome with their prayers I think they should use that. There are people, however, like myself and many others, who feel more comfortable using a non-directed general approach where we ask for a higher wisdom to direct the outcome.

I think that there are certain situations where the most compassionate and charitable outcome is probably not recovery. I've known people who really approach their journey's end and wanted to cross over. I think it can be disrespectful to try to yank somebody back from that sort of thoughtful and deep yearning to complete their life here and simply let them go.

So, I feel much more comfortable being an incorrigible introvert, not telling the world what to do and simply invoking a higher wisdom in situations like that, but I'm not dictating to people how to pray. I've tried diligently never to do that, because this is a very personal thing and people really need to find their own path here.

Kevin: That's excellent and I believe it's important for people to understand, is that often what they're doing is the right thing to do, they just need to be encouraged to keep doing it, right?

Robyn: It's like learning how to meditate when people get so caught up in the how.

Larry: I have several letters I've received over the years from family members who would have an elderly parent who was dying but just wouldn't die. They would come back to a lucid state, and several instances in which the dying person would tell the loved one, please stop praying for me. Let me go and then they would. That illustrates the point.

Kevin: Definitely. So prayer can be not directed at healing, but directed at the highest good.

Larry: Exactly. Very well put, Kevin.

Kevin: That kind of leads into this idea of your description of the non-local. You know, we're talking about unleashing our brainpower and I do believe this conversation is about our brainpower as well. So this idea of the mind, body, spirit and the non-locality...

Larry: Yes. I have begun to write extensively about what I call 'non-local mind', which is a term that I introduced in 1989 in a Module called *Recovering The Soul*.

If you look at a huge variety of studies in many areas about how people can influence others at a distance and share thoughts telepathically; I think one inevitably gets to a new picture of consciousness. We have traditionally said that your mind is limited to your brain, your brain is fixed in the cranium, the cranium is on the body and the body and the cranium can't wonder off at a distance to make a distance out there in the world.

That's the old picture of consciousness. It no longer accords with the experimental results in people's experiences. A new story of consciousness is emerging, in which it is not isolated and confined to the here and now, but it is what many of us are calling non-local with respect to space and time. It is loose in space and time. It can make a difference at a distance as we see in these distant healing studies.

For me that's non-local mind. Many people in the hard sciences are inching up to this idea. The idea is David Bohm, the great physicist, preached for 30 years that you can't put boundaries around the mind. He went on to say that if you can't confine minds to human beings, at some point they come together, if they're unbounded and they form a single unitary mind.

I have traced this idea through 20th century science. One of the prominent people who stood up to this idea was the Noble Physicist, Erwin Schrödinger, who just flat out said that there is in fact only one mind.

This is the theme of my next Module, which is coming out in October in 2013 called *One Mind; How Our Individual Minds Are Part of a Greater Mind and Why That Matters*.

Therefore, non-local mind is essentially, unitary mind. I think that there are some real spiritual implications of this idea. Because, if our minds are not fixed in the particular here and now but wander freely in time, than they're temporarily non-

local, which is just a way of saying they're infinite. That buys you a lot. It buys you immortality, because what we mean by immortality is a mind that is free in time. It has no beginning. It has no end and it's infinite in time.

Schrödinger, Bohm and many other people who have thought through this, realized the implications for immortality and weren't hesitant to talk about this. I'm trying to also fortify this particular point by pointing to data which Schrödinger, Bohm and others just simply didn't have, which is the ability of consciousness to reach out and make a difference in the world.

In this Module, I try to give people illustrations of unitary mind and minds affecting and uniting with one and other at a distance, unconstrained by confinement to the brain and the cranium. That's where we're headed and I think it's quite wonderful from a humanitarian and spiritual point of view.

Kevin: That's beautiful. It's definitely a whole new way of thinking about a house-call, right?

Larry: That's right. You can call intercessory healing a kind of remote house-call, I guess.

Robyn: We are in this re-shamanic time, aren't we?

Kevin: Yes. It's really exciting with all these old shamanic teachings are coming back.

Larry: That's important because as you know, none of this talk about non-local mind is new. Shaman's for only 50k years have known this. We're just simply resurrecting what shamans have known.

Kevin: That's exciting to me for sure.

Robyn: I'm just curious, how do you think that prayer can be integrated with standard medical practice more than what we're seeing right now? It's happening I believe, but...

Larry: I think it's pretty easy. As a matter of fact, I think it's ridiculously simple. I have many colleagues out there still practicing medicine. I'm currently retired from practicing internal medicine, but many of them tell me that they have integrated these ideas with their medical practice.

I have one friend who says, I love modern surgery. I think it works wonders. I often prescribe medication and when I do prescribe medication I give the patient a prescription and after the patient leaves my office, I have a moment of silent prayer for the prescription. So, he prescribes medication, then he prays for the medication and then he prays for the patient.

These things don't fit into slots that can't be combined. I think we make a serious error when we try to paint ourselves into the corner and say, I'm just going to be an herbalist. I'm just totally going to do it with herbs, acupuncture, biofeedback or meditation; I think it's all a miracle.

Yesterday, a couple of bombs went off at the Boston Marathon and killed people. In situations like that with people having their limbs severed and being critically injured, I don't think that is a time for herbal medicine. I think we need to use what works. I think that we're blessed to have modern medicine and medication, if used wisely. I'll be the first to admit that it's often abused, but I think we ought to keep all of our options open.

Kevin: It does go to this developmental idea that there should be no reason we should throw away the new stuff. I definitely agree with that in moving forward and your idea of just praying for the medication is quite brilliant. It's very simple and definitely something we can all do.

Robyn: Yes, the judgment doesn't help, certainly.

Kevin: Right. I mean there are people that believe if they're praying maybe a belief that it's going to be bad for them somehow. That kind of leads into this idea of negative thoughts, people that are struggling and aren't getting their prayers answered. Is that something that you can speak to as well?

Larry: Yes. I have struggled with the idea like most people who are involved in this field, about why certain prayers are answered and others are not. I want to confess straight up that I don't have an answer to this. It is one of the peskiest problems that have confronted all the major religions throughout history.

Why do prayers seem to favor some people and not others? This is such a grievous problem for many people that I've seen them bail out of this whole field and just say I don't want anything to do with this. This just isn't fair, why the universe would favor one person over the other through intentionality and compassion and not another. I leave this up to theologians and philosophers. I don't think that this is a question that

science is equipped to answer.

We have a choice of seeing the glass as half empty or half full. I prefer to look on the positive side of things, and I think it's an absolute universal blessing that prayer works at all. There's no obvious reason why it should. Presumably, the universe could get along just fine, go its own merry way without intentionality making a difference in the world, but it does make a difference.

Although we're baffled by all the finer points of how it works, I don't think that's reason to abandon the whole area. I'm grateful for it. I'm grateful beyond measure. If people become so infuriated by what they perceive as the unfairness of this whole field then that's their choice.

Let me put it another way, we know no modern therapy that works 100% of the time. Sometimes I think we establish an unfair double-standard which we want to hold prayer and distant healing up to, which we don't apply to things like medications and surgical procedures, which also don't work 100% of the time. So, we can be unfair to spiritual interventions, but I think we need an open mind about this and count our blessings instead of rejecting the whole affair.

Robyn: I know you were just at a medical conference I was just at one too, and one of the veterinarians spoke about how now one out of two cats and dogs are getting cancer and the same thing is happening in the human population, children with diabetes and obesity.

What's your take on that, in terms of the way Santa Fe Soul and the Self-Care Revolution™ and many people that are a part of this whole mission/vision, not in terms of prayer, but what are your thoughts on that, in your 30-40 years being in the medical profession where we are today as opposed to where we were then? How do we address these alarming statistics?

Larry: We know how to address it. I think the approach is so clear that people just don't want to confront it. Let me give you one reason why I say that.

In 2009 in the archives of internal medicine, a European study was published called 'The E.P.I.C. (European Prospective Investigation into Cancer and Nutrition) Study.' This involved tens of thousands of people from all the major countries in Western Europe. They looked at several behaviors, including: the adherence to stopping smoking, exercise and attention to diet.

Here's what they found. The people that would adhere to these simple behaviors, exercising 3 ½ hours a week (30 min. a day), not smoking, limiting their intake of meats and when they ate meat they would confine it to fowl and fish, and un-stressing themselves with periodic meditation.

In people who followed these behaviors, 93% of diabetes was eliminated. There was an 81% reduction in heart attacks. There was a 50% reduction in strokes, and there was almost a 40% reduction of all cancers. This is astonishing. The bottom line of this is that most of the cardiovascular disease and cancer in human beings could be eliminated by simple behavioral modification.

This is not complicated stuff. I'm not saying it's easy to do or that most people will do it, but what I am saying is that it is not mysterious about how to approach this thing. We pretty much know how to eliminate most of the chronic and acute diseases that we humans suffer for, but the questions is, does anyone want to knuckle down and do this?

Kevin: I guess that's why we're having a revolution here.

Larry: It is revolutionary, but it's not a mystery. The first decade of this new millennium, we were flooded with these kinds of studies. I could mention one called the 'Inter-heart Study', which was published in 2004 which came up with the essentially same findings as study done here in the U.S. We need to talk about this. It's hugely important.

We behave as if we are floundering in the dark and we don't know what to do about all these acute and chronic diseases, but that's not true. We know what to do. Part of the problem is that, if you look at television you get the idea that drug approach is the only way to handle any of these things, which is horribly deceptive. We need to be smarter than that, but it's hard with all of the propaganda that we're subjected to on a daily basis through the media.

While I'm on my soapbox, let me just mention one other thing here that almost always gets left out. We know in the U.S. that rich people are healthier than poor people. They live longer, have fewer disease incidents, and so on. Almost nobody wants to talk about economic opportunity as a huge factor in health, but the ability of people to make these kinds of behavioral changes that we talked about is hugely dependent upon economic opportunity for people.

The worst thing to do is to shred the social safety net like one of our political parties is

doing these days, because that is a guarantee for worsening health for the economically insecure people. That's it. I think that people ought to make their politics part of their healthcare philosophy. I don't see any way around this, because health perspectives are intimately tied to economics in this country and in the world.

Kevin: Absolutely. I think that's one thing, like we keep religion and science separate – politics and health, but it's certainly been in the forefront. I believe that even the inner politic of ourselves needs to be identified and like you said moving forward in a compassionate way.

Larry: I completely agree. I think one of the top things on people's personal healthcare program ought to be go vote. I may be steering dangerously off the reservation here.

Robyn: No, we believe in voting.

Kevin: There's a lot going on like you said, it should be our right to definitely have self issues.

Robyn: We have to be aware and active in today's world, otherwise we're just served whatever's available.

Larry: I'm glad to hear you say that. I think our attention to our own personal environmental impact has got to be part of the long-term health strategy, because if we lose the environment it's not going matter what your cholesterol level is.

Kevin: We've certainly alluded to this in many different talks that we've had. We're the ones that are at risk here. The planet will recover and probably be fine, right?

Robyn: This is one of the big reasons the Self-Care Revolution™ is a 12-month series. Some people say why don't you just do this for three weeks? Well, it's a big topic and it's not just food. We did a whole month that was dedicated to trauma and how much that sets us up for disease in the body. It's that full spectrum of what health really is and that economic picture you bring up is huge, especially when we talked about thoughts and food is medicine in month one.

Kevin: Absolutely. One of the dimensions of our being is our soul. I wonder if you can talk a little about what your impression of our soul is.

Larry: I think our soul is that non-local aspect of us that is infinite in space and time,

that functions through the body and influences the body but is not produced by the body and is not eliminated by physical death of the body. It's eternal, immortal, infinite, and it's unitary so that we can talk about a community of souls in addition to single souls.

I think this is tremendously important, because if you strip people of a sense of soul, you really damage their meaning in life, their purpose, and a sense of direction and belonging. It's not a real cozy thought to think that when you die if you have no soul you're just going to be totally annihilated and that's the end.

I know that there are a lot of hardcore materialist who deny that and claim to have no anxiety at all about that. I generally thinks that's a façade. I think a sense of soulfulness, a perception and a certainty that survived physical death is important for normal functioning.

One of the people who really agreed with that was the Swiss psychologist, Dr. Carl Jung, who said that, "As a physician I make every attempt to help people come to a sense of immortality." Jung was one of the great proponents of the importance of the idea of the soul and I stand with that and agree with that.

Kevin: I do think that as we're talking about healing, that it's critical to understand this dimension of ourselves. You had mentioned earlier that you are a meditator and that you have learned meditation. Do you think that that is an important aspect to begin to experience some of these other aspects of ourselves?

Larry: Absolutely! I think meditation, among all of its other virtues and benefits, is a way of allowing a deeper wisdom to serve us from the unconscious, which we ordinarily eliminate through our business 24/7. This particularly comes up in my study of premonitions, which I wrote a recent Module about.

One of the ways to become premonition prone is simply to adopt a form of meditation. People who meditate regularly have a much richer premonition life, particularly in dreams. There's something about meditations that allows the depths of our consciousness to flower and surface. Meditation is one of the best ways that was invented, in my judgment, to do that.

Robyn: In addition to meditation, we've asked every speaker... What is your ritual or daily practice? I know you travel so much, Larry. How do you keep yourself so healthy and a soulful man at that?

Larry: Well, I don't know I try to follow all the rules that we had talked about, having to do with social, psychological, dietary, and physical. I would throw in one that we haven't talked about: I can't function well without periodic exposure to raw environment, to nature.

We live on a hillside outside of Santa Fe where the deer eat my vegetables that I grow in my garden and the coyotes come and look in my window when I'm sitting at my desk, and that sort of thing. Once a year for a month my wife and I, Barbara, disappear into the wilderness in Western Wyoming in the Wind River Wilderness Area and just simply live in a tent for a couple, three weeks. We restore and rejuvenate.

I can't imagine the rest of my year with all of its busyness without that periodic immersion in raw wilderness where anything can happen. I just can't function well without that periodic exposure to the natural world. I'm not sure that that works for everybody. I know urbanites who feel really uncomfortable in the wilderness, but that's not my case. I need that like food and water.

Robyn: Next month is all about Earthing and we'll have some great people that are going to be sharing their whole idea and how we can bring more of the earth into our daily lives from thoughts to eating to walking on the earth barefoot.

Also, the opposite of that, how to electro-sanitize your life and how to unplug, so it's great that you're sharing this with all of our listeners today, that even you really take that time – a whole month – to get away with your lovely wife who we so much enjoyed interviewing a couple weeks ago. That's great.

Larry: Speaking of my wife let me add that one's intimate relationships are a crucial part of the Self-Care Revolution™. It has to do with the self love and compassion and tenderness that one gets from a good relationship. I must say that my productivity would've been diminished considerably without my relationship to my wife of more decades than I'll mention.

It has to do with purpose and meaning in life. I think that the things we usually gloss over like the level of intimacy in life and even the satisfaction one gets from one's occupation, ought to be part of the behavioral approaches to health and longevity.

For example, there is something in behavioral medicine called the 'Black Monday Syndrome', which you might have heard of. It has to do with the fact that people who hate their jobs have an increased level of heart attack on Monday morning around 9

a.m., which correlates with going back to work. If you have a job that you don't like or find no satisfaction with, your incidents of heart attack on Monday morning at 9 a.m. goes up horribly.

We know this. So, what is their level of satisfaction and meaning about what we do, how we make our living? If it's not fulfilling, that should be a risk factor like high blood pressure, smoking, or cholesterol.

Kevin: I agree. I don't think the average person, our listeners understand that concept. When they hear you say it I'm sure, my level of satisfaction, my work and relationships, but acting upon that in a positive way. Month six is our relationship month.

Robyn: It's all about relationship to self, others and money.

Larry: You all are covering the waterfront. That's great.

Robyn: We really are. This is why we have to spread it out.

Kevin: We are taking some questions and one of the questions coming in is this. Do you think that religion/spirituality and science are joining together?

Larry: The dialogue definitely is heating up in a nice way between them. We know talk about the relevance of science to religion and religion to science in a way that was prohibited even 20 years ago. Let me say this, I think that there are domains where these two entities, religion and science, just don't mix very well.

For instance, in the issue of soulfulness, meaning and purpose, science is not equipped to go there. I am not one of these people who thinks that we are to homogenize science and religion. I think they serve different purposes. They can inform each other, but there is a sense in which they don't mix very well. That's not to say we ought not to explore areas of convergence; there are areas of profound convergence.

An example is the insights into mindful meditation that have been popping up like weeds over the past decade, that's an example of a fruitful interaction between the religious or spiritual area and good science. Let's get as much ought of these as we can, but let's not homogenize science and religion into some type of glue.

Robyn: What do you think about so called miracle cures? Just curious.

Larry: My idea about miracles is they don't violate the laws of nature they just represent our ignorance of how nature works. I think that so-called miracle cures happen all the time. Certainly, so-called miracle cures are much more common than people realize. There's a Module called *Spontaneous Remissions*, which looks at thousands of so-called miracle cures in just about any disease you want to look at.

So, the idea is how would we freshen up these things and increase their frequency. Is there any way to engineer so-called miracle cures? I think in the future we'll say, yes definitely, cures and healings that we currently can't conceive of will be common in many areas in the years to come.

Kevin: That kind of leads into the question....What are you working on now? What kind of new questions are you asking now?

Larry: I am pursuing this idea of unitary, one mind; what our ancestors used to call the universal mind. I think this is absolutely crucial. I think our ability to survive and flourish on the earth will depend on whether or not we can unite in a deep, visceral way with the rest of humanity, with one another, and also with the earth itself and all of its creatures.

This idea of oneness of consciousness that's universal and pervasive is going to be absolutely necessary if we're going to muster the intensity and sense of connectedness, love and compassion to save our own butts on this earth. We are pursuing a suicidal path that is based upon a sense of isolation. We behave as if we can retreat and withdraw from nature without any penalty or consequence, and it's not going to serve us well.

I think the sense of unity of consciousness is with everything – with the earth, with its creatures, and with one another – is absolutely crucial if we're going to be able to survive as a species on this particular planet.

Robyn: Do you have time for one more question? If someone wants to get in touch with you, what's the best way, Larry?

Larry: Barbara and I, we share a website – DosseyDossey.com. People can contact us via our website. All of our Modules are in major Modulestores and on the usual Internet sites.

Robyn: Thank you so much for your time. Do you have one final statement?

Larry: I do. We've talked about self-healthcare behavioral approaches to eliminating diseases and so on. Don't forget folks that you're already immortal. You're non-local. You don't have to invent this stuff, it's your birthright it comes factory installed. So, if we use all of our behavioral approaches in a very wise way, which I'm all for, we're still all going to perish sooner or later; the odds are statistically significant. Everybody dies.

That's not a cause for being morose, but could be a celebration for entering into immortality. This is just a fact in my judgment. There's cause for celebration about our own going and finitude into space and time. So, we'll all meet each other one of these days. Strive for health, but don't be too depressed if the wheels come off.

Kevin: We really appreciate you sharing your expanded consciousness.

Robyn: Yes, and I can't wait to ready your Module, *The One Mind*.

Larry: It's really good.

Robyn: I bet. Take care and enjoy the rest of your day. Thank you so much for sharing with everyone today. This is going to continue on because there's so many people who are going to listen to it tomorrow and the next day. This is going to get into the schools. We have so many plans for all of these recordings in the Self-Care Revolution™.

Kevin: Absolutely and any questions our listeners have, please send them to info@jointheselfcarerevolution.com.

[End of Interview]

NAN AKASHA

NanAkasha.com | Executive Coach, High-Income Strategist,
Author of *Already Rich: Secrets to Master Your Money Mind*.

MIND METAMORPHOSIS: DUMP THE B.S. IN YOUR BRAIN AND HARNESS YOUR POWER TO QUANTUM LEAP YOUR HEALTH, WEALTH AND HAPPINESS

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Robyn: Hello, everyone, and welcome to month 4 of the Self-Care Revolution™. My name is Robyn Benson. I'm a Doctor of Oriental Medicine and the founder of Santa Fe Soul Health and Healing Center.

Kevin: And I'm Kevin Snow, an intuitive counselor and desert shaman.

Robyn: We are so excited to share our 2nd speaker today, Nan Akasha. Nan, welcome!

Nan: Thank you! I'm really excited to be here. I love what you guys are up to.

Robyn: For many of you that are here for the first time, the Self-Care Revolution™ is a 12-month series. This month, month 4, is all about Unleashing Your Brainpower. We're excited to see what Nan has to say. This is going to be a whole different perspective than what we've heard so far from our speakers this month. We want to memorize everything Nan has to say because this is all about prosperity. Nan Akasha is an executive coach and high income strategist for accelerating sales revenue, big money, peak performance, and high income hypnosis™, and number one best-selling author of *Already Rich: Secrets to Master Your Money Mind*.

An inspiring keynote speaker, Nan was chosen as *We Magazine for Women's* top woman in e-commerce for 2012. Nan has also been selected to be profiled on the national TV show *America's Premiere Experts* in 2013 and is also co-creator and producer on a new Module and documentary for the Napoleon Hill Foundation called *Think and Grow Rich: Offspring of Thought*.

Today the title of her talk is "Mind Metamorphosis: stunt the B.S. in your brain and harness your power to quantum leap your health, wealth and happiness." I love that topic. And thank you also for your wonderful video. I actually captured you at a live event that we were at together recently and people were like, "Wow, I want to get to know who this Nan woman is." So thank you again for being with us here.

Nan: Absolutely! Like I said, I love what you're doing. I love how you dove in and you're creating this enormous movement. You're gaining momentum and bringing in amazing people and making such an impact on the world. I'm really honored to be here. Thank you.

Robyn: Thank you! We have so many questions for you.

Kevin: Yes, definitely. Let's start off with the title of your talk and maybe just explain a little bit about this mind metamorphosis that we're going to experience.

Nan: One of the things is that I've been creating my own businesses for about twenty-nine years. I've had five different businesses, most of them six- and seven-figure businesses. They vary: fashion design, real-estate, and so on. What I've discovered is that, for me (I don't know about other people), my upbringing gave me certain beliefs and programs about myself. So we all have our parents ringing around in our heads and we don't know it. We don't realize that we're brain washed and we're programmed and that the world that we're experiencing is through our mind, through our programs in our mind.

Not many of us are told that. So I went out and did what I was told. I worked really hard. My parents told me to be a good person, pay your bills on time, and work really hard; the harder you work, the better person you are. So I did that. I was an overachiever and did my best in everything. I was this and that and everything. I went out and started my first company in fashion design and I put all my money and all my time and all of my effort into it, and three and half years later it closed, because at the end of the 80's all of the department stores bought each other, and then went bankrupt and didn't pay.

I had lots of money that people owed me and a lot of credit card debt, because my husband had quit his job and worked for me, too, and we put everything back into the company. That for me was the tipping point—the first deconstruction in life when I had to think differently than what I had been programmed and raised to believe. And it was the first time that I stepped outside of myself and said that there must be something more.

Of course, that was in the 80's. Nowadays it's so much easier to find information. I had no idea what to do or where to go, but it got me on a spiritual path and I decided that what I wanted to know was how do we create our reality? So, since then I've spent everything that I do, whether it's my spiritual path, my business, or my personal relationships; I'm always seeking for a better understanding of how do we create our experience here? Who are we? Why are we here? All that crazy stuff right? And so year after year, through all of the different experiences in my life, what I began to understand was that we are not our mind. We are not our brain, but we are in a vehicle, this body, and we experience our reality here through our body and through our senses. And they are limited.

We know there are bugs that can see things we can't see. We know there are dogs that can hear things we can't hear. We know that this vehicle we're in; our eyes don't see, they shoot up into our brain and we see with cells of recognition in our brain. So how is it that we're creating the reality around us, or do we have any control over that? And, it led me through spiritual searches.

I used to teach meditation. I learned every form of energy healing. I studied quantum physics. I used to go with groups and go into the pyramids in Egypt and meditate for four hours at a time. I did all this stuff. It was all phenomenal. It was all about discovering more about energy and who I was. Then I wanted to apply it to my life. I didn't want to be like a lot of people I saw who kept their spiritual life or the life that they were passionate about separate from their job and, you know, their marriage and family and so on. I said, "Well, what's the point in having and knowing this and understanding that energy is everything and that you can direct it and control it because you can master your mind?"

I actually had a real-estate investment company and I was so passionate about that business, completely left field. Seven nights in a row I saw this infomercial and laughed at it because I was raised to believe that you don't buy infomercials. Finally went "Okay, there must be a message here," and I got into that business and it was phenomenal. I met some of the most amazing people. I had some of the biggest breakthroughs, personally and spiritually, building that business.

One of my mentors brought in a hypnotherapist. I sat there and he said "Look, I have given you everything you to do; how to talk to people, scripts to talk to people, contracts, where to find this, where to find that, but 96% of it you aren't doing. You can't get past your fears, your lack of self-confidence, your fear of rejection, all these things. So I'm going to bring someone in to help you with that." That was the moment

in my life that was so profound because it was like someone pulling back the curtain. That's when I became a hypnotherapist and it's been 16 years now that I've done that as well. I combine that with all the other things that I do to help people understand their relationship with money, what money is and their belief systems and their programs so you can create the results you want.

A metamorphosis to me is a perfect description of what we do naturally because we're constantly seeking new life and we're beings that are growing, like nature. We always want more experiences, more friends, more love, and more money. We're always seeking something new. And we have to transform who we are to have a new result. So if you're making \$5,000 a month now and you've never really been able to make more than that for a sustained amount of time, then that's where you know your belief system is. The inner part of you, the subconscious part of you that's a million times bigger than your conscious mind, is in charge. It's important to understand that. You know some of it and you don't know most of it.

In order for you to now make \$10,000 a month, you have to be a different person. You can't just work harder doing the same things. Everybody does that, it doesn't work. Oh, get a new website; it doesn't work. It's because you have to change who you're being. And that means how you're thinking, how you're feeling, and how you're acting.

One of the most fascinating things that I did once was I kept being drawn to cocoons, the transformation from a caterpillar to a butterfly. We've all seen it and watched it and we see that cocoon and then these little legs start sticking out and they're pushing and struggling and little antennas come out, and it's this big, long struggle. And these scientists did studies and said, "Well let's help them out." They put a slit in the cocoon so it was easier for them to come out, but they died. Then they tried just a small hole and they would come out easier, but they would still die. No matter what they did when they helped them, when they didn't let them struggle to get out into their new life in the new world on their own with their new body, they died. They didn't have the strength, the conviction, the intention, the passion that it took to exist at that level as a butterfly.

So the caterpillar that can crawl upside down, backwards, all over, an expert crawler, yay me. But there's only so much you can do. So it actually had to let go of what it was good at. It had to let go of being the expert of crawling upside down and here and there and wherever and go through destabilizing who it was and then fight, literally, with that passion to completely change its' entire form of how it looked, what it was

able to do, what heights it was able to access, but it had to have that drive from within. That's what I've done is help people build businesses, turn their incomes around, gain confidence to be able to get on stage with more presence, whatever it is they have to transform drastically who they are being to step into what they want.

That's why you have to dump the BS in your brain, because you've got all of these programs telling you this. You've got the doubt, the fear, the worry that you believe and give respect to, which are complete lies. In order for us to harness the power that's all around us and within us, to literally tap into any amount of income we want or lifestyle or anything we want; know that it's right there. It already exists. We wouldn't be able to have the desire for it or even the concept of it, of something we want, if the supply wasn't there already.

So the law of polarity tells you that if you have a problem then the solution is already there. It came before the problem; it preceded it. If you have a desire or you have a question or a challenge, the answers already there. You don't have to be good enough to get it and you don't have to hope for it; you just have to switch what you believe in your brain. Literally metamorphosize to a level of awareness where you literally see the solutions and the problems that are right there around you. So that is a really long answer.

Kevin: That's awesome, no, I appreciate that.

Robyn: I love that whole approach of thinking about it because all I can do is think about all the cocoons in my life. I think I'm going through a metamorphosis of all sorts right now. I think many of us are. So can you talk a little bit about sustaining? There are so many tools. I don't know if you've noticed this but how do you find that people can really make the change? Part of being human is we go back to our doubting, we go back into the question mode. Sometimes we go back to the BS, but how can we stay away from the BS?

Nan: Well, the key here is to start with a couple of things:

- 1) Suspend your disbelief that it's impossible.
- 2) Then decide that you're going to be the master of your mind.

I had very spiritual teachers telling me this, decades ago. "You must master your emotional body. You must master your mental body. You must master your subtle bodies." And it was coming through in a very esoteric kind of way, so it was a very

nebulous concept and I started to tune into it. You literally have a mental body. You can't see your mind; it's not your brain. Your brain is just the tool it comes through. Your mind is in your cells, it's around you, and it's interacting.

There are only two things that I've discovered that I believe you have control over. One is our mind and one is free will, choice. So we have the ability to choose what we see, what we think, what we make things mean, how much time we spend with something. I mean, outside of being a child or a slave or other certain circumstances, but even in those circumstances, we still have a choice over how we feel about it and what we make it mean, but we're not taught that. So you have to decide you're going to take that on. And if you've tried, like most of us have, it's the hardest work on the planet. It's *perceived* to be the hardest work on the planet, because we literally feel like those voices and doubts are popping up and we don't have any choice and they're pulling us in.

One of the most common ones that I see, and the first thing I work with my clients on, is money and relationship with money. If they're blocked making more money or consistent money, if they lost money, or they're afraid to ask for money or whatever it is. We all have a very convoluted, emotional relationship with money, and it's rippled out into our relationships with people and with ourselves. It's intricately intertwined with our self-image and our self-esteem so I've found it's the key. We have to unlock that and pull that out so the rest of those areas can come into place.

When we look at money, the most common thing that happens for people is they decide to up-level; they're going to grow their business, they're going to make \$100,000 or \$500,000 or a million or two million, or whatever it is, and the minute that they make that decision this little voice pops in their head, and it's usually their mom or their dad, and it says, "Who do you think you are? Oh, you're getting pretty big for your britches aren't you?" That kind of thing. When I began this journey of understanding beliefs and the power behind them, I understood that. We all know we have our parents in our head to some degree, right? But what happens is our adult conscious mind goes, "I know, but I know that's not true right now so it's no big deal." Consciously I know that's what my mom said.

One of my first clients in hypnosis said he tried to buy his mom a house. He was making very good money and he saved up. He was raised very, very poor, and his mom was one of these people who said that rich people are evil and so on. So, now he was doing well and it was his dream to buy the house. Three times he had raised almost enough for a down payment, but something would happen where he would

have to use the money. This is how your subconscious mind works. Literally, that part of him created that reality. He couldn't figure out why so we had to go in hypnosis.

What we found out was that his mother said that so much that he has an inner belief that if he shows up and he is wealthy and rich enough to help her buy a house then she will think he is one of those rich, evil, greedy people. He loved his mother more than anything, but that inner part of him thought it was safer and more important to *not* buy her the house and be able to stay in a space where he thought it was safe than to do that for her and say, "Oh, I know that she'll get over it," or, "It's not true."

I have clients who have been making millions of dollars for years. A lot of people think that once you're doing that you don't have problems. It's not true. I don't know Donald Trump personally, but I'm sure he goes through all kinds of problems, too, because we're constantly up-leveling, and when we're doing that we're stepping out of our comfort zone. You have to decide you're going master that mind and you have to become aware of it. And it means you're going to have to track it.

A really fun way to track it is to get a piece of paper, draw a line down the middle, and at the top write "poor girl" or "poor boy" and "wealthy woman" or "wealthy man." Just begin to write down any negative or limiting belief, any thought that holds you back from expressing yourself fully, wanting what you want, expecting to get it, asking for it, anything that pops up that tells you you're not good enough, people won't want it, you're bothering people, anything at all. Just write it down on that girl poor side. With these you get to really map out what is running the show for you and the things that are making your decisions. Because your conscious mind can only focus on one, we perceive it's more. Women have that diffuse awareness, but really there's only one, maybe one and a half—because it is switching; it's just faster—thing at a time.

So your subconscious mind is aware of everything happening, everywhere on the entire planet and beyond, and it's filtering it. You cannot let your conscious awareness know it all every minute, but it's filtering it based on the belief that you were put in there—they came in your DNA—whether you believe in past lives or mass conscious memory or whatever you think. There's partially that. I see that all the time. They definitely come from your family or authority figures, because before age seven you don't have a conscious critical mind; you can't reject anything. You take on the beliefs of the people around you and combine them with your perception of reality from your child mind.

So, if your mom got upset with you when you were three because you spilled the glass and broke it, you felt her take away her love and approval, you felt insecure, it scared the hell out of you, and you made a decision about yourself that you were never, ever going to be bad again and you were going to be the best person and well-liked and made sure that, that horrible feeling didn't go away. You end up chasing that approval the rest of your life. You can't build a business because you're trying to be liked rather than making an impact. The repercussions are huge, even though a lot of us are aware, "Oh, yeah, I know my mom said this" or "I know I have this block because of my parents."

After 16 years of seeing into people's subconscious and seeing how this works, I can't emphasize enough how important it is to map out what your belief system is and what your family legacy is. Then, you just take that piece of paper and use it as a training tool and technique. You sit down when you have time and you say, "If I believe the abundant side of the equation. . ." Write the whole side like the world, like yin and yang, its lack on one side and abundance on the other. If you're seeing lack it means the abundance is right there in that same space, literally like people find a client in that room, they find the solution or money in the room they're in. Now on the other side, if you were being the person that's living in your true abundant, wealthy self—you're feeling it and you're fully integrated into it—what do you need to believe to be that person?

One of the beliefs that I uncovered layers of over time was that I don't deserve to have what I want. This came from a series of things that my parents would say to me. In the end, I went through a divorce and it took three years. I went from being a multi-millionaire with a million dollar home and 80 properties, thinking I was set for life, to owning nothing and not knowing how I was going to pay the rent, and at one point not knowing where I was going to live. I wanted to understand how on earth I created that, because I was very aware that I was the one who created that.

I got to the very, very bottom of a series of things. I basically had a core belief that I did not deserve to have what I wanted. I could have it for a while and I could enjoy it for *a while*, but then it had to go away because I just wasn't good enough. My subconscious would create situations so that would happen. It might be two years, three years, 10 years, whatever, but it would always end. I've made a lot of money and I've lost a lot of money. I've made a lot of businesses that have been closed for some reason. I had a daughter that died. I've had all these huge ups and huge downs. That's one of the reasons why the work I do is so transformative because I've become an expert at coming out of these breakdowns, which I believe are these breaking out of

the cocoon. We go through a process of continually metamorphosing to the next level.

Then, on the wealthy side, the poor girl is the one that believes that I don't deserve to have what I want. I don't want the poor girl in my mind anymore; I want to evict her. So I have to make a conscious decision that I am taking back control of my mind and that whenever the poor girl is speaking up and saying, "You're not good enough. Don't call them, they'll reject you." This, that, and the other thing, whatever, then I flip. The minute I become aware of I say, "No."

I personally have a vision that my mind is a circular room and there are doors all the way around it and that I have secret service men guarding those doors to keep her out, but she sneaks in and she keeps sneaking back in through the attic. So I literally vision that I'm grabbing her and taking her and walking her out the door. I step into, who do I have to be and what do I have to believe?

Basically, you're designing your own belief system and you're expanding your intention to bring that into your new belief system. Of course doing hypnosis and other processes that go directly to your subconscious will speed the process up, but you can do this and it's really powerful. You want to decide when you're not stressed out or triggered or in fear, what would you believe? What would be the wealthy woman version of "I don't believe I deserve to have what I want?"

My new belief that I have installed and embody and begin to live from is that I was designed this way by God to want the things I want and there's a reason for it. It's part of my purpose and mission. If I don't do it, I'm actually not living up to the reason I'm here. That authority within me is more important than what anybody thinks. So that's my wealthy woman version of that.

When I was beginning to practice shifting to owning that, I'd have this literally pinned on the wall by my computer. I recommend sometimes that my clients take it with them. As soon as you become aware of it you can go down the list, if it's not there you can add your new one, and then you look over and you say, "Okay, this is who I am now. This is not who I am." And the fastest way to shift is, of course, to see a picture, because your mind thinks in pictures. Don't try to change your feeling about it at first.

Kevin: That's very good information, too, because I think we use our words, we use affirmations, but maybe seeing the pictures is definitely good advice for our listeners.

Nan: Yeah, I'd really be careful with the word thing, because that's why a lot of people don't get any results with affirmations. There are people all the time saying, stating, and even listening to audio. I'm a huge believer in repetition, because I know how your mind works. It's one way to get that new program in there, but you see people who've been saying, "I'm rich and money flows to me" for years on end and nothing's changed. It's much more than that, it's your mind that's controlling your perception of reality. Your perception is turning on and off your DNA. It's making you aware of certain things, so the other things are there. You have to literally demand to show you what you want. You have to take it back and say, "I am not this poor girl; I refuse that."

If you need clients, you need to demand it. You need to say in the morning, "Today, I'm finding clients. They're here, I know they're here. This is not acceptable any longer." And make a list of what you're tolerating in your life, and then, tell your mind, train it as if it's an assistant—just like someone sitting in your office—"This is what I want and I won't accept anything less." You have to start to upgrade your expectations.

Something else that's really fun is take a 1-10 scale and look at what you believe and what you expect. So, let's say you take a goal and you have a business. You want that business to start bringing in \$25,000 a month and you've only ever made \$10,000. You're doing a lot of different things and you're working really hard, you're putting in extra hours, getting new business cards, or all these things that we do. Then you go and you're like, "What's the problem here?" Well, I want you to sit and say, "On a scale of 1 to 10, do I believe that I'll succeed? Do I really, truly believe?" And you have to allow it to bubble up within you and sit with it and notice where your resistance is with it.

Don't be in your enlightened mind; be in your real mind. You have to know what's going on in there. Don't try to escape and feel peaceful and wonderful all the time. There's tension. You have to get out of your comfort zone; you have to get out of the cocoon. If you stay in your comfort zone nothing changes. It's not about being comfortable and peaceful all the time and you want to bring that in. Then you can be in a space where you know that it's there, and you're just continuously demanding to see it until you start to see it. Keep a proof journal. So 1 to 10, do you believe it?

Then, ask yourself on a scale of 1 to 10, do you expect to get it? It's a completely different thing. I'll find people who don't believe. Maybe their belief is at a 5; their expectation is at a 2, but they know what they want. People misconceive knowing

what they want with believing it. Just because you know it intellectually does not mean you believe it; there's a huge difference. It has to get installed in your subconscious mind so that it becomes a habitual program, and it can help run that for you. Because then, while you're sleeping it's saying, "Oh, that's something that will interest her, and that's something I will make sure she's aware of tomorrow."

There's something else over there. I'll make her think of Mary so she calls Mary tomorrow." But if you're in your comfort zone, it's going to say, "Well you know, if she called Mary tomorrow she could make 10 grand, and she could get on that stage, but we better not be aware of those. Let's keep her fuzzy and distracted with the kids and whatever so she doesn't see that because she doesn't want that." That's how powerful we are.

Kevin: That's incredible, and I really think that one of the things that you mentioned with the comfort zone and you actually in parenthesis say "death zone."

Nan: I do. It is a death zone.

Kevin: So yeah, it's definitely emphasizing the point that comfort isn't necessarily the place to be for growth, right?

Nan: The thing is, and I made this mistake, you go through cycles. I've had a lot of grief. I've had a lot of loss. After my daughter died I certainly didn't care if I lived. So, I didn't care if I stayed in my comfort zone, "Get away from me!" Right? In general, like I said, we're here to grow and expand. Those voices inside, those desires we try to suppress, they never shut up. They never stop. They're never going to shut up. We might as well give up and give in.

The comfort zone is the space you've created where you've succeeded at becoming competent at your current skill, awareness, and all these things. Now, you need to go to the next level; you go to the next step. To do that, you can't stay on that stair. You have to pick up your foot and go to the next stair. But the bigger thing is, is that there's literally a field of abundance; there's a field of pure potentiality all around us. We're created from it. We're like transformers that you take to travel and you have to convert the voltage in your hair dryer or something. That's what we are. We take in that pure potential energy, which is everywhere, endless, all around us, all the time, and moving through us. Then, it meets with our thoughts, desires, ideas, visions, and our pictures and it shoots out of us. Then it goes and figures out how to create that and bring that into our awareness.

So if you're staying in your comfort zone and you're really worried about being peaceful, calm, and certain all the time, you're never going to grow and expand; you're not going to reach bigger goals. With those bigger goals comes discomfort for a while, but then when you get there, the real beautiful thing is that it's not even just the one thing you were going for. Maybe you were trying to build your business, create a bigger income, raise money for your kid's college, give to a charity, start a foundation, or whatever was driving you to get to this goal.

The cool thing is when you get to that goal you had to transform who you are, right? You had to transform and become a whole new person. Now you get to experience a whole new life, because at that level of awareness, there are all kinds of things you weren't even thinking about available to you now. You have more courage, you have more strength, you ask for what you want, you meet more interesting people; there's more options available to you.

I find it's so fascinating, the more connected and successful people become the more free stuff they get. Right? I used to see this because I never made a lot of money in the beginning. My fashion business did really well. It did a million dollars a year, but everything went back into it. My sister was a very successful banker. I remember when she got her first company car, and then it was another company car, then it was this perk, and they sent her there. I was sitting over here, barely being able to pay my rent going, "What the hell? She's making a lot of money. Why are they giving her free stuff?" Well, the same thing is happening as I up-level my business, as my clients up-level, I rarely pay to go to an event anymore—I get invited by the people who put them on.

I went to an event a couple of weeks ago. I met a couple who were very well-known people in the Internet marketing world. We hit it off. Less than a week later, I stayed two nights at their house. I came back to L.A. for another trip and it just naturally came out. It was just, "Oh my gosh, it'd be so fun to hang out together." I said, "Well, I'm coming back next week. Let's make sure we have dinner." "Well, why don't you stay with us?" All of a sudden, I wasn't paying for a hotel. You see what I mean? You have to be at a certain level of awareness. You have to be at a certain level of being worthy, of believing that there's enough. You have to design that belief system and step into being that person.

Robyn: First-class lifestyle. There's this whole movement of creating a lifestyle that you want. It sounds like you're a big part of that, too, and you're living it Nan, right?

Nan: Absolutely, without a doubt.

Robyn: Tell me a little bit about this Module and documentary that you're part of, the Napoleon Hill one called, *Think and Grow Rich: Offspring of Thought*.

Nan: Oh, it's amazing. Kind of what we're talking about. One of my current passions is keep working on ourselves and then bring it with clients. Then, it all becomes our work in the world. My new real focus is creating a way for people to promote themselves and not feel the pain of it —painless self-promotion. The reason being is that I'm constantly looking at, "Well what's underneath that? Why aren't we creating our reality? How do we get success? What's the thing with money? Why are we blocking money if there's more than enough?"

One of the things is that regardless of what you do, even if you're not in a position where you need to sell—like talk to potential clients, have a job as a sales pro, if you want to get a job, if you want to be part of a project team, if you want to audition and win a thing, if you want a speaking gig, whatever it is—you have to be able to step up and speak to people. You need to be able to express who you are. You need to be able to promote yourself. Most of us are programmed that, that's wrong, especially women, and that we should be quiet, and people will notice us for sitting there if we're good at what we do and it'll happen because I'm a good person and all this stuff. Then, people aren't getting the results they want. So, I've become very passionate about that and embodying that, because I'm always living what I'm teaching.

My kids have gotten old enough that I can travel more, and the last year to a year and a half I've started to go to more events and I've started to speak more. I used to do a lot of speaking when I had my real estate company. Then, I went through my divorce and building my business and stuff and I didn't require a lot of travel. But I love it. I love people. I love to connect with people. Even though I was doing that, I wasn't doing it at the level that I used to, because I wasn't getting out. In the last year or so, I've been going to more events, connecting with more people, and it's so phenomenal when you get into momentum. When you take these ideas that you have and you just go, "Okay, I have no idea why, but I'm supposed to go to L.A. in two hours." We did this a couple weeks ago.

So my intention that I put forward in my mind was, "I demand that you show me how to reach these goals, and I want to do it by connecting with people. And I want it to come from that belief that I have that wherever I go, I'm there on purpose—there's a reason, there's somebody who needs me for them, and there's somebody that has something for me." That usually means more than one person. So I rarely go to an event, even when I'm not speaking and just sitting in the audience, that I don't leave

with a client, with speaking gigs, with new opportunities, with a "you should meet so and so." It's because I've put myself into the flow, right? So I was like, "You know what? We're going to L.A. for this gala [that was phenomena]." I said, "But there's some other reason why we're going there. I know it."

I know that there are clients there, I know there are people that I need to meet, I need to be there. Where are we supposed to go?" Within 45 minutes, we jumped on a plane, and we came early. We found out about two events, and we went to them. I came home with one \$17,000 client, four speaking gigs, and a slew of other amazing connections (those people I met that I stayed out in their house). That was because I sat here and I trusted that it was there, that I could jump into it, and that it would happen.

So that field of pure potentiality, you have to get out into it. You have to create opportunities to connect with "ah-ha's" and with people who have messages for you. You have to be willing to promote yourself. So, one of the amazing opportunities that came across my way doing this wonderful journey that's become my passion this year, is meeting Greg Reid who is an author of several other Modules. He's doing a Module right now for the Napoleon Hill Foundation called, *Think and Grow Rich: Stickability* about persistence.

I had the opportunity to get invited to his event and to see him filming a documentary for that Module. He announced that they had just commissioned him to do another one, and he was taking on a small group of people to help him produce the documentary and the Module. There's another Module we're going to be a part of, too, so I said yes. I didn't even hesitate. I was like, "Yeah, are you kidding me?" Yeah, *Think and Grow Rich*, Napoleon Hill, the way that you think – it's vital and there's nothing more important than spreading that. So, I'm really excited to be a part of it. What it is, is taking that whole *Think and Grow Rich* concept where he went out and got a letter to be introduced to all the wealthiest, most successful people in the world and interview them; that's what we'll be doing.

This one is specifically focused on offspring of thought meaning, who are the biggest thinkers on the planet and what have they come up with and how is it going to impact us? The most phenomenal thing about this is that we get together and we decide as a group who we're going to interview. We literally have access—between his contacts, the Napoleon Hill Foundation's reputation, and the people, it's not 6 degrees separation anymore; it's about 2— to anybody on the planet, anybody.

Robyn: So who's one of your number one mentors? Who has really, deeply influenced your life? Who would be one of your top choices?

Nan: Certainly Napoleon Hill, I think. Deepak Chopra was one of my favorites for many, many years. And Wayne Dyer. I recently, shortly before her death, became a fan of Debbie Ford, because I did a lot of shadow work with my mastermind. I'm a firm believer that we certainly want the positive, the abundance, the wonderful feelings in life, but life is a combination of both. A lot of our power exists in that side that's gotten us in trouble or ashamed or afraid of. So, I think that's very powerful.

Kevin: That's excellent. I'm noticing here you have some amazing offers for people who are listening in on the call today.

Nan: Yeah! Let's see, what do we have, what do we have?

Kevin: The *Three Lies that Kill Your Success* and *Flip Your Rich Switch: 26 Days to More...*

Nan: The *Three Lies That Kill Your Success* is a call that I'm going to be doing. It's actually the *Magic and Miracles of Mistakes* and the *Three Lies That Kill Your Success*. Anybody that wants to can get signed up for that.

The *Rich Switch*: based on what we've been talking about you understand that I firmly believe that you can shift your mind and literally create your reality completely differently. What I've done is over the past seven years is create a lot of courses and they have different types of encoding, brain-wave entrainment, steadying the mind, and how it works and creating a new habit and a new belief. Then, watching, get a transformation and then what stops them from staying consistent. You know, like when you go to an event and you leave and you're like, "Woo! I'm so great. Everything's fabulous. The world's changed and I'm fabulous. I'm a great new person," and a couple of days later you start to lose the momentum and the feeling. There are some things you got from it, but you're sort of fading. So again, why is that? How is it that we sustain that success?

There needs to be a way for it. So, it's that whole thing about how you have to create a habit. Your subconscious mind is in your body as well, so you act a way that you've been reacting. It's like those neuron-pathways in your brain that become these little slippery slopes. If you grew up in the snow and you went down in the snow over and over and over that little sled path became like ice. And you just whoosh, take off. We have to literally cut off that pathway and begin to build a new neuron-pathway. So, over a period of about 26 days, create that new habit, that new way to react. It needs

to be fairly intentional. So *Flip Your Rich Switch* was designed to give you the tools to do that with very little effort and very little time, which suited people.

I don't think people need a whole lot of information. We're on information overload. It's not a course where you're going to sit and listen to me lecture on and on and on about a bunch of stuff. It's basically step-by-step, 30 days. You get an email every day, and it tells you exactly what to do that day. The first three days you set up your goal mindsets and it talks about that. From there on, you're setting aside 30 minutes a day and you're listening to the audio, you're watching a 1-1 ½ minute mind movie, then you take the other 15 minutes of that 30 minutes and you do some of these processes that we have in there. You commit to do that every day.

Now, the audio is going to be working on many levels: brainwave entrainment is taking you down into your subconscious; it's taking you into a theta state. So we're bypassing your doubts, walls, and all that, and going right to where your beliefs are. Then, we start to program a new mindset. Then, I get you to focus on your goals for that day, this week, this year, three months from now. Then, we get you to feel into it. There's a process. There's all these different things happening, so it's literally helping you build a new bridge to a new way of thinking and seeing and visualizing your goals on a day-to-day basis. Pretty soon you build that habit.

Throughout the month there are three different routines, not just to make it more interesting so you're not listening to the same thing everyday, but there's a progression that I take you through on what you're focusing on. The neat thing is, is then you can repeat it over and over and over. I've used it for three years. I don't use it all the time, because I can kind of do it by myself now. I'll go back to it every now and then. Usually we sell that for \$260 as our flagship product on there.

The other thing you also get is *Belief Clearings*. Two or three times throughout the month you'll get an extra audio. This is a powerful system that I created for clearing beliefs. You can listen to it as often as twice a week, because it's very powerful. You do those as well. So, we're moving you through that. For me it's the foundation. There are very few clients that don't start with that. It's one of the things that I want to know that every day they're focusing on a particular way; they're training their mind, and creating their goals. This literally accelerates your results. Typically, people say at week 8 to 10 or 12 they start freaking out, because they start seeing massive changes.

We've had some of the most phenomenal stories. There was one lady I talked to recently who called me. As a child she'd wanted to be an actress; she played in her

room and did that. She put that away. She did what she was told. She got married. She stayed home with her kids. She loves her kids, but she feels really pointless like she doesn't have a purpose. She got my *Rich Switch*. While doing it, she re-tapped into that desire to be an actress. She went out and got an agent, took classes, was auditioning, and was already getting gigs. It was a dream. She had completely forgotten. I think it was in 60 days she was already having opportunities. People have seen money come in. Literally the next day they feel relief from pain, fear; just all kinds of things start to shift. So, we've got that for your guys at a special price of only \$97.

Kevin: Beautiful. Thank you. It's one of the things that we've mentioned is we do know a lot of things about self-care and what we really should be doing, but many of us are not, so why not? And I think what you're addressing here is one of the reasons why not, one of the major reasons why not.

Robyn: Obviously, you've got high energy, Nan. And your passion for your calling and your teaching, you're living this lifestyle. What do you do for your own self-care every day? How do you sustain this level of energy? What about bio-rhythm days? You know on those days where you just kind of feel blah? Do you not have those? How do you not have the blah days?

Nan: In general, that's really not an option.

Robyn: I like that.

Nan: I've become very adept to programming my mind and turning the volume down. So, some of the voices never go away, you know, some of those really deep programs? They don't go away completely. The little doubts come up, but they're so minuscule. It's like if you turn the volume down and they're just there and you're like, "Yeah, whatever." I don't have an option, you know? When I'm doing a lot of the work that I do, I have to be 1,000% focused—I'm tuning in; I'm focused. I've learned to just be able to say, "Okay," like with a little kid, "that's very nice sweetie, but not right now. Mommy's driving."

But for me, water. Water is my number one thing. I like to get into a pool or a Jacuzzi or a steam room and, if not, I stand in the shower. That's definitely my favorite thing.

I can't go a day without meditating. I do something similar to the *Rich Switch* where I focus on my goals in a very real way, in a very certain process, and do certain kinds of journaling. Then, I meditate and that might depend... I'm in a pattern right now that happens every now and then, I notice last night, and this is the third night, a new

pattern. I go with it because I know that my body's in rhythms where it's taking in new information and it's accessing new things. I've stayed up all night the last three nights 'til five in the morning. I'm working, meditating, journaling, getting ideas, writing emails, and just a combination of things. If I'm just in that space, I go with it.

Robyn: You're saying the last three nights you've done that? Seriously?

Nan: Yeah.

Robyn: Man, I think I've been awake, too, but not necessarily up working and processing. I just kind of lay there.

Nan: Yeah, but that's beautiful, too. I was used to that, when I wake up and I'm not sure I want to get up. This, I never actually went to bed. But if I wake up, I used to get up and do thing, but now I have my iPod under my pillow. I'll just plug in my headphones and I'll put in a meditation, audio Module, or some kind of positive interesting thing. I went through a couple of years where I was into the *Science of Getting Rich*—that Module on audio. I listened to it every month, once a month. So, I'd plug it in and I'd go back to sleep while that was going in my head. I use every opportunity to program my mind.

Robyn: That is so cool. Well, there are so many new technologies out there. This is Unleashing Your Brainpower month. Is there anything that's new and groovy that we should really know? We know about holistic, of course, we know about hypnosis, and there's the MDR. Is there anything else that you think is new and upcoming or maybe your own strategy that you think is really great for helping people use more of their brain power or to tap more into this prosperity lifestyle?

Nan: Yeah. Like I was describing the *Rich Switch* has, I like to pull together a combination of different techniques and tools. I don't think one thing has everything. What I like to do is like stack the odds in your favor, right? So, there's subliminal programming, there's brainwave entrainment, there's focusing, there's using my voice, there's left brain/right brain, there's all these different things happening, and I do that in all my courses. There's always a guided process or hypnosis and then we encode them, and people can reuse them. I would say people can combine multiple sensory things.

What you want to do is make sure you're doing the right things at the right time; you're building your business or going towards your goals in a way that the success you're having is sustained. So what I see is that people go, "Oh, I love EFT. It's the

greatest thing on the planet. All I do is EFT, and I tap all day long.” Well, EFT is fantastic . . . for certain things. But it doesn’t solve every problem. People tell me, “I’ve been tapping and this belief didn’t change.” Well, it can, but that’s not really what it does. It’s excellent for lowering emotion and getting clarity. So, it’s a wonderful tool to use with things. Make sure you’re bringing things in visually.

At this point, we’re a very different species; we’re a very different being than we were in the ‘70s and the ‘60s and the ‘80s and the ‘90s. If you look at TV shows or anything from the ‘70s, you ever notice, or movies, how slow they are? They show the guy getting out of the car and walking up the driveway and opening the door, and you’re like, “Are you kidding me?” Right? Like now, boom, boom, boom. You know they’re in the car and now they’re at the door. You don’t need to see them walking to the door. If you start to notice these things, we have literally accelerated our beingness, and we’re taking information faster and faster. That’s why we have short attention spans and all that. So, understand you have a short attention span; work with that.

Bring things in through your eyes. That’s why the use of visuals, the mind movies, work really well. I create them for several of my courses, but they’re in the *Rich Switch*. You’re watching it, so there’s a visual image. Then, there’s music, so it’s inspiring your emotion. Then, there’s words’ coming at you, so it’s using that side of your brain. There’re all these multiple things happening. Whatever you’re doing, if you’re thinking, write it down. You know the poor girl, wealthy girl? I have people say, “Oh yeah, I know what those are. I’ll just think about it.” No, it’s a completely different thing when you actually write it down. You’re using your hand, you’re seeing it with your eyes, and you’re grounding it into the physical; there’s multiple things going on.

Remember that you’re an energetic being. You also have to remember, be careful to put your power into any one technique or technology. I see this frequently. People get really enamored with something, and they want it to be the be-all-end-all. I want you to get out of the death zone and keep growing and know that you can keep taking in information from many sources. Do that exploration. Maybe the next big thing is inside you.

Kevin: Nice.

Robyn: Inside you. We have one question, we’ve got so many questions, but we’ve got one minute left. Some person just wrote in and said, “You know what, I’ve tried everything. I’ve read every Module. I’ve spent thousands of dollars on programs and I’m still broke. What’s wrong with me?”

Nan: Well, there's nothing wrong with you. The thing is, is that you've got to shift what you believe about money and what you believe about yourself—where your value is. Programs and stuff are great, but I would recommend that you would work with somebody one-on-one, like I do with hypnosis. What we don't understand is there's some kind of agreement that you made, at some level, to keep yourself where you are right now. Because that, when you made it when you were two or three or in a past life—who knows when it was—when you made that decision it was going to keep you safe, but it's not serving you now. So, there's reason behind it. It's more important to understand, "Okay, if I'm rich and successful, I might get executed, prosecuted, jailed, beheaded, ostracized and hung."

I mean, that's happened to a bazillion people, right? Well that's in our DNA. So, if you step out you might be successful, you might lose the love and approval of your family. You have to look at what are the consequences, even though your conscious mind says, "I really want to make money." There's a program that says making money is not safe. You have to discover that and then it's connected to how you perceive yourself and your value. So, it's affecting what you're asking for to be paid, it's affecting how confident you feel about what you're doing, and it's affecting all those different areas.

Kevin: That kind of goes back to one of the things that we started with. You made a statement, "What is money?" Maybe we can just finish with that?

Nan: Yeah, absolutely. So, money is pure potential energy just like everything else. So, everything is made of the same energy: source energy, abundant energy, whatever you want to call it. Money is a concept that is brilliant if you study it. It allows us to grow exponentially, because if we're trading chickens for radishes, there's not far that we can go. "I don't want your radishes. I want potatoes. Well, too bad, all I have a radishes." Money literally quantum leaped us into being able to grow and trade exponentially.

Now, it's basically a basic need. You need air, you need water, you need money, and you need food. You can't get food without money. We have to stop thinking it's evil and believing that it's not spiritual and you've got enough of it and if I want it then I'm greedy and if I get it the lady down the road is suffering, and all this nonsense about lack. Realize that it is a tool for freedom. It's absolutely necessary, because the money that you are allowing to flow into your life and how you are allowing it—are you working really hard for it, do you hate what you do for it, and do you think you have to trade your values for it?—all those things, you can change those things. It can

flow into your life in different ways. It's just showing up for you in that way because of the way you perceive it.

I don't make money the same way other people do or the way that I used to or have it flow in and out of my life. I see an energy that can be orchestrated, but you have to make friends with it. Turn it into a person and look at your relationship with it, because you'll notice that you're taking it, you're using it, you're not respecting it, you're being rude to it, and it's just not pretty. If you turned it into a person that you trusted, that was reliable, that was all the qualities you want: you're there when I want you, there's more than enough of you, you love me, and you believe in me, you're always there.

If you turn money into that and start to have a relationship with it, you'll start to understand that it's this amazing energy that is there to believe in you, support you, and flow into your desires and dreams and help you manifest it. You have to allow yourself to let go of what other people think about it, and let it come into your life and bless you. You can't help other people when you're in survival. So, its energy that represents in your life what you believe you're worth, what you're deserving of.

When you up-level that and you allow it to come into your life . . . I have a client whose business is going to pass a million dollars in May for just this year, and that's a huge leap from last year 'til now. She was telling me, she said, "Something just switches in your brain." For different people it is different amounts, but it takes a lot of money, usually, for people to start to switch out of security fears. She said, "And all of a sudden it's like you see things differently, you start truly wanting success for other people. You want to lift them up so they can have this freedom." So, it's freedom. It gives you freedom to be, do, go, and have what you want. You have to decide that you're worthy of it, because there's more than enough for everybody. There's no limitation.

Robyn: Awesome. Well Nan, we can't wait to share you here in Santa Fe with our growing audience. Nan, again, you just offered a different dimension on this month's theme. Thank you.

Nan: Absolutely. How do they get the *Rich Switch*?

Robyn: What they're going to do, on the replay that will go out for the two talks today will have your bonus and your link for that. Anything else you would like to say or is there a particular website people can reach you at? We'll have that posted too, but if you want to announce it right now.

Nan: Oh, it's just nanakasha.com. Let us know if you have any questions about anything we did here. I'm more than happy to answer them or talk to you. You can email us at admin@nanakasha.com.

Robyn: So we can flip our *Rich Switch*.

Nan: And you can use that for any goal. It's not just for making money. It's for finding your loved one and your home, your health, improving your memory, any goal you have. That's what you can flip on. Thank you. Thank you guys so much for having me.

Kevin: Thank you for sharing your butterfly-ness with us.

Robyn: Thanks for our wonderful, wonderful audience who's with us.

Kevin: Thank you so much for listening. Bye.

Robyn: Bye-bye.

[End of Interview]

HYLA CASS

CassMD.com | MD, Expert in the Field of Integrated Medicine in Psychiatry,
Speaker, Author of *Eight Weeks to Vibrant Health: A Take Charge Plan for
Women to Correct Imbalances, Reclaim Energy, and Restore Well-Being*

ENHANCE YOUR MIND, MOOD AND ENERGY NATURALLY

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Hello, everyone, and welcome to the Self-Care Revolution™. My name is Robyn Benson, and I'm a Doctor of Oriental Medicine and founder of the Santa Fe Soul Health and Healing center. And I'm joined with . . .

Kevin: Kevin Snow, intuitive counselor at the desert shop.

Robyn: And we are so excited to share our speaker today, Dr. Hyla Cass. Welcome. We're so glad to have you with us.

Hyla: Oh, it's so nice to be here.

Robyn: And so happy to share our title here, *Enhance Your Mind, Mood and Energy Naturally*. But before we go there we have so many people who have joined us for this call today. For many of you who have joined the Self-Care Revolution™ for the very first time, it is a twelve-month series and is all about Unleashing Your Brainpower, and we've had an amazing month and lineup. I'm so happy to be with Dr. Hyla Cass. She has very enthusiastically said yes to be a part of our speaker series, and let me tell you a little bit about her.

Kevin: Yeah.

Robyn: Anything else you want to say before we jump into our power hour?

Kevin: Power hour.

Robyn: Dr. Hyla Cass is a nationally acclaimed innovator and expert in the field of integrated medicine in psychiatry. Dr. Hyla Cass helps individuals enhance mind, mood, and energy with the aid of natural supplements. Board certified in psychiatry

and psychology as well as integrated and holistic medicine.

She appears often as a guest on national radio and television, including *The View* and the *Dr. Oz* show.

She's the author of numerous articles and several popular Modules including *The Addicted Brain and How to Break Free*, *Natural Highs*, *8 Weeks to Vibrant Health*, *Supplement Your Prescription: What Your Doctor Doesn't Know About Nutrition*, and *Complementary and Alternative Medicine (CAM) Treatments in Psychiatry*.

Kevin: Whoa.

Robyn: Yay! Here you are with us live, and I'm holding your Module—one of your many Modules.

Hyla: Which one?

Robyn: *Eight Weeks to Vibrant Health: A Take Charge Plan for Women to Correct Imbalances, Reclaim Energy, and Restore Well-being*. This is the Module, you know, especially when I saw you in Santa Fe last in July, you had just come out with this one, is that correct?

Hyla: Well, it hadn't just come out, but the new addition had just come out. And what it is for me is a guideModule for women. The truth is it's for men, too. The only thing is there's a section on PMS and menopause and that's for the men's women in their lives.

Men have women in their lives. The Module is very much geared to both genders. So it's not that gender specific. And what it does is it really reflects what I do and practice and how I evaluate people, what I look for, and then I help people to look for that very same thing in themselves. And like with questionnaires and journals and such I help people to really look at their own health and really take charge, because you can't just take your body to the doctor and expect to be taken care of.

Kevin: Indeed.

Hyla: I mean it's really a partnership as we know very well.

Kevin: That's so good to hear as well because I think that's what, as the revolution, we're working on creating more of. It's an integrated partnership.

Robyn: And I think like what you're saying is for people to be their own best

healthcare advocate every which way, especially in today's world.

Hyla: Absolutely.

Kevin: And one of the things that you mentioned that I believe is in this Module is you talk about fatigue. So can you speak a little bit about why we're having some epidemic of fatigue?

Hyla: Yeah, we are really tired and as a nation, first of all, we're not getting enough sleep. We're doing too much, we're expecting too much of ourselves, right? And we have a 24/7 lifestyle. We can get up in the middle of the night and go to the computer and be "on." We're on! It's crazy. In the old days people went to bed when it was dark and got up when it was light. And that is a much more natural cycle, and we have totally disrupted our cycle.

First of all, with the electric light bulb. I'm glad we have the electric light bulb, I think it's a good idea, but with the 24/7 lifestyle that we have, not so much. Not really fostering the kind of hormonal health that we need. The kind of health that we need for our circadian, our daily rhythm, of our 24-hour rhythm. It's very disrupted by the way we're living. So we have to make real efforts to get enough sleep, to go to bed early enough. You can say I've had eight hours of sleep; I slept from two in the morning 'till noon. That's 10 hours actually, I miscalculated there. What I am saying is you want your sleep to start, preferably around 10 o'clock at night. And then to get at least seven hours. That's part of it.

The other part is taking on too much, and women tend to do that probably more than men. It's hard for us to say "no" and when we can't—we have kids, jobs and responsibilities. You have to go to the market and the bank and cook. All of these things do laundry, whatever it is, we can't always delegate this work and somewhere in there our health gets compromised. And that's a serious issue. What I say is, do as we do on airplanes, and that is give yourself the oxygen mask first *then* give it to your child, because if you're not breathing, they're not breathing.

If you're not taking care of yourself it's going to be really hard for you to take care of your family. So that's some words of advice: find ways to nurture yourself in between everything. That's easier said than done, but make sure you have some sort of break, some rest, but something for yourself. Some time for yourself to restore your energy or you will burn out and that's a difficult situation, as we all know.

Robyn: Right. And speaking of children, this is becoming more so an epidemic

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among our kids, too.

Kevin: Yeah, definitely.

Robyn: Our kids are tired, exhausted. I actually spoke at my children's school recently for career day and I asked how many of them were having sleeping problems and more than half the kids—these are fifth and sixth graders —have sleeping problems and are tired.

So I think I can mention with the electric, with the light bulb and the electrified world that we are living in now is a big factor. Anything specifically that you'd recommend to children that would be helpful?

Hyla: The thing is that kids need play and they need rest and they're not getting enough of either. So we really need to look at how we're treating our children. Are they overscheduled? And then even when they're not overscheduled, what are they doing with their time? Are they playing video games? Are they on the computer doing things that are not interactive, that are not promoting socialization and creativity? And all of those things can contribute to their tiredness and the electrical magnetic fatigue. So being this close to all these EMF's is also very tiring.

Robyn: Yes. We're dedicating the month of May, our fifth month, to birthing and electro sanitizing your life. So you bring up such an important topic.

Kevin: Robyn walks around our facility here with, what do you call that?

Robyn: My handy gauss meter.

Kevin: Gauss meter! Right.

Robyn: Well, we give it to our patients. It's very helpful.

So people have different opinions about sleep. What is your . . . are you a doctor that believes people should have eight hours of sleep, seven hours, six, nine?

Hyla: Well, it depends on the individual. In the olden days we probably all got more like 10 hours of sleep. So the whole point, is don't try to shave an hour off thinking you're gaining something. You're not. And most people need seven to eight hours, but everyone's different. There is the individuality that we all have so not to belabor sleep, but it's important.

We need to get the right number of hours of sleep, but we need good, deep sleep, and sometimes people need some herbal help to get to sleep or just stay asleep. Or some amino acids. I will give people tryptophan or 5htp to help them to sleep, valerian.

I have a product that I put together called Nightly Calm that's very useful because it helps to promote GABA. GABA is the calming neurotransmitter, the calming neurochemical, in our brain that helps us to chill. So I say take a pill, not a drug. Please don't take drugs for sleep. It is just completely self-defeating. You become addicted to them. You develop tolerance to them and then your sleep is even more disrupted.

Kevin: So there really is a chill pill, then.

Hyla: Yes, there is. And the other thing is, speaking of pills, and I'm certainly not adverse to people taking pills in the form of herbs and supplements, because, first of all, our diets are depleted. Second of all, our environment is very toxic and the stress is burning up a lot of our nutrients. So very often when people are burned out I recommend adaptogens. And don't we ever love adaptogens. I'm sure you do in your practice as well.

Rhodiola, ashwagandha, ginseng, reishi mushrooms, and put together as an energy formula. I did this a number of years ago when there weren't as many formulas as there are now on the market, but I really like it because I can tell my patients to take this adaptogen. Take it, say, around 12, 1 o'clock. An hour or two before you're going to start to collapse and it will help to restore your energy. And it will do it better than coffee. A cup of coffee may give you a boost, and then it lets you down. It's depleting as well. What you want to do is give natural products that are actually nurturing and nutritious for you. So that's why I really, really like the adaptogens, and we don't have anything like that in western medicine.

Robyn: I'm just so curious, because I love and know your work; you're so vocal about not taking drugs for sleep. Have you always been that way in your practice because . . . you've been practicing for how many years now?

Hyla: Probably over 25 years. And I've always been a non-drug doc. What was really wonderful, I was raised by a physician. My dad was a doc who was a family doctor and at a time when drugs were not the way they are now where everything required a prescription. Maybe they weren't invented yet, I don't know, but this was also in Canada. Things were a little bit more conservative.

I grew up in Toronto and what I saw was he gave a lot of TLC to his patients. A lot of care: he listened and not so much with the drugs. That was part of my early indoctrination. And then when I went to medical school, again, it wasn't heavily druggie. That wasn't interesting. So that is my training, and my psychiatric training was at Cedars-Sinai where again it was more psycho-dynamic rather than just prescribing medications.

I really learned psycho-dynamics and I just learned energy psychology, EMDR, EMT, imagery, and then I went on to study nutritional supplements. And then I really found my place, because I found that when you work with the body's chemistry, using natural products, you're helping the body do exactly what it's supposed to be doing, and you're not interfering the way drugs do. I've just seen so much havoc from people on medication. Yes, medications can be useful at times. I'm certainly not somebody who's just going to say, "Throw them all out. Don't use them at all." But, they need to be used judiciously and appropriately.

There are far too many people, for example, on anti-depressants, on anti-anxiety drugs, on sleep medications who should never be on them. Because, first of all, we need to look at what's going on biochemically in that person. What's underlining? Is there a hormonal imbalance? Is there a toxicity? Whatever is going on that could be interfering with their health, with their sleep, with their mood; address that first. Are they having blood sugar issues? Are they having a low thyroid issue? Are they having adrenal burnout? Look at those things first before prescribing a drug.

That's where I come in as being a non-drug physician, or a non-drug psychiatrist. I'm not an anti-drug doc, but I prefer using natural products, of course, because then you're encouraging the body to do what it's supposed to do. You're giving it the tools it needs to work the miracles. Our body works miracles millions of times a day.

Kevin: And that is much more integrated, as you said earlier. This idea of integration of the energy medicine. Can you talk a little bit about the energy (you called it psychology)?

Hyla: When I say energy psychology it's being aware that everything that we experience, all of our experiences, becomes memories. And the memories are held not just in the brain, but they're held in the whole body—in the energy field of the body and the energy of the cells. So, when we're releasing a traumatic memory, it's not simply talking about the incident. You know, a rape, a trauma, witnessing a disaster. All of these are very traumatic, but they live in the entire body.

When we do the energy psychologies, like thought-field therapy or tapping, which is also EFT, EMDR, which is an eye movement process, when you do that, you're actually helping the body, the entire body on a cellular, energetic level to release these traumatic events and traumatic memories. You still have the memories. You still remember that it happened, but you've lost the charge.

We know about energy. We know about electricity. We know about charges. So when you neutralize the charge, something isn't charged anymore. It doesn't disappear, but the charge goes away. So you have the memory, you have the trace, but you just don't have that big charge on it anymore, which could have been interfering really badly with your health.

So many people with the kinds of problems that I see from burnout to impaired immune system to hormonal imbalances have a trauma that's going on in the background. An old post-traumatic stress disorder that's kind of like a computer program that you're not aware of, but it's playing in the background, slowing down your computer.

Then your computer tech comes in and cleans it out and says, "There's an old program in there. It's a bad old' program, and it's interfering with your whole computer." When you clear that out, which you do with the energy psychologies, you take out that PTSD (post traumatic stress disorder) you're left with a clean, running machine. You have a computer, or your own human bio-computer, that's actually working properly and efficiently the way it's supposed to run.

Kevin: That's excellent. I definitely think that's good for our listeners to hear. Sometimes when you're in these depressed states or tired, you think that it's your fault or you're doing something wrong. And to hear that there's some sort of corrupt computer program that's running in the background; I think that that's helpful. That leads into a question about moods: can we really control our moods?

Hyla: That's kind of interesting. When I say "control your mood," I don't say, "Now buck up; keep a stiff upper lip." It's not like that.

When I say control your moods, I mean if you're feeling some sort of an unpleasant mood—unhappy, anxious, nervous, frightened, any of those things—look at what's going on as a clue. Use it as a symptom and a sign that there's something out of whack.

Okay, so let's say that you're feeling depressed. You wake up in the morning, "Oh, I

just don't want to get out of bed. I can't face the world. This is just too much." Well you start thinking, "Well, what's going on?" Is there some incident, something you don't want to face in your life? Or, are you running on empty? Is it an issue with, again, I keep mentioning the adrenal glands—those are your stress glands. So maybe your adrenals are burned out? Maybe you're burnt out? Maybe you need more rest? Maybe you need better rest than you've been getting? Maybe you're not sleeping deeply enough? These are all clues.

Rather than just saying, "Oh, I'm depressed; I'm going to take a Prozac." It's, "I'm feeling depressed. I'm feeling sad. I'm feeling depleted. Let me figure out what's going on." And you can't always figure out what's going on. You may have to go to a holistic health practitioner or a functioning medical practitioner who can help sort it out for you.

By the way, in my *8 Weeks to Vibrant Health* Module, I have right at the beginning a questionnaire that does help you sort out a lot of symptoms. And you can cross reference. And by the time you're finished taking the questionnaire you actually know, and this is an interesting thing, because you come in not knowing anything about how your body works, but you could end up knowing, "Oh, I have a low thyroid. I have low adrenals. Oh, I have a digestive issue. Oh, I may have a toxic problem." And all of this comes out in looking at your answers to your questionnaire. And it's very empowering.

So, it's not just, "I'm depressed, I'm going to take Prozac," or "I'm going to go to my psychiatrist and get a prescription." It's, "I'm feeling this. Let me cross-reference it with some other systems of the body and see what this might actually be."

Or anxiety. You know, anxiety is not a Valium deficiency.

Robyn: Anxiety is not a Valium deficiency.

Hyla: You could be having this real anxiety. I have this one guy who was telling me he had anxiety on the freeway, and I could have said—being psycho-dynamically oriented—"Oh yes. You have a fear of freeways. Some people do have free-way phobias." But I said, "So, when does it happen?" He said, "When I'm on my way to work." "Oh, well, you could have a work phobia." However, I decided I would ask him some more questions like, what he ate for breakfast. Oh, he didn't eat breakfast. He had coffee when he got to work, some coffee and a doughnut and some other horrible foods. Or non-foods as it were.

What happened was interesting. I said, “Why don’t we do this? Rather than my giving you a prescription for anything, how about we do this: Start eating breakfast, take this multi-vitamin, and give me a call in a few days and let me know how you’re doing?” Which I did, and I called him up and he said he’s feeling fine. He hasn’t had any anxiety as a result of eating breakfast.

It’s what your mom said, your grandma said, “Eat your breakfast, honey.”

Robyn: That just sets your day.

Hyla: So there I was. This was quite a few years ago, this was early in my nutrition career, and it just brought it home so clearly to me; you can’t skip breakfast. And that the body has the messages for you if you’ll only listen. So, you can have anxiety and get a prescription or, you can have anxiety and say, “Is it because I’m not eating? Or is it because I’m eating sweets, drinking coffee, that I have ups and downs?” It’s like a roller coaster with their mood, and that could be the cause of the anxiety. These are all just signs and symptoms to me. They’re not conditions to be treated.

Kevin: That’s excellent, and I think that’s a good point, too, where people are ending up, they’re coming to see you with issues that self-care would take care of, right?

Hyla: Yes, saves them a lot of money, doesn’t it?

You take the quiz and you feel better and you realize the things that you’re worried about, like headaches, it turns out they were low blood sugar headaches. It wasn’t a brain tumor! It was low blood sugar. Things like this you get to figure out really quickly what’s going on, and it’s very empowering.

Robyn: How did you come up with this, your eight-week program? Was that just obviously based on working with your patients one-on-one?

Hyla: Yes. Basically working with patients one-on-one and there’s kind of a sequence. I think in eight weeks anyone can do anything. And the real truth is, so they wouldn’t be too intimidated—although some people would like a four-week program—but the truth is, after a week or two on a good, healthy diet, for someone who’s been on a bad diet, if somebody eliminates the bad stuff—and I listed very carefully in *8-Weeks to Vibrant Health* what’s the bad stuff (alcohol, caffeine, sugar, white flour)—if you eliminate the allergenic foods, and you don’t have to eliminate them forever, but you do for a couple of weeks just to see how your body responds. So you eliminate the bad stuff, and more important, you start to eat the good stuff.

I'm going to pause here. I'm going to say something else, and that is there are people to whom I don't make a big deal about giving up things, because when you tell someone, "You have to give up this" or "You have to give up that. You have to give up your coffee or your after-dinner or your after-work drink" they get really combative or internally resistant. I'm sure you've noticed that, too. It's easier to work with somebody than against them.

What I tend to do more than say, "Eliminate the bad stuff," I say, "You know, these things are not good for you." The things that are good for you are fruits and vegetables, lean protein, and whole grains, but some people shouldn't even eat grains. Some people just don't do well on grains and grains cause them to gain weight or they have food allergies. There are so many issues here.

Just starting off on a very basic, probably 70/30 (70% plant-based, 30% protein) diet for just a couple of weeks. You're not saying, "Don't eat this; don't eat that," but the other stuff is not on the diet. You're not eating it because it's not on the diet, but I'm not the bad guy saying "Don't eat it!"

It's not about guilt and saying, "Oh, you shouldn't do that. That's bad." It's more like I really want to support people in eating the things that are the healthiest for them. And what happens when you start to eat the healthy foods is that the bad stuff falls away.

You know why that happens? I mean, we know this because we're practitioners, we know that when we're giving the body and the brain exactly what it needs, what it wants, what it really is craving, it stops craving the bad stuff.

Kevin: Excellent.

Robyn: That is so true.

Hyla: So it does the work for us, doesn't it?

Kevin: It really does.

Robyn: I think that when people get off of that wagon though, it's hard to get back into the healthy mode. I started telling my patients, "I'm with you." I never tell my patients, "You can never have . . ." You don't want that language. But once people feel the value of feeling good, it overweighs the feeling . . . It's sabotaging.

Hyla: Yes, and then they make their own decision about it.

But what's interesting, and what happens in a very short time—you were asking if you could turn around in eight weeks, well, it's a lot faster than that—unless you're really quite ill, if you start to eat correctly, remove the allergenic foods, remove the toxic foods, the Franken-foods, you will start to feel so much better. You will lose weight. Your mood will be better. You'll have more energy. You'll be more pleasant at home. Your relationships will improve. You get so much positive feedback from doing the right thing that it really does self-perpetuate itself.

Robyn: So what about your clients—I get this as well—who are eating well, they're exercising, they're doing the major things that one would do to live well, and they're still exhausted and they still can't lose a pound. Where do you go, as a health detective, where do you go next? What is your focus?

Hyla: Well, that's not uncommon. One of the things, I do some lab testing, because you can't always tell everything just by looking and by history.

Although, I have to say that the questionnaire that I use in my practice, which is the same one that I reproduced in *8-Weeks to Vibrant Health*, goes a long way to determining things, because you're going to ask them, "Well, maybe you can't lose weight. Do you tend to be cold? Do you have thinning hair? Are you wearing socks to bed when you're sleeping with somebody who is not wearing socks to bed so you know you've got cold feet?" Then you start to look at, maybe you have a thyroid problem? Well, if you have a thyroid problem it's going to be hard for you to lose weight. So there are different clues based on the questionnaire, and that's something you can do even without the lab test.

Then I'll do some metabolic lab testing, and I'll look for food allergies. The best test for food allergies is just an elimination diet. You get rid of all of the allergenic foods, and there is a good list of them, you get rid of: gluten, corn, egg, soy, and so on. You get rid of those, just for a short period of time, a couple of weeks, and you get to see how you feel. Then you gradually get to introduce back one food at a time and see which one causes a reaction. You don't get the reaction right away. You may not get it for a day or so, it could be a delayed reaction.

So that's one thing I do if people are still tired or not losing weight. They may have a food allergy, and that's the best way to test it. As I said, just the elimination diet, or you could do a blood test for food allergies.

You also want to look at the levels of vitamins and minerals. Sometimes just adding in certain supplements will help to jumpstart the body and jumpstart the metabolism. You know when you don't have enough it's like trying to run a factory but you don't have enough of the raw materials to make all of the widgets that the factory is making. You're going to have some defective products. Same thing with people. If we're not giving our bodies all of the raw materials we need to make everything run perfectly (our skin, our hair, our nails, our enzymes, our blood, our bones), if we don't have enough of the raw materials we're not going to make the best body that we can have.

I always talk about the importance of good nutrition, both in terms of the food we eat and the extra supplements that we take, and you need both. You can't skimp on either.

Robyn: I love that you talk about diagnostics lab testing. That's great for our listeners to know how valuable they are in revealing deficiencies or toxicities. I think it's great that you mentioned that and make that such a focus, along with the big picture of nutrition. And then I see here at week 7 – Exercise and Self-Care. You could have a whole month dedicated, our month 7.

What's your whole feeling about exercise in terms of mood, in terms of fitness? And what type of exercise (because a lot of people get very confused as to how to exercise) and what style of exercise is best?

Hyla: Well, I think that we're all different, and exercise varies. Also, it varies by your interests, by your age, by your social status (what are your friends doing?). Some groups are golfing. Some groups are playing tennis, others are sailing, and others are running. It's what you feel comfortable with, age group, and so on.

We need a certain amount of exercise. We need to exercise aerobically several times a week for at least 20 minutes to get everything moving. We were meant to move, and our sedentary lifestyles are not really healthy. When you think of it, we're hunter-gatherers. We're supposed to be going around hunting and farming and running after kids and doing, I guess, doing laundry. Did cave people do laundry, I don't know?

Everything's done by machine now, and we have cars and our food supply is in the stores. We don't have to go hunting. Just look at all the calories we're not burning. And we still have a sweet tooth. The sweet tooth we had in the jungle was fine, because it meant if we get something sweet we get energy. Good thing, because we may need to run away from a tiger. So you want some quick energy; it's good. But

we're not running away from tigers anymore and we still have the sweet tooth. Not so good.

We did have some evolutionary positive value, but it doesn't have such great value now. Now we actually have to create our exercise. It's not going to be farming and gathering and it's not going to be running away from predators. It's actually going to be the exercise that we construct for ourselves, and we really do need to do it.

Our brains require oxygen. We know this, right? Without oxygen we die. Well, when we exercise we hyper-oxygenate the brain. We really get the blood flowing to the brain, and our brains work better, and we also make more of what's called BDNF, brain derived nerve-growth factor, which means that our brain cells grow better and work better when we're exercising.

Just think of this, when you're on that treadmill or when you're hiking up the hill, which is my preference, I like hiking. I live in the hills in Southern California, and I hike, and I hike uphill. And I can feel my heart racing and I can feel my legs really exerting themselves so I'm getting muscle tone. And I can feel my brain getting more circulation. And it feels wonderful. Just think of it while you're exercising; just think that your brain is expanding. It's getting smarter because you're exercising. So, that's a good report.

Kevin: That's excellent. You had mentioned earlier about play, and I think that kind of fits into it as well. That it should feel fun, it shouldn't feel like drudgery, right?

Robyn: So, I want her to answer that question. Hyla, we've asked every, every speaker because this is all about the Self-Care Revolution™, of course we as practitioners, authors, speakers, everything that we all do, what do you do? Obviously you probably practice what you preach in these Modules, but what does your self-care lifestyle look like? And with you traveling so much and speaking, you're on the road a lot.

Hyla: I'm on the road. I'm at the airports. I'm on airplanes. I got to go to conferences.

My self-care is very important to me. Be aware of self-care, because it could easily go by the wayside. I have to make sure that I get my exercise in early, that I go for a walk in the hills, and if I don't do it that I do it at the end of the day, because it's easy for all that to just slip away.

A nice thing to do, and I don't always do it, is try to get in some walking with a friend,

and that makes it more fun. Actually, when I'm hiking in the hills with a friend I don't even notice it. All of a sudden I'm just like, "Oh, we're at the top of the hill. That's amazing." Whereas when I'm doing it by myself it is more effort. So, I'd say have a date with a friend. That also, by the way, keeps you on track. You're not then going to flake and say, "Well, I don't feel like doing it today" because it's just with yourself. If you have a commitment with someone else it's a much better thing to do. So that's why I try to have commitments with friends to go on hikes.

I make sure that I eat properly, which means having the food in the house. You can't wait 'til you're hungry. Never make decisions about what to eat when you're hungry. The other thing is, don't have bad food in the house. Don't say, "Oh, I have it there because of the kids." Your kids shouldn't be eating it anyway. So, you shouldn't be eating it. No one in your family should be eating bad food. So basically, have some really good, healthy food. Have healthy snacks. Have lots of veggies, right?

That's what I do. I always make sure I have some veggies and certainly apples. Apples are my go-to food when I can't think of anything else. Cut up an apple. It's always yummy and healthy. And it's true; an apple a day keeps the doctor away. There are some very healthful ingredients in apples.

So, that's basically exercising and eating healthy. I have a shake for breakfast so that way I know I'm starting my day off right and I don't have to think too much about it. In my shake I put a lot of things. I put protein powder, greens, a little bit of yogurt. I like Greek yogurt (people who are dairy sensitive can't do that). Just whatever nutrients I want to take at that particular time. The only thing is, when strawberries are in season I blend them up and put them into an ice cube tray and then dump the ice cube tray into a plastic bag and then I have strawberry ice cubes that I can throw into my smoothie in the morning.

Kevin: Now that's great. I like that.

Hyla: The strawberries aren't always going to be in season, and when they are in season they are just wonderful. So that's another little trick of mine. Make sure that you have food around and good food. There's also a frozen food place now that actually provides organic, gluten-free food that I'm going to have up on my website soon. Because when I'm stuck, I can always pull out one of those dinners. They're frozen. They're delivered to you. They're something like eight to nine dollars a day.

Robyn: I just had one for lunch. I think we've got the same company, too.

Kevin: That's excellent.

Hyla: Yeah, and they deliver all over the country.

Kevin: They're awesome.

Hyla: I'll put it up on my website as soon as I get it all together.

Robyn: Why don't you share with our listeners, your website and how people can follow you and learn more about what you're doing?

Hyla: Oh sure. My website is CassMD.com. C-A-S-S-M-D, as in medical doctor, .com, and my full name, because people don't always remember your name while you're on a program like this. My first name is Hyla: H -Y-L-A. My last name is Cass: C-A-S-S. So, you can always Google "Hyla Cass" as well, but it is CassMD.com.

You can also get to it by DrCass.com – D-R-C-A-S-S .com – many ways to get to the same place. You can sign up for my newsletter and keep up with what I'm doing. And I'm always looking and exploring and coming back to share with all of you what I've learned because there's always new information out there.

Robyn: Thank you for your generous call offer, which is an mp3 intro to, *8 Weeks to Vibrant Health*. Evaluate your own health and how to find your own intuition. For all of you that are listening, this will certainly be on the replay page, and we'll keep this up in the member area ongoing. And you want to talk a little bit about your session offer today?

Hyla: Yes. One of the things that I'm really excited about is my *8 Weeks to Vibrant Health Coaching Package*, because even though people can read the Module they don't always read it through, and the other really important aspect is it's really useful to hear things in a little different context. So, Kathleen Barnes, who is a health writer, and I wrote the Module together. And we did this interview series where we talked about all the different aspects of health, just like we're talking right now, and each week has a different emphasis. And we really talk about all the different kinds of questions people have, issues that they might come up with.

So it gives a whole added dimension, and there's a workModule so people can actually follow from one week to the next and do their own program, starting with a quiz to determine what's going on with you, to determining what lab test to take, to keeping a journal so you'll really know what kinds of foods affect you, how your mood gets

affected, what makes you feel better, what makes you feel worse.

So all of this helps you track yourself for an eight-week period, and it's very powerful. The feedback we've received has been really wonderful and heartening, because I can't reach everyone. I can't see everyone in my office. In Southern California I do see patients, but I really would like to empower people to do it themselves. And by doing it this way, with the eight-weeks coaching package and the workModule, people are able to do their own health. They listen to the mp3s and really get other dimensions of their whole health picture. So, I'm really proud of it and it's been a real boom to people's health.

Kevin: Also, and people can find that on your website Cassmd.com/care-special-offer/

Hyla: I think it'll be on your page, won't it?

Kevin: Yes, we'll have this on the replay at JoinTheSelfCareRevolution.com. If you have any questions our email is info@jointheselfcarerevolution.com, and Robyn's going to tell us about the live event we have coming up.

Robyn: Yes, we are having our live Self-Care Bliss weekend June 20th through the 24th. And it is jam-packed with 17 speakers and authors. We have musicians, live music. We're also showing two films, and one in which Dr. Hyla: Cass is in, and it's called, *Vitality* by Dr. Pedram.

I've seen this film. It just came out. It was released in March. So we're really excited to show it to our Santa Fe audience and all the people who are coming in from around the nation, and internationally, I should say. We're going to be playing around the center in a big way. It's going to be huge.

This is great, Dr. Hyla, that you're in that film. It was very well done. I love the message: how can we live with more vitality in today's world? A lot of great messages. So, in that weekend also, we're going to have some live demonstrations. We just went live with our registration yesterday.

Again, go to JoinTheSelfCareRevolution.com to find out about registry, and if you have any questions you can call our center at (505)474-8555. Yes, we do give our phone number out. We love hearing from you.

Do you have time for a couple more questions?

Hyla: Sure. I had something that I wanted to mention. The link to get a discount on the *8 Weeks to Vibrant Health Coaching Package* is going to be on your site?

Kevin: Right.

Hyla: The special offer is that you get \$200 off the package. So that's an important piece of information.

Kevin: It sure is. Thank you.

Robyn: That's a very generous. So what is the cost of that in full now?

Hyla: The cost is usually \$297 and it's \$97 for your listeners.

Robyn: Wow that's fantastic! Thank you.

Hyla: You're welcome; my pleasure. I really wanted to get to as many people as possible.

Kevin: Well thank you. And I think you're right, we're in an age where we can see people individually and we're being asked to spread our message out to the world. So, I'm very grateful that you're doing that. We do have a couple of questions that have come in, and one of them is in regards to food.

We were talking about food, and it's in regards to weight-loss. Do you think that weight-loss is just about calories or just calorie in, calorie out, or is there more to it that?

Hyla: There's a lot more to it. You know, our bodies are not a bank account, they're a chemistry set. And we have chemistry going on, and I'm quoting JJ Virgin. I love that quote.

Kevin: Excellent.

Hyla: It's not about calories in, calories out at all, because what happens to those calories that we eat depends on our own metabolism, depends on what calories we're eating. We can have the same number of calories in a cake as in fruit, and the fruit is going to be absorbed better. The fiber in the fruit is going to help it absorb more slowly and release its sugar more slowly. Whereas, the sugar in cake is not going to do that at all, and it's going to cause high blood sugar and then it's going to cause a reactive low blood sugar and really create havoc with our chemistry and our weight.

The important thing to know is, in terms of the calories in/calories out, yes, calories have some importance but they're certainly not the whole picture. You have to eat the right proteins, the right fats, the right carbs. The whole idea of no fats is ridiculous, because very low fat is not good. You want to eat low Trans fats—the kinds of fats that are in cakes and pies and French fries.

You don't want those fats, but you do want to have the fats that are in flax oil and fish oil, like salmon and mackerel. Those are good fats, and we need those for our brain chemistry and we need fats for our hormones. It's not at all a calorie in/calorie out, and it's certainly not a no-fat diet, either.

Kevin: Excellent. And I think that's extremely helpful, because I think there are still people that are "I'm watching my calories and I'm really focused on," like you said, sort of focused on the input rather than what the chemistry is. Actually, we were talking before the call about a new Module that's coming out. It's an eModule that you have?

Hyla: Yes, and it's called, *The Addictive Brain and How to Break Free*. It's on my website now.

Kevin: Okay. And I think that's relative to what we're talking about here—the foods that we say that we're addicted to, but we prefer to be eating.

Hyla: And I tell you how to stop your addictions. I have a number of products that I've developed that actually help as well. I have, for example, my Focus product. Instead of drinking coffee, if you take a Focus pill (how do you like that, a focus pill?) It has amino acids, vitamins, minerals, and antioxidants that actually help you to focus more clearly, giving your brain the materials it needs to make dopamine for focusing.

Robyn: A lot of people have low dopamine because of low tyrosine. It's huge, and it leads to a lot of addictions. So, what else is in that Focus pill? I'm writing it down.

Hyla: DME, B vitamins. The point is that I put together some synergistic materials, some synergistic products that work together instead of just picking things that simply work together.

This is what happened: I wrote *Natural Highs* and people said, "Loved the Module. Loved your suggestions. Didn't love having to buy 10 different nutrients. I wanted to feel better. I didn't want to have to take all of that stuff."

So, for example, Focus has Taurine, B-6, L-Phenylalanine, L-Tyrosine, potassium, grape seed, and all of these in really good amounts so that you're actually getting the research amounts of what you need to make your brain do what it's supposed to: to think more clearly.

Or 5HTP. If you're having trouble sleeping and you're depressed and anxious, you may need to raise your serotonin and you do that with 5-Hydroxytryptophan or adaptogens. I mentioned earlier that we need adaptogens, which are these wonderful herbs that support our energy. They give energy to the adrenals. Things like eleuthero, which is also known as Siberian ginseng, rhodiola, tyrosines, reishi mushroom, all of these together with some co-factors that are some B vitamins and magnesium, work together to support the adrenal glands so that you do have more energy, but it's not in the form of a quick-fix like caffeine, but it really lasts. It's a sustained kind of energy.

These are the kinds of things I created.

Where people who are coming off anti-depressants have a lot of withdraws, I put together something called Brain Recovery. It's hard to remember if you take the Brain Recovery Am and Pm you're actually giving your brain all the neurotransmitters raw materials that it needs to create the neurotransmitters. That will make you feel happier, brighter, more alert, more awake. It also has some detox materials as well, such as alpha lipoic acid and NAC, which you know, makes glutathione, which is the master antioxidant.

All I'm saying is that you don't have to remember all that about antioxidants and NAC and alpha lipoic acid, but you remember here that it's one-stop shopping where you're detoxing and supporting your neurotransmitters or your brain chemistry at the same time. There's also some products in there like glutamine and alpha lipoic acid that help support blood sugar, keeps your blood sugar under control, and silymarin or milk thistle, which is good for your liver. Lord knows, we're exposed to so many toxins that our livers really need all the help they can get. That's all in the Brain Recovery packets, the Am and Pm packets.

Kevin: That's excellent. I do think that will be very helpful to our listeners. So what you're saying with addiction is that we're calling this addiction, but it's creating a more balanced system? Eliminate some of these cravings or. . .

Hyla: That's exactly right. You've got it. Because, I don't even tell people, I don't talk about it in terms of addiction. These are certainly popular terms, "Oh I'm addicted to

this. I'm addicted to that." We say it as sort of a joke, but when you're really addicted, it's not a joke.

What we really want to do is create the healthy internal meal so that you don't have the addiction. You replace the addiction with what you really need. I had one guy who was drinking too much, and I didn't say, "Oh, you're drinking too much. You have to stop." I gave him B vitamins and glutamine, and a month later he wasn't drinking. And I never had to say a word to him.

Kevin: That's great.

Hyla: I didn't have to deal with his ego or his pride or make him ashamed of himself for drinking. I simply gave him what his brain needed, and his brain fixed itself.

Robyn: That is so great. There should be more people like you doing this. What a change we'd see in the world, because people are becoming more and more addicted by the day. And these younger kids, too. Sugar...

Kevin: Yeah. I'm like you. It's sad with the prescription medication, too, where they're just being kind of dulled out, and then being able to take this Brain Recovery and asking people to remove themselves from these things is super helpful. I think that is great.

That kind of leads us into just a quick question about memory. Is it inevitable that we're not going to remember stuff? I don't remember stuff now so I'm kind of worried about my future, but...

Hyla: Well, really. Oh my. We really do have to help our poor brains. We need all the help we can get. And again, because of that, I put together a product that has acetyl carnitine, phosphatidylcholine, phosphatidylserine, ginkgo, all the things that we need and in the right amounts to reinforce our brain power, to give our brain cells what they need to think more clearly, to remember, and to help us as we age.

The truth is, as we age, our memory has a tendency to go south if we don't take care of ourselves. So this is one more aid.

I just got an email from a friend who just told me (and he's a very powerful executive), "You know, I'm worried. I'm not remembering things so well." I said, "Here, take this," and I gave him a bottle and I said, "Take two twice a day." I just got an email from him, and he says it's really helping. I'm so happy, because he has a big influence

on a lot of people. He's a very positive person and a big non-profit, and so by helping his memory I'm helping a lot of other people.

This is why I do what I do. This is why I do the telesummits. This is why I write Modules. That's why I have my website, because I really want to reach people and have them improve their own health, take charge of their own health and be the best they can be.

Robyn: Someone's asking right now, where do they get your supplements?

Hyla: On my website CassMD.com.

Robyn: Well, we've got to get these out to the masses. Are you thinking about that someday, to sort of go more mainstream?

Hyla: Well, they're on my website and anyone who wants can certainly order them. And there's also a place to sign-up on my website for something called *Reclaim Your Brain*, which is a free download. It's a free eModule, *Reclaim Your Brain*, which explains all this brain chemistry, things that we've been eluding, too. We just don't have enough time. We need like hours to do that.

Kevin: Right. Yes, definitely. I think we've covered a lot here.

Robyn: Oh, we did. And so many people, we grow up hearing we only use, what is it 10% of our brain capacity. So, if we use a lot of the tools you've shared with us in the last hour we certainly can maximize the rest of it— that 90%. Imagine...

Kevin: Exactly.

Robyn: Totally living to the full potential of your brain. Is there any last comment you'd like to leave with our listeners today, Dr. Cass, that will be helpful in this Unleashing Your Brainpower month? Any last statements?

Hyla: Well, it's just been a joy talking to you and to everyone out there in the listening audience world. It's such a privilege, really a privilege to be here, and to be able to help you in your own path to your own wellness and your own supercharged health. So, I'm really excited, and come to my website CassMD.com. I'm always adding things, get the *Reclaim Your Brain* freebie, and then if you go to your page, and I don't know what your link is, but anyone who subscribed knows. They can also get the bonuses. I put quite a few bonuses for different up-levelings. I'll leave that up to

you.

Kevin: Thank you. No, we really do appreciate that. Our listeners are grateful. Thank you.

Robyn: Yes, and I'm looking forward to spending more time on your website.

These are big issues that I see among many of my patients. Your genius that went into making these products, and the fact that you're solving a major problem that's so common, everything from memory to sleep, to focus, to moods, all of these issues. We can't wait to bring you back on our Self-Care Revolution™ series. We know that we're going to continue on. We're growing by the month. And I thought, because you didn't get to hear it in the beginning, we'll end with our Self-Care Revolution™ song. How does that sound?

Hyla: Wonderful.

Robyn: Yay! Thank you so much. This was really great.

Kevin: Thank you.

Hyla: Thank you.

Robyn: There are so many people you know that want to ask questions. Kevin and I kind of stole the show here. Next time we might open it up for some questions. So, here we are with the Self-Care Revolution™ song. So we'll go for a few minutes. Thank you all. Have a great day. Please join us at three with Dr. Richard Fenker, sports psychiatrist and psychologist.

[End of Interview]

RICHARD FENKER

RichardFenker.com | PhD, MD, Sports Psychologist, Professor of Psychology,
Former Team Member/Science Director of the US Gymnastics Team

PUSHING AND LETTING GO: THE DANCE OF PERFORMANCE IN SPORTS AND LIFE

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Hello everyone and welcome to month four of the Self-Care Revolution™, where we're exploring *Unleashing Your Brainpower*. We have had the most exciting month, haven't we Kevin?

Kevin: We have. It's been incredible.

Robyn: It really has.

Kevin: I feel unleashed.

Robyn: Oh, I'm.. I'm unleashing like I don't think I have before. So, watch out world, right?

Kevin: Woo-hoo!

Robyn: So, my name is Robyn Benson. I'm a Doctor of Oriental Medicine and the founder of Santa Fe Soul Health & Healing Center.

Kevin: And I'm Kevin Snow – an intuitive counselor in The Desert Shop.

Robyn: And as many of you know we have been on this journey four out of twelve months. We started out with Bob the Buddhist medicine. Next month, join us. It's going to be all about Earthing and electro-sanitizing your life and growing your own garden. And we also want to let each and every one of you to know, because we'd like to invite you to come to our live event. June 20th through the 24th. We're actually opening our event with a certification with Norm Shealy. He was one of our speakers in February. A beloved eighty-year-old, renowned, world-known neuro-surgeon, author of thirty Modules; and he is so excited. He's like the more people the better! And he's going to really teach each and every one of us how we can use oils to activate

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our own production of oxytocin.

Kevin: The bliss oil.

Robyn: Yeah, the bliss oil, testosterone and many more. So, please, stay tuned for that. And today we are excited to invite our wonderful Santa Fe-a Dr. Richard Fenker to our call. Hi Doctor Richard Fenker. How are you?

Richard: I'm great Robyn. Thank you.

Robyn: Good. And we are going to be discussing about... well, I just have to say, knowing you, that Richard, you have, you wear many, many hats. And you're an extraordinary author, you're a sports psychologist, you're a business man, you're a father, I call you like, uh, what do I call you?.. What do I call you? You're the like Tesla of today.

Kevin: Nice!

Robyn: Yeah. How's that?

Richard: I was holding my breath around what you were going to call me.

Kevin: You did very well.

Robyn: Well, for all of you that are online now, Dr. Richard Fenker is an author, a sports psychologist, a professor of psychology, a former team member, science director of a U.S. gymnastics team. His topic today is "Pushing & Letting Go". Reminds us that most activities involve some mix of pushing – which means intentionally doing things – and letting go – when you just allow things to happen. How apropos for this day.

Kevin: I love that.

Robyn: This is a day of just learning just to let things go, and go with the flow of how things should happen.

Kevin: Perfect.

Robyn: So, "Pushing & Letting Go" is our title for today – The Dance of Performance & Sports and Life. So, thank you again, for being here.

Richard: You're welcome Robyn.

Robyn: So I'm thinking, we have so many questions for you about this idea of pushing and letting go. Why don't you start off the questions today, Kevin?

Kevin: Well, um first of all, maybe we can just have a little overview and your general concepts – what you've been writing about. I love these concepts though, this idea of pushing and letting go. So, maybe just share with our listeners a little bit of how you see that.

Richard: You know, from watching athletes, business people, people dealing with health problems, for many, many years, one common theme kept occurring, and the core of that theme is that intentionality, or deliberately planning to do something is such a critical part of sports that when we have intentionality, when we're really trying hard to accomplish something, the result of that is this kind of notion of pushing. I think if you talk to athletes about their sports performance, pushing would be something they would all expect they could do. At almost any point in a golf match, a football game, a tennis match all of us think that by trying harder by pushing, we'll be able to make something happen in that sport. Now the other side, you also know well, and I'll come back to pushing in just a second. But, the notion of letting go is the very common idea of flow, relaxing, turning loose the things that are really a natural part of the practices that you've been doing. And frankly, from working as a sports psychologist, I would have to say that if most athletes could simply perform as well as they practiced they'd be awfully good performers. But we don't tend to do that because we tend to have pushing or trying interfering with the things that we've learned that we really need to let go. So, the idea is, for every sport there's a balance. There's a dance, basically, between pushing and letting go, and the better you are at getting the right balance for your specific sport, the better your chance at being a good performer in the sport.

Robyn: I have to say, I think about... in this whole series we've learned a lot about hormones and stress hormones, and certainly how stress hormones impact your brain function and your memory and your performance and all that. So, I'm thinking about if people could adopt more. You know we're high five with our hair on fire life styles right now. We're just going, going, going and that's pushing. And how much, in terms of our longevity, and our peace of mind and our joy, how much more would we have if we really adopted more of this letting go piece? It's the yin and yang of life too. So how do we, how can we adopt more of this flow of the letting go and not pushing?

Richard: Well, let's think for a minute about what letting go really means. And I think you're exactly right Robyn. I think letting go is quite often associated with doing the kind of things that release stress, and pushing typically is associated with things that cause stress. As you want to think a little bit about left brain-right brain. You know, left brain – talking, kind of energetic stuff – is certainly associated with pushing. It doesn't have to be pushing. And right brain stuff – which is quite often self-hypnosis, meditation, and imagery- tends to be associated with letting go. Well, the trick is, and it's not just a trick in sports, when we deliberately do almost anything to try to let go and that anything can be listening to music, it could be meditation, it could be sitting and just breathing with deep breaths, all of those things tend to reduce stress. So, they tend to be helpful things for letting go. The problem athletes have, of course, is in the heat of performance, pushing tends to become the dominant mode, and when it's dominant, even when it's hurting performance it becomes that much harder to let go because.. just as with illness and in real life, in sports, all that pushing tends to make things worse. You tend to be under more stress. When you drive a truck would you attempt to try harder? I worked for many years with all of the sports teams on relaxation, and part of that was help with letting go, which certainly helped with stress. Part of that is when you begin to relax, you begin to engage a different part of your mind than when you're trying very deliberately. And so this whole concept of imagery becomes very important. If you think about it for a second, let me ask you both a question. What sports, in your own mind, would you assume were sports that involved a lot of pushing? And then, what sports would you assume involved a lot of letting go?

Robyn: Well, I'm a runner. So, it feels like a lot of pushing. In a way, in one way, but I would have to say that in terms of injury prevention or some of how I finish my last few miles of a marathon have really been about letting go. So that's running. And also for me personally, kettle bell is pushing. But you know what, there's always an element of knowing that I can be letting go and still doing the activity. I feel that shift when I'm not trying or efforting. Yes.

Kevin: Absolutely. I think weight lifting as well. And you know, some of the sports that we watch. I mean, basketball, right at the moment, seems like it has quite a bit of pushing in it. So, some of the professional sports all seem like that. They're predominately pushing.

Richard: You know, it's interesting, we did a study of 24 sports where we got the athletes from sports to fill out a series of questionnaires on pushing and letting go and their behavior under different circumstances. The top pushing sport on that list,

strangely enough, was weightlifting.

Kevin: Okay.

Richard: Very close was boxing, rugby, cycling, and then the interior linemen in football were also, that's also a position where pushing, battling, struggling, all of that is very much a part of what you do most of the time.

Kevin: Okay, yeah.

Richard: The letting go sports tend to be things like golf, shooting, and archery...

Kevin: Okay.

Richard: Swimming, curiously enough, is actually a letting go sport, even though there's a tremendous amount of energy and physical activity associated with swimming.

Kevin: Okay.

Richard: Skiing is another letting go sport.

Kevin: Yes. Okay. I learned that the hard way. I did a little too much pushing while skiing.

Robyn: I'd like to see that Kevin. I'm sorry I missed it.

Richard: You know, one of the best skiing programs was an old philosophy based on SyberVision, which basically taught you to ski just by following a good skier in front of you, and they did the same thing for golf. There was no verbal instruction at all. You just spent thirty minutes a day watching images of somebody good swinging a golf club.

Kevin: Okay.

Richard: I've got to tell you a story, and this is one of the reasons I ended up being a sports psychologist and also was so big on imagery. When I was in college, I was part of a bowling team, and I was a pretty lousy bowler. And, probably, I think the highest score - we had a bowling league, I think the highest score I ever got was something like 192 in that bowling league. So that tells you how bad I was.

Richard: Two years later, I had not bowled. A college friend, when I was in graduate school, he and I were watching bowling on TV. Which is pretty exciting, right?

Kevin: Right, right.

Richard: So, I spent an hour, and I'm an imagery person. I just absorb things that have images. And so I watched that for an hour. He said, "I'm a bowler. Let's go bowling." We went bowling. I hadn't bowled for two years. I had never bowled over 200. I bowled, with him, a 215, a 246, and a 230.

Kevin: Wow.

Richard: And, the only reason was, I had picked up the motion from watching the professional bowlers on the TV. And that one trial learning convinced me how powerful it was if you use that part of your mind with imagery to learn. Letting go is really all about using imagery. Letting go is certainly, in training in sports, comes from relaxing – self hypnosis, meditation, any form of relaxation – sort of opens the mind up to absorb learning – visual learning, and it just lets your body and mind kind of race to pick up the mechanics of the sport. Because that part of your mind is really going to be executing the performance when you get around to it.

Kevin: Okay, makes sense.

Robyn: Mhm.

Kevin: That's great. So, I don't know if I want to say this. This is another question that we have here. I think provided by somebody that knows you fairly well.

Richard: Uh oh!

Robyn: Guess who that is?

Kevin: "What does a quack like you"

Robyn: No!

Richard: I want to hear the rest of that question.

Kevin: Yeah, so being part of the um, what are you doing being part of this Self-Care Revolution™? One of the things we ask a lot of our people is what do you personally do in your life.. What would you like to point out to our listeners that are important in

your daily routine?

Richard: The Self-Care Revolution™, and you know I agree with both of you and what you're doing here. I think the essence of all care starts with self.

Robyn: Yes.

Richard: And I think that, and I've shared this with Robyn, you know it's been maybe 25 years since I've been ill. I've been very, very fortunate, but I simply don't let myself be ill.

Robyn: Is that pushing?

Robyn: Or letting go?

Richard: And it's a let go thing in that I'm not deliberately trying to do anything. I just don't expect to be sick. And for me, that's a balance of things. It's certainly the opposite of stress. In that my own behavior, I relax all the time. Now I can pump up. Stress is fine. Stress is very useful. If you use it occasionally, because it's a good biological, physiological mechanism, it's helpful. It's really only when you let stress be something you use all the time that it begins to drain your energy and resources. So, if you looked at my own behavior, I'm doing my best to relax almost all of the time, to live playfully so that I'm not worried too much about things. Now I can certainly be a fool and get worried in the moment. I mean, I've got my own routine. I've been exercising regularly since I was in my twenties. I think that adds an enormous amount of balance to my life. I can't think of anything more important than what you all are doing with this revolution, because the heart of it gets people started in the path they need to be going down – which is taking care of yourself.

Richard: Yes.

Robyn: So what else do you do personally? I mean, that's a very unusual statement. I know most people can't say that they've been well for 25 years. So, you think that there's something that is very unique about you? Do you think it's something that other people can learn from this discussion today about how to stay healthy on a regular basis. That whole piece, it sounds like you have an incredible, an impeccable way actually, of dealing with stress.

Richard: I think there are three things there, and certainly part of this is part of my personality. One is, I think if you kind of look at my own behavior you would

probably describe it as playful, and the reason is because I'm doing my best, almost at every moment, to find a way to turn whatever situation I'm in into one that is playful. So, that's one theme for me. The second theme would be, we all talk to ourselves. And that self talk that's running in our head guides us and if you look back to pushing and letting go for a moment, when you're working with the letting go sport the best way to reach those folks tends to be with imagery and self relaxation. When you're working with a pushing sport, now all of us have to push sometimes, the best way to reach those folks is actually with affirmations. So a thing I learned long ago that's part of my everyday routine, is to try to keep the conversations in my head tuned to the things I want myself to be doing, whether that's health or any other kind of focus. I want those conversations to be going in the right direction. And I do my best when I get up in the morning to tune those conversations in the way that I want them to go during the day.

Robyn: Oh, that's brilliant.

Richard: If I'm going to be stressed over something, I mean, and I certainly have days which can be stressful, if I'm going to be stressed over something in the morning when I get up I'm reminding myself that it's not my responsibility to fix everything.

Kevin: Mmm, good.

Richard: That I don't have to be pushing all the time, that if I just relax and let go the things that I need will come from the universe, from God, from many sources to help me. And I discovered, oh gosh – probably when I was in my thirties, it's always there. Whatever I did was talk, whatever I needed was always there. When I sit down and write, it's almost like I'm channeling, because whatever I need is always there. I just trust for it to be there. And there have certainly been times in my life when I was extremely stressed and I had a hard time remembering that message. But, I do my best to have in my mind something positive. Something's going to get me back on keel, if I'm beginning to get off keel. And it's certainly related to illness. If I sense anything's going on I just remind myself that I have no intention of getting sick. The third thing I do that helps balance this is I try to find some time every day, you know – just 15 minutes at least, just to relax, to meditate. And that little bit of relaxation takes away a lot of the sting if there's something going on during the day. Many years ago, I worked with football teams a lot and did some research on football teams. And I have a very profound statistic for you: football teams that did some kind of meditative exercise regularly, based on my research, whether that was halftime, before practice, after practice, didn't matter, they did some sort of meditative exercise

where they relaxed, those teams had, on average, one half of the injuries in the season than teams who did not do such an exercise had. That's a published article in the Journal of Sports Psychology. I did with a colleague.

Kevin: Wow. That's great.

Richard: So your sense about that was absolutely right. That relaxation, and this is certainly true for cycling by the way, relaxation tends to reduce injuries in almost every sport I've worked with.

Kevin: That's excellent, and I think that's good for our listeners to hear as well. But we probably have a few listeners out there that find it hard to believe that you can get a whole football team to meditate. How did you, how did you accomplish that?

Richard: Oh, that's a great story. You know?

Robyn: I bet.

Richard: This was TCU in 1984, and in 1983 at TCU I knew a coach, a wonderful gentleman named Jim Whacker. He came in, and the team was 1 in 10 in 1983.

Kevin: Okay.

Richard: They were willing to try anything. I had done a little work with the Dallas Cowboys, and he said, "We might be interested in trying the sports psychology thing that you've got." And I said, "Alright, here's the deal. If I'm going to help you, we're going to do this right." And so I was going to have 20 minutes a day with the football team everyday at practice. Now, you've got to imagine, as a football coach, football coaches like to be in control.

Kevin: Yeah.

Richard: And so, they had to be pretty desperate. So, what I did, they started two-a-days – two practices a day – in August. I got the whole football team – this is about 150 folks in a large auditorium at TCU, and then just knocked them flat for about an hour. Now, I'm an expert in hypnosis and self-hypnosis. So, all I did was a guided imagery relaxation meditation. But I'm pretty good at it. So, I can put a whole group of people right into trance. Well, at the end of that time, the reason I did that is immediately I have credibility. Once you've gone into a trance setting like that, just relaxing, you come out of it and you know something's happened to you.

Kevin: Okay, yeah.

Richard: So, from then on I worked with them through their two-a-days and then had them on the practice field. The TCU football team, every practice, lay down for 20 minutes in the middle of practice while I took them through the guided imagery meditation.

Kevin: That's great.

Richard: The first football game of the season they ran for 560 yards and beat the University of Utah and set all kinds of records. By the time we'd gotten to the 8th game, TCU was 8 and 0.

Kevin: Wow.

Richard: And, ready to play the University of Texas. At this point in time, there were almost 200 sports writers on campus trying to figure out what was going on. And, between the seasons they didn't have any new players. Nobody special joined the team between 1983 and '84. So, there was a whole lot going on, and I'll be modest to take credit for a little bit of it, but certainly part of it was all of a sudden these guys stopped worrying about losing, started having fun, started believing in themselves, and then the imagery we'd practice every day – they'd practice their own routines. They began to see those things as possible rather than things they had to be concerned about. So anyway, that's my quick football story.

Kevin: That's great.

Robyn: So, what other athletes have you worked with? I mean, I know you're a big golfer. So, that's a big sport that you're interested in.

Richard: I worked with maybe 30 different sports, Robyn. I had the privilege of being at the Olympic training center for a while. And, even though I was working specifically with gymnastics, I was sort of on call. So I got to work with almost every team: track and field, the shooters, judo, swimming, and lots and lots of folks came through the Olympic training center. And, at TCU for almost 25 years I worked regularly with really all the teams that were on campus. So, I've had the privilege of working with really almost every sport.

Kevin: That's excellent. I think... So converting that information into our daily lives. So pulling it back into what our listeners can do. What would be your number one

suggestion in, maybe both of these areas – in the pushing and the letting go?

Richard: Let me use some other words for a moment that apply to pushing and letting go. Another word for me for pushing that would be broader is the word doing.

Kevin: Okay.

Richard: We, we certainly in our society are constantly doing things. The moment we get up in the morning to the moment we go to bed at night, we're active. We seldom just relax and get to a passive state. So, the word I would use for sort of everyday life – pushing. Now, when we're doing things we're not always pushing, but we're active. The left-brain is active. We're doing. The opposite of that is what I would call not doing. That is where we're not intending to do anything – we can be relaxing, we can be listening to music, we can be with a partner. There are lots of ways to not do. But the notion of intentionally trying to do something – intentionally trying to accomplish something – is not there. In everyday life, pushing and letting go is really about finding pockets of not doing. Pockets when you're not deliberately trying to do anything. Pushing has a strong side to it, and pushing basically means intentionality. When I push, I intend to do something. I intend to accomplish something. And, I've just written a little Module on Alzheimer's called, "The Long Moment". One of the big issues in Alzheimer's, certainly for the caregivers, is that a caregiver you come into a situation with an Alzheimer's patient, and you want something to happen. You want to be recognized. You want to help this person. And yet, it's a situation where your pushing probably only hurts. It only puts pressure on the interaction between you and the patient. So, it's a classic example of where letting go, listening for me is the big word. How many conversations would be better? I used to have an exercise that I would do with classes. How many conversations would be better if, before you responded in the conversation, you paused for two seconds. It doesn't sound like long. In normal, everyday conversation two seconds is forever. And when you do that, a strange thing happens. People think you're more intelligent. People think you're a great listener. People assign you all sorts of attributes just from that two-second pause.

Kevin: I like that.

Robyn: I've learned that pause thing, not in everyday life but as a speaker. When I public speak I just feel it flow. It just makes all the difference in the world. I certainly see it. It's like you want to listen, receive your audience too.

Kevin: That's right.

Robyn: It's a real powerful piece of kind of doing also and letting go. In so many areas of your life I think there's such a valuable topic that we're speaking about in terms of Unleashing Your Brainpower too. I mean, just that pause. Think about how much more you can articulate when you give yourself some time.

Kevin: It is definitely true. I think.. one of the things you're pointing out that I like is that we tend to put a negative connotation on pushing. So.. "Oh, we're just pushing, pushing. We have to slow down." But there is, like you said with intentionality, there is some real benefit to pushing and knowing when to.

Richard: It's a little bit like eating ice cream. There's a balance. And, if you don't have pushing, if you don't have intentionality, and we certainly know people in our lives who don't seem to have much of that, we kind of wander around and quite often you're not successful, because you have no direction. But in every sport it's not pushing or letting go, it's the balance.

Kevin: Okay.

Richard: Every sport has the right balance. Even golf or skiing, you've got a little bit of pushing. And if you don't have intentionality and pushing, you're not going to be a good golfer. It's just that you can't force it.

Kevin: I certainly have noticed that. I've only golfed a few times, but forcing in golf seems to be very counter.

Kevin: It's that classic thing where you just force the swing and you just hit a bunch of grass instead of.

Robyn: And the ball ends up in the water. That's right. I've had that happen many a time.

Kevin: Do you have some pieces of advice for our golfer listeners out there?

Richard: Well, I have a quick thought about golf since you mentioned it. One is, of course thinking about your comments, every golf shot makes somebody happy.

Robyn: True, one way or another.

Richard: So, while you were pushing, probably you opponents were delighted that things weren't working too well.

Richard: I find, in golf, imagery works fairly well for most golfers. And I noticed in the recent Masters tournament, one of the leaders in the tournament actually was stopping before every shot and creating an image of the shot in his mind. He would pause for thirty seconds with his eyes closed, create an image of that shot in his mind, and step up and hit the ball. That's a perfect execution of both imagery in golf and also, intentionality. What, and this is true in all sports, what messes golfers up is if you shift your mind to the thing that you don't want to have happen, the mental circuit, by the way, when you say 'don't' that activates a set of mental circuits that are a heck of a lot more powerful than 'do.'

Kevin: Okay.

Richard: And so, the don't things – don't hit the sand trap, don't hit the water – those are very pervasive in your mind, and tend to undermine what you're trying to do. So, my suggestions for, not just for sports but really for everyday life, and this comes back to affirmations, are it's absolutely critical when you're under pressure, when there are a lot of things going on, absolutely critical to have the outcome you want in your mind. Be picturing that instead of all the other things that can happen to you.

Kevin: Wow. That's excellent. I think that's, and it seems very simple but it is, maybe in the moment, a difficult thing to do for people. So, I think that's why you're saying that you have a practice of this, so that when it is in the moment, you can activate it more easily. Does that make that right?

Richard: Yes, and I must tell you something. Many, many people when you start talking about affirmations and self-talk.. One thing that I would do for example, when I interviewed with the athletes on the teams that I worked with – I'd spend at least a couple of hours with them – to get a sense of what they were saying to themselves. And, the nature of self-talk guides so much behavior. That when you see self-talk beginning to be a bit off, well, I would say to the athlete, "Aha! You're saying all of these things to yourself that are fearful or you're worried about all of the mistakes that you're going to make, and that's setting up the chance that you're going to make that mistake." And they'd say, "Oh Dr. Fenker, but I am worried. I can't stop it. And if you tell me something like, 'You're going to make this jump' or 'You're going to make this routine,' I don't believe it. Or 'You're going to win' or 'You're going to perform well.' I don't believe it." And my response to them would be the same response I would say to anybody in everyday life who says, "You know, I'm not sure if I can say that to myself because I don't believe it." My response is, lie to yourself.

Kevin: Okay.

Richard: And I mean that in the kind of sense, you take literally these words that you say to yourself and when you say anything to yourself and you repeat it over and over again, it becomes reality. So I tend to remind people that you want to move from the place of kind of letting reality fall on your head, because bad things are happening, to the place that you're creating reality through what you say to yourself.

Kevin: Okay. Absolutely, and I think that's.. You know, we have this.. Like you said, we're so used to this negative self-talk that we almost just accept it instead of saying there is something I can do about this. I think that's just a positive message in itself.

Robyn: Yes.

Kevin: So, you've got a Module, apparently, that's called "Not Doing". Is that correct?

Robyn: I'm going to.. I think I need a copy of that.

Kevin: Robyn's going down to...

Robyn: Mexico, to write my Module next week. So, I'm going to be joining the live stream in the Chateau Relaxo Place where I'm going to have major block time. So, I'm going to have to read about doing nothing.

Richard: Yes.

Robyn: When I'm not writing.

Richard: You know that's a challenge, of course. And I think, unfortunately Robyn, I think reading about it is almost as bad as doing something. It's an oxymoron. It's a real contradiction.

Kevin: Okay.

Robyn: So, tell us more about your Module, and tell us.. Tell us about it. 'Cause this is something people need to learn a lot more of. Rather than, we get inundated with emails. There's opportunities galore out there. How do you just stop that part of your brain that is, you know, never enough or you're not enough? And I've got to keep learning, there are so many tools out there, but when do you just let that all go and just say, "I'm just not going to do that?" Because a lot of people that, those are the two

primal fears – I'm not enough and I'm not lovable.

Richard: Let's think for a second about meditation. Since it's a good pathway, and yet it's a pathway that many people refuse to use because they either don't understand it or it doesn't seem appropriate. All of us respond to different types of ways to meditate. And one of the simplest ways that works for many, many people is just to relax. And so many people have experienced guided relaxation where I simply walk you through a process that you relax. Well, not everybody can do that. There are some people that can't. Transcendental meditation was a very popular meditative technique. And it was used largely because.. for the Western world it was great. What do you do? Well you say a word to yourself over and over again until you begin to disassociate and all of a sudden you're in a trance without realizing it. The trick, and I work with many people in health situations as well as sports, the trick for everyone is simply to find the right pathway to shift from a left-brain, talking, active state to a relaxed state. And so, for example, if you try to use imagery, which I did with many athletes, I discovered maybe 30% of people won't relax using imagery. They're battling the idea that they can't see images. And so you have them imagine something and they're frustrated, and it's keeping them from relaxing. Somewhere out there, with music, with an abstract meditation, with counting, with transcendental meditation, with relaxation, somewhere out there, is an approach that works with everybody.

Kevin: Okay.

Richard: Eventually, working with athletes, I found the key for every person I work with. And so, I would say, everyday life, if you were listening and trying to help yourself here, the key to letting go and the key to not doing starts with stopping self-talk, suspending it at least temporarily, and finding that way to help your mind be quiet.

Kevin: And for people that are listening to this and saying, "Yeah right," you know, "That's easy for you to do." I'm mean, certainly you have worked with people that have felt that way, I'm sure. So, what is your easiest approach in that regard?

Richard: If you never done anything, I would go out and purchase one of the guided imagery relaxation tapes.

Kevin: Okay.

Richard: Because the odds are, those tapes are pretty good and the odds are 75% of

everyone on the planet responds pretty well to relaxation and guided imagery. If that didn't work for me, I would probably try one of the tapes that uses a more abstract approach. A quick example of that is imagining in your mind for a second, what's the distance between your two toes right now?

Kevin: Oh, okay.

Richard: And then now, imagine what the distance is between your toe and your knee. That's a quick, easy meditation that doesn't involve relaxation. The people who get hung up in physical sensations, which are upsetting to some people, quite often will take that relaxation. By the time you finish that, by the way, you're imagining the distance between your big toe and the moon and things like that.

Kevin: Okay. Alright.

Richard: That meditation.. I've had many people tell me that they ended up on top of the ceiling and things like that. That just simple, simple crowd.

Kevin: Great. So, what about this idea of the flow? I think we've talked around this, but maybe just talk directly to that space.

Robyn: I mean, they talk about that a lot in business nowadays too.

Kevin: Yeah, being in the zone or the flow.

Robyn: Zero point.

Kevin: Zero point.

Richard: Think about another term for flow, which I think is important here, and let's call it peak performance.

Kevin: Okay.

Richard: Quite often in sports when you hear an athlete say, "Oh, I've given my best performance. I was in flow." It's really a peak performance state. You know, that's a special state in sports where you have just the right combination of pushing and letting go. Now, in the sports literature, it's treated as something unusual. In other words, an athlete may 1 in a 100 times or 1 in 50 times have a peak performance. I took a completely different approach. I said to every athlete that I worked with, "Your job is not to have peak performance be something you do occasionally. I want you to

be performing peak every time you go out. And so, I want us to redefine peak so that it becomes something that's real for you, and something you can do, not just occasionally, but all the time.

Kevin: That's pretty cool.

Richard: The reason I mention that is that if you look at me and how I try to live my life and how if I were going to make recommendations for people listening, I try to live in a peak performance state all the time. I try to live in flow all the time. And so, the trick is finding a way, no matter what happens at any moment in time in your life, to be able to balance the pushing that you're doing and the letting go that you're doing to come back to a flow state.

Kevin: Okay.

Richard: When you see yourself off balance, it's fine to be pushing, just balance it with a little bit of flow and a little bit of letting go, and everything will be okay.

Kevin: That's really excellent. I think that's definitely something that it takes it out of this extreme polarity that we tend to live in.

Robyn: So, that's that "Dance and the Performance of Sports & Life". That is, I think, one the ultimate keys to joy in life, I feel.

Kevin: Yeah.

Robyn: Is when it's like that dance that we do that's like ego and essence self. Because the ego part we need to push in certain parts of our lives and the essence, just that letting go.

Kevin: Absolutely. I feel like I've been in peak performance during this interview.

Robyn: Yeah. Well Richard, I don't think that I've ever had a conversation that has not been high performance conversation in some way or that has not really inspired me in some way or another. This has been great.

Kevin: Yes. Yes.

Robyn: Wow. We.. I know you have so many topics and our audience.. we, we have.. You know, we're getting to know our tribe here – our Self-Care Revolution™ tribe. In fact, I hope you're going to be in Santa Fe. So for many of you that are coming to our

live event on June 20th through the 24th, which we mentioned at the very beginning of our conversation today. Dr. Richard, we hope you're in town, here live at Santa Fe Soul. So people can meet you and really continue this discussion, because it's a great one.

Kevin: It is.

Robyn: There's so much that I think so many issues that people have to talk about from healthcare issues to productivity to relationship issues. A lot of it can be resolved by this flow of pushing and letting go.

Richard: Hey, thank you so much Robyn. It's a privilege to be part of your revolution, and it was great fun to be able to be on the air with you today.

Kevin: Yeah.

Robyn: Well thank you. Yes, the revolution – a fundamental change in mindset, and like we just said, what you've brought up in this discussion today is something for us all to consider, and how can we.. We're going to snap our fingers, right Richard? And in an instant, if we're not in that flow we can get there, we can get there.

Kevin: I love that.

Robyn: What's the alternative? We lived this stressed life. Talk about.. If it's 90% of our health issues, big, big – that and not eating well. Right? If we manage our stress we can have a much more fun and fulfilled life, and that's self-care right there.

Kevin: Definitely. Well that's one thing we didn't say when we started this revolution, if it's not fun we're not going to do it.

Robyn: Great. That's right. We're going to be high performing in this revolution, because we're all about the flow.

Kevin: Absolutely.

Robyn: Okay. Well what a great high note to end this call. And thanks again so much for being here. Thanks to all of you listeners for your commitment to your own self-care, and for going on this journey with us. And again, we've got.. Well, we're only 4 months out of twelve. And right smack in the middle is our big live event. We're just getting started in a way.

Kevin: Absolutely.

Robyn: Yes. So you all have a great rest of your day, and keep the self-care bliss going strong in your lives as we'll continue to here at Santa Fe Soul. And hold this magnificent space for you to be here with us in June and every day. Any final comments?

Kevin: Well, we've got a live stream event tonight. So, we're going live at 6pm, which is Santa Fe time which is in a little over an hour. And this is with the self-care coaches and it will be..

Robyn: It's going to be an intimate night. Yeah.

Kevin: It's going to be a summation of our month.

Robyn: Exactly.

Kevin: So, and we'll be sharing some of this information as well. Much appreciated. Thanks for having fun with us today, Richard.

Richard: You're most welcome.

Robyn: Okay, you take good care. Take great care. Even though I can't even speak English. That's a good thing. Take care my dear. Enjoy the rest of your holiday.

Richard: Thank you Robyn. Bye, bye Kevin.

Kevin: Bye.

[End of Interview]

BILL WOLFE

DrWolfe.com | DDS, NMD, International Speaker

TEETH AND THE BODY: ENTERGETIC INTER-RELATIONS

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Robyn: Alright. Hi everyone, and welcome to the final day of month four of the Self-Care Revolution™, and we're so excited for our last two speakers for this month. And, we're going to be joined today by Dr. Bill Wolfe. Hi there Dr. Wolfe. How are you today?

Bill: Well I'm doing well, thank you. I appreciate being here, Robyn.

Robyn: Great. So, my name is Robyn Benson, and I'm a Doctor of Oriental Medicine and founder of Santa Fe Soul Health and Healing Center and I'm co-hosting with...

Kevin: Kevin Snow – the desert shaman, and I'm happy to be here today. I'm excited to hear what Dr. Wolfe has to share.

Robyn: I know. This is going to be an information content hour for sure. So, we are in month four, as I mentioned. This has been all about *Unleashing Your Brainpower*. We started the month off with Michael Gelb, who is an author of many best-selling Modules. And we also heard from Dr. Jim Quick, who taught us the 10 self-care steps that I think we are still practicing, right Kevin? Did you memorize those steps?

Kevin: Absolutely, the parking garage, the secretary, the fish.

Robyn: That's great. And then we also heard from Dr. Thomas Bryan, who talked about the impact of gluten and how much people truly have a sensitivity or are allergic to gluten – how much that impacts your brainpower. So, we're going to be ending our month with Dr. Wolfe, also, Dr. Pamela Costello, who will follow Dr. Wolfe. And we're just going to find out about dentistry, and from a biological standpoint, and then also, we're going to hear from Dr. Costello who is going to talk about toxicity and how that affects our brain capacity. And she's a neurosurgeon, so we can't wait to introduce you to her shortly.

But right now, I want to introduce Dr. Wolfe, who is a dentist, a board certified naturopathic physician, and an international speaker. His speaking engagements include The British Homeopathic Dental Association, The International College of Applied Kinesiology and the International Association of Oral Medicine and Toxicology, The Royal Society of Medicine to name just a few. Dr. Wolfe focuses on biological dentistry, which includes the principles of electro-acupuncture, kinesiology, and homeopathy. So once again welcome, so much Dr. Wolfe we really love having you here and we appreciate you taking the time out of your busy schedule.

Kevin: Yes, thank you.

Bill: I'm pleased to be here. It's always good to talk with you about a subject that I live every day, about how the teeth affect the total health of your body. And it's something that most people may have heard about, but really don't know anything really more than just some rumor that there is a relationship between your teeth and your total health. So perhaps we can talk a little more specifically today about that.

Robyn: Good so why don't we start our whole interview with you, we'll get questioned. I mean, maybe give us a little bit of background on your history as a dentist and how you got to become known as a biological dentist. And I must say I was just at a conference where I met many of your colleagues, just two weeks ago, who hold you in such high esteem. And I must say to all who are listening to us. This is such an integral part of one's well-being, is dental health and certainly with the self-care message. So with that I'll just leave it up to you to continue the conversation and then Kevin and I have lots of questions as you continue.

Bill: Okay, very good. First of all, let me say that I was very privileged in my journey. And it was my own health journey, because I was very sick in the 70's; that's how I got into this. I'll talk a little bit more about that in a moment, but I've been very privileged to have some very, very wonderful teachers myself. One of which was Dr. Rhyndhold Voll, V-o-l-l, who was my German professor, and he was an MD, PHD... Developed the system of electro-acupuncture according to Voll, EAV, and he used to say that 90% of all chronic disease has an orientation in the mouth.

Kevin: Wow.

Bill: He says that you have an amazing immune system bank account. How do you want to spend it? Do you want to spend it on your mouth – and that was back in 1980, I would sit there and listen to him. And since that time I have found that his chart that

relates the teeth to the organs, to the spinal segments to the glands and such – which is on my website, DrWolfe.com, D-R-W-O-L-F-E-DOT-COM. The Teeth to Body Relationship Chart. It's exactly right on. I had one of his electro-acupuncture instruments for many, many years, and proved these relationships to be exactly true – that you do have stomach teeth, that you do have large intestine teeth, liver teeth, lung teeth, etc. And if there is a problem with that tooth, if that tooth is an energetic interference field, maybe it has a bio incompatible material like mercury amalgam filling. It could be a composite that's not compatible. It could be decay, it could be a dead tooth, it could be a residual infection. It could be something as simple as periodontal disease and a cavity. It could be obstructing the energetic flow of that acupuncture meridian that runs through the head. You know, we have these energetic pathways – the meridian field that runs throughout your body – but most people accept that, but what they don't realize is this intricacy also runs through your head, and the teeth affect the energy flow of those meridians to distant areas of the body. And if that tooth is blocking that energy flow and energetic focus, as Dr. Voll used to say, then those distant areas can be affected. They're not energetically nourished, they're not as healthy as they could be, and who's looking back to a tooth for that?

You know, in the Western society we're symptom oriented, if you have a physical symptom we have a pill for that, and if there's a side-effect from that we have another pill for that. So, we get in treating symptoms, but in energetic medicine we keep retracing and trying to go back to the basic interference field and the energetic matrix that is the prelude to the physical symptom. In dentistry, there's a tremendous amount of opportunity to look at the totality of the health of the human organism through the mouth, through the meridian system. In other words, I can affect the large intestine, the stomach, etc. through the mouth because those meridians are running inter-orally. And we routinely check and make sure that meridian is clear when we work on the tooth. We give homeopathic injections to stimulate the meridian. Let me go back even further than that, Dr. Voll was my major teacher, but I was a dental assistant back in Austin, TX when I was a teenager, and I'm working for my father's best friend who's a dentist. And I'm 14 years old, and I'm sitting there and we're mixing up mercury fillings. Now, they call them silver fillings or amalgams, but they're really 50% mercury. They're only 30% silver, and then 10 zinc-copper. So let's just call them what they are – they're mercury fillings. So, we used to mix these by hand, and I would ring out the excess mercury once the mercury's mixed with the metallic portion – the amalgamation of the silver, tin, the zinc-copper. And I would play with the little mercury droplets on the counter after I handed the amalgam to the dentist to place in the child's mouth. And the dentist looked over at me and he said, "Don't do that. That's a poison."

Kevin: Mmm.

Bill: I looked at him and said, “Poison? Well, why are we putting it in the kid’s mouth?”

Bill: He said, “Well that’s different.”

Kevin: Wow.

Bill: So. But yeah, when I had the excess scrap, left over, he had me put it in a tightly sealed container underwater and take it down the hall to the room that we normally didn’t use and hide it. Along with all the other scraps of amalgam and we sold it to some refiner once a month. I also remember that the mercury that I used, to fill up this dispensing jar, came out of a larger jar that had a skull and cross-bones on it that said do, do not touch.

Bill: And I went home and I asked my father about this and he said “Oh Doctor Smith should know, he’s a doctor, he knows.” So

Kevin: Hmm.

Bill: That was when I was fourteen.

Kevin: Wow.

Bill: But I’m in dental school, in 1968, my first year, I remember asking about this. About the mercury and silver fillings in my textModule, it said the mercury content of amalgam fillings is 50 to 70 percent!

Kevin: Oh, okay.

Bill: I underlined that, I still have that same Module. And they said “Oh, that’s an old wives tale. There’s nothing to it. Don’t worry about it.” So, I was a mercury dentist my first few years in Austin, Texas. And, I was just like everybody else. Only, one day, I discovered I had a tumor. And it was a, a very large tumor in my throat.

Kevin: Hmm.

Bill: And after I had my tumor surgery I wanted to find out how I could not have a tumor again because no one could tell me why it was there. They said it was there and it needed to go away. So, I went on a health quest for myself. And I went to a

balancing body chemistry seminar given by Dr. Hal Huggins, who's the real hero of mercury free dentistry in this country. And this was back in....

Robyn: I just want to make sure, this you, you're talking about, right? You had a tumor, in your throat?

Bill: Yes, uh-huh.

Robyn: Okay, I thought I would knew about this. I thought I knew, I thought I knew most everything. Okay.

Bill: And so, when I went to his course, Dr. Huggins had me hold my hands up to a mercury vapor tester, this is an OSHA industrial unit. And I had mercury vapor coming out of the skin of my hands. Now I had been out of the office for three days. Four days. So it took me about five seconds to become a mercury free dentist. I didn't know what to do, I mean, I could only talk to one other dentist, Dr. Huggins. I didn't even know anybody that was mercury free. But I knew I couldn't do that anymore.

Kevin: Okay.

Bill: So, that was in '79. So, that was quite a quest to begin for me. It was, at that time. It's interesting in life how sometimes we label things as bad and then we get down the road a bit and we look back and say "That was the best thing that's ever happened to me." So I labeled it blessing now because since then I've spoken all over the world, I've influenced a lot of dentists and have made a lot of health changes in my life. And it was an absolute blessing it happened. I studied in Europe, that was the only thing I knew to do at the time. I couldn't find out the information that I needed in this country.

Kevin: Mm.

Bill: So I ended up studying electro acupuncture, homeopathy, radionage, kinesiology, and, detoxification etc. So, since then, 1979, 1980, I've gone through a lot of transitions in what we do for patients, but basically we try to get the mouth cleaned up as an interference field. We biocompatibility test materials before they go into the mouth to make sure that we're not just trading one immune insult for another immune system insult. And we free up the acupuncture meridians so that the meridians are flowing. So it's, it's a process, of really peeling an onion. Once the first layer of the onion and then the next layer and the next layer. And then after we clean up the mouth it's just so necessary to have follow up to find out where the person is

systemically with their heavy metals. And I know Robyn, in your clinic you do this, Dr. Hart in Santa Fe does this, Dr. Costello in Albuquerque does this. I'll do heavy metal screening tests, a provocation test where you take a chelator, do a urine catch, find out where the patient is with lead, mercury, arsenic, uranium etc. and then chelate those specific metals. Whether you use iv vehiculation, or herbal, homeopathic, energetic, just to get the body to release those stores of heavy metals that have been accumulated for years.

Kevin: Uh, yeah, that's a...

Robyn: Well it's true though that, Dr. Wolfe, that most of the American ways in within dentistry has not really been believed that heavy metals are toxic.

Bill: Yes. I mean, back in 1826 we started using mercury amalgam in this country. In 1840, in this country, the parent organization for dentistry was the American Society for Dental Surgeons, and you used to have to sign a pledge not to place mercury fillings, back in 1840. And, I believe it was in 1859 the American Dental Association was formed, and they adopted the silver-mercury amalgam filling as the filling of choice. Of course, they had patents on it and that's what's been endorsed all these years. For some reason, mercury – which is known to be an environmental pollutant, and a poison in the environment, more toxic than lead or arsenic, not as bad as plutonium but next to it – is safe to put in the mouth but it's unsafe outside of the mouth. If I take a scrap of amalgam out of the mouth and throw it into the trash can, I can be fined \$10,000 from the Environmental Protection Agency.

Kevin: Mm.

Bill: And so, we have to take very careful care and dispose of properly our scraps amalgam, but it's safe in the mouth... we're told. Now, that's mercury toxic thinking right there.

Kevin: Yeah. But it is incredible, and I think you know, just the way that you explain it, it, it's just shocking that it's been allowed to go on this long. But, and again, there must be some studies that say that it's okay, right?

Bill: Well, if you're just trying to prove your beliefs, you can design studies that will...

Kevin: Right.

Bill: You know? There are, there is plenty of research out there with radioactively tagged mercury in animals, how it's been distributed throughout the body. The first gland to be hit is the thyroid, in 4 minutes in dogs. There's numerous studies, a lot of these are on my website, even, and the links that we have to the International Association of Oral Medicine & Toxicology (IAOMT). That link is on my website: DrWolfe.com, and the scientific proof of why not to use mercury fillings, and the studies are complete. The T4 and T8 lymphocyte studies, the animal studies, etc. Just vapor in itself, I've got a mercury vapor tester, here in the office, I've had one, I've had a couple of them, I've gone through them. It's an industrial unit that we measure the vapor that come out of people's fillings. Back in the 70s, you know, people didn't believe, number one, there was mercury in their fillings. They said, "No, my doc told me it was a silver filling. Well that's true, silver's a component but not the major component, and we used to use this mercury... I believe I was the second dentist in the U.S. besides Dr. Huggins, to have a mercury vapor tester, and we used to measure the vapor coming off of teeth. And, I used to write letters to OSHA and FDA. I still have copies of the responses. I remember one response from OSHA, this is back in '84. I asked them, I said, "Is the mercury vapor I'm measuring in the mouth, inter-orally, the same vapor that is pronounced an environmental poison, extra-orally – outside of the mouth, and the regional administrator wrote me back and said, the letter said, "Not only is it the same, but the potential toxicity for the inter-orally mercury much greater, due to the roots of absorption, inhalation, and ingestion. So back then, 1984, the American Dental Association at that time didn't admit that any mercury came out of these fillings, yet OSHA was on top of it and knew that, that vapor was excreted from the fillings. I mean metal – mercury, is the only metal that is liquid at room temperature, and it vaporizes very easily at body temperature, all the life of the filling. Because I did a study for a few years trying to relate the amount of mercury vapor coming out of fillings to the age and the size of the filling, there was no correlation.

Kevin: Wow.

Bill: So, a 20-year old filling had just as much coming out of it as a 5-year old filling, especially after you chew gum. It raised the vapor pressure of the mercury 10 times, and we get readings out of one tooth, many times, that are higher than what they can fine you for in OSHA. In OSHA standards, the threshold limit value is 50 micro-grams per cubic meter of air.

Kevin: Wow.

Bill: Now, coming to your plant and finding that much, you've had a mercury spill, a \$10,000 fine, close your plant down. I get higher than that out of one tooth.

Kevin: Wow. That's incredible about chewing gum as well. I think that's, that's really amazing. You do a process where you remove these, and can you explain that a little bit?

Bill: Well, if the patient requests that, what we do first of all, we biocompatibility check the patient to make sure about the resins, the composites, the ceramics, anesthetics, everything that's going to be used to replace the mercury fillings. And then we do it, usually by the quadrant. But, protecting the patient's very important and we have a mercury vapor vacuum unit that comes over from the face and high-speed evacuation tubes that fit over the top of the tooth, it's a specially designed box that fits over the tooth to catch the debris. We also have an alternative air source. The patient's breathing through the nose and we strongly recommend an IV vitamin C. I've been doing that for 30 years. The vitamin C is a ligand that attracts heavy metals.

Kevin: Okay.

Bill: It really protects the patient while they're in the chair. One of our nurses does this. So, we're not detoxifying chelating, we're just protecting. And I have had many experiences where the patient at one time says, "You know, I don't want the IV this time" just to save some expense. Well, they usually wish they'd had it, because they had a little tougher time after the point with detoxifying. And so it's strongly recommended, I know those physicians that refer to me to have this done for their patients strongly recommend IV vitamins Cs while the patient's in the chair.

Robyn: What do you recommend besides, in addition to vitamin C in terms of oral chelators?

Bill: Well if they're going to take oral vitamin C... , not right before the visit because that inhibits the anesthesia. But, you know, to take you know 20 grams or 15 grams, or whatever you're giving IV orally, I mean you, you really couldn't do that very effectively without having severe GI problems. So you can, you know, get a lot more into the patient while they're having their mercury exposure, if we do it chair-side. And of course, then afterwards, certainly take oral vitamin C and all the you know, recommended supplements, etc. But it's something that we're not trying to... We're just trying to protect the patient. We turn them over to the appropriate physicians for detoxifying afterwards. And whether that be glutathione, DMSA, DMPS, or all of the various supplements, that's, up to the physician. But we just want to do a good job of

safely removing the amalgams. But there's a lot of vaporization taking these things out. I mean, they're, they're vaporizing just sitting there, but when you start drilling on them they really vaporize. So we're wearing gas masks, I mean we get very serious about this.

Kevin: Okay.

Bill: And we need to be very careful. The American Dental Association, really has not, irrespective of dental patients, of course we know, promoting the use of mercury fillings is, unconscionable to me. But, you know, just to dentists and, and, staff... Just how to protect yourself and knowing that these things are a health hazard in the work place that you're exposed to on a day-to-day basis. I don't, haven't placed a mercury filling since 1979, but I've got to take 'em out. And there's more vapor taking them out than putting them in. So we need to be very careful.

Kevin: What are some of the symptoms that, some of the basic symptoms, that people might recognize from, from this vapor?

Bill: Everybody can express, you know, immune dysfunction in their own way and...

Kevin: Okay.

Bill: Whether there's depression, anxiety, fatigue, irritability, are commonly known with mercury on an environmental basis. But depending on your genetic predisposition, your weaknesses, if your immune system is overwrought then you might have innumerable symptoms. I certainly don't want to get into anecdotal stories..

Kevin: Right.

Bill: But these things are all over the internet, as far as heavy metal poisoning and what those can be. But you know it's an underlying thing that even starts when you're born because if your mother had mercury fillings... You don't ever need to have a mercury filling in your mouth and you can still be mercury toxic.

Kevin: Okay.

Bill: It's passed in utero.

Kevin: Wow. I'm looking at the chart on your website with the piece on their relationship to the organs. That's definitely recommending people go to the website,

your website, Dr-W-O-L-F-E.com and check this chart out, because it is... I have one particular tooth that gives me trouble, and it's right in line... This chart is definitely showing that the stomach, the thyroid is connected to this one tooth. So...

Bill: Yeah, and you know what Kevin, it's not... Are you still there?

Kevin: Yes.

Bill: It's not just that the tooth affects the organ, but the organ can affect the tooth.

Kevin: Wow. That's great.

Bill: And we've had many cases of like a lower molar, if you look on that chart, look at the lower molars. You see, that's the large intestine and lung tube, pair of meridians...

Kevin: Right.

Bill: ...and it's also lumbar – low back...

Kevin: Okay.

Bill: ...shoulder. All these areas are on the same energy pathway, and sometimes when I don't see a problem with the tooth, we can give a patient enzymes...

Kevin: Okay.

Bill: ...probiotic, and the dental problem from the tooth calms down, because in Chinese medicine, pain is blocked energy flow. And so, if we restore the energy flow, things, the physical sometimes just balances out and it's not just blocked

Robyn: I'd love to share a personal story. I'm a patient of Dr. Wolfe, and I had... I remember I had a very traumatized tooth. I actually had a root canal and through kinesiology Bill was able to determine... There were so many issues with that tooth that was chronic infection going on. So, my health has been impact... It has gotten so much better, I have to tell you that. I don't even know how much I've really reflected that back to you, but it's amazing just everything, from... In fact, I think it pertained to my intestinal area, which really wasn't the problem. But I think what happened is that I felt like my immune system was constantly stressed. That's what I noticed, even though I'm rarely sick, it was just a constant... So again, it's amazing how much dentistry affects every aspect of your life, really. If you don't have good, if you don't

have a healthy tooth and it's chronically infected or there's mercury in it, like you're sharing, it's impacting you.

Bill: Yes, and Robyn, it could be a byproduct too. We do a lot of work with TMJ issues here.

Robyn: Oh, that's right. You do.

Bill: And, you know, if you have a deflective contact on a tooth and when you close, which is every 30 seconds when you swallow, that's when you close your teeth the most, and you hit a tooth just minutely before you touch the other teeth, and it hit and slides and that tooth gets more pressure than the other teeth, you can actually shut down that meridian. Every 30 seconds you're banging that tooth, and ceasing the energy flow to those organs.

Kevin: Okay.

Bill: So, it really is a very delicate instrument. I mean, your teeth are part of your body. What a unique concept, huh?

Bill: It's, we are all one piece. And then we talk about other issues in dentistry that doesn't seem to exist if you talk to a routine dentistry, as far as the associations, as far as electro-galvanism, to similar metals in the mouth. You know, we use a lot of alloys and metals that really, the dentist just asks the lab to make a crown, a portion of a gold crown or a gold crown. Well gold can't be gold, you can't use 24 karat gold in your mouth, it's too soft. What do you alloy it with – palladium, platinum, unfortunately sometimes – a lot of times, nickel, and these dissimilar metals play out with something called electro-galvanism, which is dissimilar metals' current flow in the mouth, and whenever you have a current, you have a circumferential electromagnetic field and that's the big disturbance on the meridians. We are an energetic being with a physical body, and when we disturb the homeostasis – the balance of those energetic matrices that run through the mouth, then, we have distant physical symptoms, but they're not related to dentistry. So, you know, this is not anything that... You can't say that "my dentist didn't tell me that." Well, he wasn't taught that in dental school, and I probably would be talking about this today if I hadn't gotten sick and studied with some brilliant people. But, it's just something the more I find out about this, the more I learn and the more I realize I don't know. Thank God. And, you know, just keep digging and digging and digging, but the sad thing is that this conversation has been going on since the 1800s.

Kevin: Right.

Bill: I have old dental Modules, old articles. There's an old dental magazine called the Dental Cosmos, and in my seminar Module, when I was teaching seminars... I used to have these old articles to show dentists these are not new conversations, sadly enough. They were talking about electricity in the mouth back in 1880. They were talking about vocal infections and distant effects in 1893.

Kevin: Wow.

Bill: Mercury fillings, had to sign the pledge not to place them in 1840. So why we're still having this conversations is incomprehensible. You would think that we'd progress to the point that we can rationally sit back, look at this and say, "Okay, up until now, this has been our best thinking. Knowing what we know now, what do we do?"

Kevin: Yes, and you've got some information on your website about fluoride as well. Could you talk a little bit about fluoride?

Bill: Ah fluoride... You know, there's so many stories about fluoride. I haven't ever used fluoride in my practice, there's no need for it, just keep your teeth clean. But you know, there's a lot of information on the website, conspiracy theories, all this... I won't even get into that, but that calcium, fluoride and calcium... Fluoride is actually, leaches calcium. And I feel that fluoride in the water actually does help create osteoporosis.

Kevin: Okay, alright.

Bill: Calcium & fluoride are very attractive, and there have been studies done in cities where... in fluoridated cities had more osteoporotic hip fractures in the elderly than non-fluoridated cities.

Kevin: Mm, okay.

Bill: Now, there's information on this on the website, but it's something that is, is... I'm not saying that fluoride doesn't imbrittle bone, and that's the problem, it imbrittles it – not just your teeth, but all the bones in your body. And, we really don't need fluoride. It really... There's all kinds of stories about where it came from and why we're using it, is it a by-product of aluminum mining, sodium fluoride, stannous fluoride, which is tin stannous, and why we were wanting to use this. The story goes

back a long ways and has deeply corrupting roots to it, also, as does mercury. So, just, just keep your teeth clean. That's what you need to do.

Kevin: And you've got some products on your website as well.

Bill: Oh yes, yes. So, well that's...

Robyn: You've got some great goodies. We love your products.

Bill: That's a good lead-in right there, because the reason I developed the toothpaste I developed was because I wanted a non-fluoridated toothpaste in 1981 or 2, or whenever it was, and I had developed an Aloe Vera oral gel product that, with my oral pathology professor at Baylor College of Dentistry, back in, I think it was '80. And this is an aloe product that I use to desensitize teeth, exposed teeth, exposed roots, gingivitis, irritated gums, ulcerations. We did studies on bactericidal studies with plaque, dental plaque, strep mutan and dental plaque. We did anti-inflammatory studies. We did virusirol studies and developed a stabilization formula for the Aloe Vera using the antioxidants that allowed us not to use the standard preservatives. So, anyway, that's my oral gel we use in surgery. It's what we use as a toothpaste, and it's what people use in their mouth after any dental procedure we do here.

Kevin: Okay.

Bill: So, I started developing toothpaste. I have a homeopathic toothpaste, no fluoride. I have an enzymed toothpaste energized with frequencies.

Kevin: Hm.

Bill: And that's aloe, no fluoride. And then I have 16 other products that are on my website. Homeopathic products, to pain products to skincare products. The crystals of neurotransmitter frequencies, turn-your-brain-on products. So that's really my mad scientist side. That...

Kevin: That's great!

Bill: I enjoy a lot. And I was going to mention a while ago. On the chart that they'll see when they go to the website.

Kevin: Yeah.

Bill: It's in various forms, I've taken Dr. Voll's original work and I've condensed it a

little bit because the original work was quite... Involved with everything that's affected by the mouth. But a few years ago Shirley McClaine, the movie actress, who's a patient of mine, came across the chart. And, even in, her quest, in health for all of her life, had never heard of this. And so, she called me and we had a meeting and ended up collaborating with her on a Module. Uh, *Staging While Aging*.

Kevin: Okay.

Bill: I'm on page 76. And there's a chapter in there on dentistry and how she benefitted from the dentistry that we did for her. And she put that chart in the back of the Module. And it's a very, very condensed chart. Much, easier to read than the Voll's one on my website.

Kevin: Okay.

Bill: So if people have that Module or want to get that Module, in the back is a very easier to read chart that I did for her.

Kevin: Excellent. You talk a little about muscle testing. And could you explain that a little bit about how you apply the kinesiology to your...

Bill: You know it's been interesting to me how the major changes I've made in my life have been because of my own personal dramas. Health dramas.

Kevin: Okay.

Bill: And I guess some of us need a little bit more drama in order to change. I don't know, but I became a mercury free dentist because I was very ill and I learned about kinesiology because I was in a motorcycle accident. And I had a concussion.

Kevin: Okay.

Bill: And no one, this was back in 1975, so this was even before I became mercury free.

Kevin: Okay.

Bill: And no one could figure out why I was having such headaches and... I had a, uh, just the routine work ups – cat scans and neurologists, etc. And, um, I'm still having headaches. And at that time I was not, uh, chiropractors were not part of my life. And I met a chiropractor and he said "I understand you're having some headaches." And I

said “Oh yes, uh, I do. Periodically.” And he just reached right around and touched my C-2. Cervical two vertebra and I just about went to my knees.

Kevin: Mm.

Bill: And uh, he said “I think I can help you.”

Robyn: Wow.

Bill: And I said “I think I’m open, okay!” So I went to see him. I had a reverse curvature of my cervical vertebra and no one picked it up. And he worked on me, worked on me, and he taught me muscle testing. Which is a way to access information from the body through, asking questions through, with energy questions, and getting a physical response. And so whether you’re having somebody hold a supplement and seeing if they’re, that brings up their energy or depletes their energy. Or whether you’re touching a vertebra, or touching a tooth. Um, I’ve got a whole video on this if, uh, people want to go to, uh, my website. Look under “videos” um

Kevin: Okay.

Bill: I’ve got a video there on how to muscle test, how I muscle test, how I muscle test teeth.

Kevin: Great!

Bill: To find out which tooth is the problem, you don’t have to be a dentist to do this.

Kevin: Mhm.

Bill: I mean dentistry doesn’t even acknowledge this. So this isn’t dentistry, this is just asking the body questions. And how then we can determine which is the culprit tooth, what is the problem with that tooth. And I’ve got a whole test kit that I developed that whichever homeopathic makes you strong is the issue. So, kinesiology’s a wonderful way to... To uh... For people, to ask their body questions. Whether it’s at the store, at Whole Foods, or at one of those that supplement good for me. And you might just, you know, hold it in one hand and have your partner, you know, muscle test you and find out.

Kevin: Huh.

Bill: If you're by yourself, there are ways to do muscle testing, you know, with yourself. With your hands, with your fingers.

Kevin: Okay.

Bill: Or use a pendulum, like I do.

Kevin: Okay.

Bill: But you know, the body responds to energetic questions immediately and very honestly if we ask the right question. We just have to keep asking the best question. Is this my highest health or.....

Kevin: Yeah.

Bill: You know, what is the situation that we're really trying to probe here? And not "Should I do this, or should I do that?" because, that's, that's real non-specific. But.....

Kevin: Right.

Bill: Be very precise in the question. And practice. Practice, practice. On the website I give a drawing on to, you know. Step by step, on how to get with somebody and just practice feeling how much pressure to apply. And practice yes or no. Of just yes you'll get a strong positive. And a no, the arms could get weak. Practice with sugar. Hold sugar, and that usually depletes people's energy. Unless they're hypoglycemic in that moment, but most people it depletes energy. And salt will bring you up. So it's just a matter of knowing, you know, what, how you want the body to respond to your questions. And teaching the body, train the body to respond this way. And I use kinesiology all day long. Every day in my practice.

Kevin: It's really

Bill: It's invaluable.

Kevin: It really is. And I, I mean I use it in my practice as well and I think, you know, it still has a bit of this, you know, what you would call "woo woo" but... You know, the more doctors that come on and talk about this as, as a viable way to have the body talk to them, I really, it's so important for people to hear this message. That....

Robyn: And don't you think that's the ultimate self-care?

Kevin: Yeah.

Robyn: I mean, knowing your body can give you your own answer. You know?

Kevin: Definitely.

Robyn: From people you don't even trust.

Bill: And, you know, you can just train your body 'show me a yes' and my body leans forward.

Kevin: Okay.

Bill: 'Show me a no.' it leans back. And just focus on your body. Ask it to demonstrate it to you, what is yes? What is no?

Kevin: Right.

Bill: And so you could be talking to somebody even.

Kevin: Mhm.

Bill: And you know, be asking yourself "Is what they're telling me true?" **Kevin:** Right, right, right?

Bill: And once you...

Robyn: Can you talk a little bit about the connection? You know, the bigger picture here. You know, teeth health. And also cancer. Like when, well when somebody has, a you know, pretty serious diagnosis, maybe it's even autoimmune disease. How teeth might be something that you might need to look to. And that's not usually the first approach. Like an average doctor would not necessary, or an oncologist, in this country would not look to teeth but can you talk about how critical that is, to, to correct.

Bill: Well, we have a lot of people come to us that have some major health issues. Usually referred by physicians that refer to us. And either they've already been told by their physician or they have read, and they want to be mercury free first of all, and they request that. But we also will look at other issues in the mouth. Are there dead teeth? Are there root canals? That is another whole source of, you know, conversation that goes back to the 1800's. About Dr. Voll used to turn these teeth

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cadavers in the mouth.

Kevin: Mm. Wow.

Bill: If there were a dead toe, it got amputated. But in dentistry, we keep dead body parts. Now, 20% of our practice, years ago, used to be root canals. I used to do a lot of them. I stopped 20, 25 years ago.

Kevin: Okay.

Bill: The concern, being that the potential toxicity of having this dead body part that used to be self but now it's non-self. And that, whenever the body can't metabolize something it isolates it with inflammation.

Kevin: Okay.

Bill: And that inflammatory core is what is the disturbance field that inhibits that acupuncture meridian flow. So energetically there's a problem. Toxicity there's a problem because even though the root canals fill very expertly, the central canals are filled, there's still mouths of dentinal tubules running through the tooth laterally that can't be sterilized.

Kevin: Awe, okay.

Bill: And this research goes back a long ways. Goes back to La Malenda Dental School in the early part of the 1900's. Steinman, Dr. Steinman was a professor there. And his fluid flow theories was in the 1930's and 40's. And then Weiston Price was a dentist that talked about the price of root canals was that Dr. Huggins wrote about his research. About taking a diseased root canal tooth from an arthritic patient. Extracting it, implanting it under the skin of a rabbit and the rabbit would develop the same symptoms that that patient had. So, those are pretty remarkable things.

Kevin: Yeah.

Bill: That happened a long time ago that have not been paid attention to. Now, when people come in that already have root canals, you've already got it. I'm not saying it needs to be taken out, I'm saying it needs to be tested.

Kevin: Yeah.

Bill: And so we'll test it on the meridian and see if it's a meridian block. And if it is

we'll test it with various homeopathic to see if maybe we can inject that tooth and free up the inflammatory inflammation around the tooth and create an environment that the tooth can not cause such a disturbance. However, if that tooth is on a meridian on an organ in trouble then it has to be the patient's decision ...

Kevin: Okay.

Bill: To just get it out of there. Now I've had four teeth taken out of me that needed root canals. And I, I didn't want one.

Kevin: Okay.

Bill: So I've got bridges instead. I'm glad I made the choice. But it's just another thing in dentistry that you know, is a big controversy. You know, I see the results of cleaning up people's mouths and getting these diseased, these chronically diseased teeth out of the head. You know, maybe one root canal – your immune system's just fine. Two, there's a liability. You get three or four, you know, some people some people have a lot of root canals. That's using up a lot of immune system in my view point.

Kevin: Okay.

Bill: And also blocking a lot of energetics of the mouth. There's another issue. There's so many controversies in dentistry..

Kevin: Right?

Bill: It's like a big soap opera. There's...

Robyn: You know honestly just, you know, being a Doctor of Oriental Medicine all these years and knowing... This is actually something I learned in school. I learned about this dental chart and the meridian system and the correlation between teeth and health, but it's amazing how much I've really seen when people have breast cancer if you look at the... that they do in fact have problems with the tooth that correlates to the area of the body. The people with a chronic epidemic nature of gastro-intestinal problems in the back molars, or have prostate issues, all of it. So, it's... there is definitely a correlation.

Bill: Yeah, and Robyn, all the rear, posterior teeth are either stomach or large intestine.

Kevin: Okay.

Bill: The lower bicuspid and the lower molars, they're bicuspid on the bottom, are stomach teeth and the molars are large intestine teeth are on the top. It's just reversed. The molars are stomach and the upper bicuspid are large intestine. The meridians cross there. And of course, this is German acupuncture not oriental. So... But the point being, every rear tooth has an interrelationship with digestion.

Kevin: Okay.

Bill: And...

Robyn: Exactly.

Bill: Yeah.

Robyn: And we've got a question coming in, lots of questions, a very basic question: what is, you know, based on your years – your expertise, what is the best self-care for this woman out there? What's the best way for her to take care of her mouth and her teeth on a day to day basis? Because there's some people now who don't even floss. What is your feeling?

Bill: Well, the number one thing that even the American Dental Association agrees with me on this, that the bacteria in your mouth is the most... it's the dirtiest place in the body, as far as bacteria count goes. This bacteria gets into your blood supply. The mouth is very vascular, and through sublingual absorption through the mucosa the bacteria go throughout your body. The process is called bacteremia, and this bacteria can get in the blood system and just go anywhere in the body, and it's related to heart problems, strokes, some premature birth, some obesity, and all these things that the research was done at Johns Hopkins University. And it's just, the cleaner you keep your mouth the healthier you're going to be. So, you've got to do that. You've got to have regular cleanings. You've got to floss every day, and keep the plaque count down. So, I mean other than that, you've got to make a good choice on questions to discuss with your dentist about the materials that go into your mouth, and have a session on, you know, what are the best materials and what has he found to be the best, healthiest thing to do. Like right now, we're not doing any metals, not even porcelain to gold crowns. We do all the cast porcelain bonded crowns, whether their emax – is a name for one of them, zirconium is another one, and we can even do long-span bridges. I have one in my mouth – zirconium, no metal. And the fillings I have are called the biocompatibility tested composites, also have some emax crowns –

metal free crowns, because we don't want the dissimilar metals to have a current flow between them, and they create a disturbance field, and they corrode. So, we want the new technology to... the technology is finally catching up to the needs of this kind of dentistry – to have a metal free, porcelain bonded dentistry.

Kevin: So, when you're talking about the bacteria, is, so we've heard this very simple thing about sugar and creating cavities. Is there a truth to that? Is that something you can speak to?

Bill: Well, the sugar created a lower Ph. The bacteria, the strep mutants, ingest the sugar. It's one of the things they love.

Kevin: Okay.

Bill: And, it lowers the Ph and causes more demineralization of the tooth. That's the classic explanation.

Kevin: Okay.

Bill: Now, there are other explanations of why that would be the case and a little more involved. We don't have time here, but it has to do with biochemistry

Kevin: Okay.

Bill: But, you want to keep your Ph as high as possible and sugar doesn't do that, for sure, and it is a sub straight that the strep mutants and the bacteria thoroughly enjoy.

Kevin: Okay.

Bill: I want to talk a little bit about cavitation.

Kevin: Yeah, yeah.

Robyn: Okay.

Bill: Cavitation's are, that's a laymen's word for something called residual lostitis or chronic bacterialitis, osteitis, osteo boneitis, inflammation, but the bacterial component. And what this is it's a residual lesion in the mouth that was an unhealed area where a tooth was previously extracted, and in other words, we'll see this a lot in wisdom tooth areas. Which the wisdom teeth are on the heart meridian, by the way, and small intestine.

Kevin: Wow.

Bill: So, it's a crucial area. So, we'll see, sometimes we'll see it on the x-ray, sometimes you don't see it on the x-ray, because it's a little cavern in the jaw, but it has a boney wall on both sides of it. So, on a two dimensional x-ray, a lot of times you don't see these things. Sometimes you, but dentists don't know what they are. This is something else that's not formally recognized.

Kevin: Okay.

Bill: So, to really know what it is and document that it is there sometimes you have to do muscle testing, sometimes you have to do some diagnostic injections just to see if you inject this area if some of the symptoms that the patient was experiencing, usually related to that meridian, improve. So, what happened was that the tooth was infected or the tooth, when it was taken out, that the periodontal membrane was shredded completely, or the bone that was unhealthy bone has an unhealthy tooth that was removed and unhealthy bone wasn't also taken out. That... The bone just never really healed, and so, there's this place for bacteria to live in the jaw, and this bacteria, again, gets in your blood supply and also creates an energy disturbance field. A lot of times, you have to go back in and re-operate these areas. Open it back up and usually fall into a cavern when you put a burr through the bone it just falls into a hole. And so, you just clean it all out, get the bleeding started again, and start all over, basically from the day that the tooth was taken out. More and more I'm trying to do that less and less. *[coughs]* Excuse me. And inject these inject these areas with homeopathic and use a laser on them to see if we can't re-establish energy flow vascularity.

Kevin: Oh, okay.

Bill: *[coughs]* So, perhaps you've heard of these Robyn? Do you, what do you do to acknowledge these with acupuncture?

Robyn: I'm having, I'm having a little bit of trouble hearing you from here. It's my connection.

Bill: I was wondering...

Robyn: So all the listeners know, I'm in Mexico.

Bill: No, I was just curious as an acupuncturist that these jaw infections, chronic jaw

infections, are really inhibiting the meridian flow.

Kevin: Yeah.

Bill: So, as an acupuncturist, I would think this would be something that, maybe when you notice in your pulse diagnosis that the pulse isn't holding, you know the meridian's blocked, or if there's an infection in the jaw that, perhaps there's a situation that you've run across that you can help by... with acupuncture, because that's basically what I'm doing. I just trying to inject these things locally and re-establish energy flow.

Robyn: There's so much you can do.

Bill: Yeah.

Robyn: Locally and even for that area of the body, you know, from the toe points to the head point. It's amazing what, energetically, when that's locked up and there's not normal flow of oxygen to the tissue, how much that's impacting. So, I look at the health of the jaw and all the things that we're talking about. I always look at teeth no matter what indication somebody's coming in with, what particular health issue.

Bill: Because, to the people listening, you don't have to be a dentist to thing this way. Whatever... you don't even have to be a health practitioner to do muscle testing, but I'm talking about even if you are a practicing oriental medicine and being you're an acupuncturist, this is instrumental to the healing of the mouth and the jaw, the meridian, these issues that we're talking about, re-establishing energy flow. Dentists are causing problems with these issues that are ignored, for other practitioners. And then, the chiropractor doesn't know why his adjustment aren't holding. Well, that's because the jaw, the bite's off.

Kevin: Okay.

Bill: You know, once we make a splint for people and get them in physiological rest position, get the TMJ joint in the disc, the adjustments hold. And then, another issue would be if there's an energetic focus on the meridian, Robyn, and you're wondering, "Well gee, I wonder why my acupuncture treatments aren't, you know, she was fine when she left. Why is she not holding?"

Robyn: Yeah.

Bill: You know.

Robyn: It's an integrated approach to helping people, and the health challenge is the way to go. You know, not just giving a pharmaceutical drug, but I mean getting to the energetic imbalances. Like you said, from the cervical spine to the help of the mouth, to all of it. All of it, and that too your diet. So this is why, you know, we were planning, creating the whole Self-Care Revolution™. Early on we knew that we wanted to bring in... to bring you in and have this conversation, because it's really one of the most important. You know, people are trying to be detectives and figure out, you know, what's going on in the body – why do you get a certain infection, why are you having headaches, and very often this is the missing piece that people don't look at it all in the health of the mouth.

Bill: Well...

Robyn: Great. This has been incredibly informative.

Bill: You used the right word there – detective, and that's the way I view myself, a dental detective. I'm trying to...

Robyn: A what?

Bill: You know, just trying to be a detective and getting down to the core.

Robyn: Yes! Yes.

Bill: And your next speaker, Dr. Costello, has really put this together in a very wonderful way, being an MD, a neurosurgeon, and a P.H.D. neural scientist, and as much as she knows about dentistry also, and her new approaches to providing healing from, you know, heavy metals to Lyme disease, to etc. I think you're going to have a very good conversation with her and how she approaches detoxification, because I just look at... You know, dentistry is only a piece of the puzzle, and sometimes, it's just a huge missing piece. But, it is just a piece, and there's so many other pieces that everyone needs to acknowledge. The body is a very complex instrument. It's like an orchestra that when all the components, all the instruments – the horn section, the violin section, are playing harmoniously, that's called health, but when one of them becomes out of tune and disharmonic, that's called ill health. And we need to continually keep our body in tune with all these different pieces. People need to investigate and conclude from themselves anymore, not just depend on like one person to say this is the way it is, or one organization to say this is way it

is. You know, you have to find out what's best for you and what's missing for you, and that's really the true approach to health is becoming in tune with your body, and whether it's learning how to muscle test, use the pendulum so you're subconscious and you're conscious can communicate better, all these things. It gives you a feeling of empowerment, which is health in itself, and it gives you hope. You know, hope is the driving force. Energy of health is the hopefulness of being better, a better day tomorrow.

Kevin: Oh, that's excellent.

Robyn: Can we branch off? Kevin, did you have one more question up here. There's so many more questions. My goodness, we're just beginning here.

Kevin: There really is. I think what we'll do is, again, our email address is info@jointheselfcarerevolution.com and we'll take some offline questions. Yeah, but I think as we're finishing up, that was a great way to finish, actually, and an integrated way to lead into our next speaker.

[End of Interview]

PAMELA COSTELLO

DrPamelaCostello.com | MD, PhD, Neurosurgeon

THE PATH TO YOUR BEST BRAIN HEALTH EVER

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Robyn: Hello everyone and welcome to our final speaker of this fabulous month, month four of the Self-Care Revolution™, which has been all about Unleashing Your Brainpower. Everything from diet to your thoughts. We just learned from Dr. Wolfe how important dental health is to your overall health spectrum. And now we're going to hear from Dr. Pamela Costello who is a medical doctor. She's a licensed medical doctor practicing and a practicing neurosurgeon. But before that, I just want to introduce myself. I'm Robyn Benson; I'm a Doctor of Oriental Medicine. And I'm also founder of Santa Fe Soul Health and Healing Center. And I'm joined by my co-host...

Kevin: Kevin Snow, I'm the desert shaman and an intuitive counselor here at Santa Fe Soul Health and Healing Center.

Robyn: And we do know, from the Self-Care Revolution™ standpoint, that this month we have brought in a whole additional tribe to this big, big message of self-care right now. And I think so many people realize, you know, with a system that's really about treating diseases right now, that the answer really lies within all of us. Of course to seek out the health experts in the world, but also to realize that our path of health is a very, very individual one, and the choices that we make 24/7 really matter. And we've certainly... Kevin wouldn't you say we have learned so much from our expert speakers and from all of the amazing practitioners at Santa Fe Soul Health and Healing Center, just how important this is. Do you have anything to add?

Kevin: Oh, it's just been an incredible journey so far. I mean, I think that each one of these interviews has just been a wealth of information and I'm just so grateful that to be a part of it myself. And I definitely encourage all of you who are listening today, but haven't become a member of the Self-Care Revolution™ to tune into www.jointheselfcarerevolution.com

Robyn: And I can admit whole-heartedly that I am actually practicing self-care in a big way right now.

Kevin: Great!

Robyn: I finally got new technology, I'm in Mexico, I'm trying to finish my first Module. And I'm getting some much, much necessary block time to do that and just carrying on this revolution has brought out so much in each of us, hasn't it Kevin. I mean every which way has this stretched us individually, collectively, and as a healing center...

Kevin: Sure.

Robyn: To really get this message out there.

Kevin: Definitely. It sure has. I mean there's been some bumpy moments, and some good moments, but mostly good right?

Robyn: Right. And I just want to let everybody know that Kevin Snow, the desert shaman extraordinaire; he is also finishing his degree. So congratulations Kevin. That through all this, and taking on this big movement. That you've been able to continue on and you'll be graduating, I believe, next week, or two weeks for now. Two weeks from now.

Kevin: That's right, yeah. It's been another journey for sure. Very grateful. I definitely know the education component is huge and I encourage anybody out there that's thinking of doing that to do the same. To really pursue your dream. And this has been my passion, and I definitely am pursuing it tonight.

Robyn: Yay!

Kevin: That's one of the things like you, as an intuitive counselor, is help people find their passion.

Robyn: Yay.

Kevin: Yeah!

Robyn: Great. Well, welcome Dr. Costello, it's so great to have you here.

Pamela: Thank you. Thank you, Robyn and Kevin, for having me.

Kevin: Thank you.

Pamela: My pleasure.

Robyn: And as I was saying, that Dr. Costello is a licensed medical doctor and practicing neurosurgeon. She has spent the past twenty years diagnosing and treating patients within the traditional western medical system. With an additional doctorate in neuroscience, she has spent a great deal of her professional career in the scientific study of the nervous system focusing on conditions that affect the brain, spinal cord, and peripheral nervous system. And I also understand that you've studied, pretty intensely, with Dr. Rau of Switzerland, correct?

Pamela: Yes.

Robyn: That's Dr. R-A-U for any of you who didn't understand my pronunciation, but I've actually met this amazing doctor who has a very holistic approach to all health conditions. He works with a lot of people with autoimmune disorders. Wow, I'm like, so ready to jump in and ask you the first question. First of all, how did you become a neurosurgeon, a medical doctor, and how have you made this switch to becoming more of an integrated medical doctor?

Pamela: Well, I began with my career in, actually, my neuroscience studies. And as I was doing that, I felt that the application of future generations of my research wasn't enough to serve whatever my purposes would be on the planet. So I entered medical school at the same time I was in my graduate program and then completed my medical degree. And in my journeys I thought I might be a neurologist because my neuroscience background in the limbic brain would obviously lend well to that. But when I did a rotation of an externship in medical school at Harvard, and another one at Columbia; I found with those two that I did neurology at the latter and surgery at the former. And what I found with neurosurgery is that there was an immediate response to treating patients and that dynamic suited me better than just diagnosing patients. Which I've found, as esteemed as my professors at Columbia were, that's primarily what they were doing.

What I also found very early on is what they were treating the patients with, particularly steroids and chemotherapeutic agents, were unacceptable to me. So I completed my training appropriately and followed all of the required approaches, in the boxes, I say, with medicine. And did that in hospital based care working in a neuro-intensive care units and the operating room and emergency room as a neurosurgeon for the past 20 years, 21 years now. But, along the way, probably within the first few years, I realized that I needed to amplify what I did not get in my medical education and in my residency. I had done a post-doctoral fellowship at the Rockefeller institute in Alzheimer's research in human brains. And I found that as we

were looking under the microscopes that I was constantly seeing heavy metal deposits. So when I asked the research professor, who was working on finding the Alz50 gene, Dr. Peter Davies, what to do about that; his response was that our job was to identify the human genome that was contributing to Alzheimer's, not what's turning it on. He said "But you can work on that later."

So I decided, as a neurosurgeon, I certainly wanted to find out what I could with my understanding of the brain. Andrew Wile was somebody I paid attention to in medical school. And he had a protocol for detoxifying patients during surgery. So, every operation I ever did, I gave patients intravenous vitamin C. With very little exception. And my patients cleared many of their neurologic conditions, not just from the surgical approach, but in general. If I were operating on their backs, their brains were clear. Now, typically after surgery, patients' neurologic cognitive functions compromise because of the anesthetics, but the vitamin C not only cleared that out, it also cleared out a lot of other toxicity that they had brought in with them. For a short period of time after surgery, sometimes a few months, sometimes six weeks, the patients would comment on how much better they felt – the lower their blood pressure had become and so forth and so on. So I made sure everyone had got intravenous vitamin C until they went home from the hospital. And then when I moved from New York City and the Northern Pennsylvania practice area to come here, three years ago, to New Mexico, I said "I'm going to offer this to everyone." Because it shouldn't be just surgery patients getting the benefits. So about seven years ago, I started studying with Thomas Rau of the Paracelsus Institute and I completed my training with an internship with him in Switzerland about four years ago. And using biological medicine applications allowed me to extend what I offer patients. And it's not so much a holistic approach and diagnosis, but it's actually offering treatments. So saying "Here's why I feel your nervous system is notifying you that it's toxic and that it's having problems, and this is how I feel we can approach using non-drug therapies to clean it up."

Kevin: Wow, that's great! You mentioned integrative health; could you just expand a little bit on how you see that picture? The integrative health picture, today.

Pamela: Sure. I feel the diagnostics of science are critically important in many regards. Not 100% application. But I think that energy work is extraordinarily important in what I do for the treatment end. And from the diagnostic end it assists me, but I feel, especially since I take insurance and I'm trying very hard to get patients insurance to pay for their highest health, attaining their highest health. So using laboratory testing, to find out what low sub-clinical or low grade infections

they might have, what immune imbalances they might have, and then using heavy metal testing which is largely not covered by insurance, but fairly low cost. The scientific diagnostics, I feel, are my best approach in my hands because it's coming from a neuroscientist so, that's my best tool. So I use standard medicine and science to work the patient up as well as always establish where their anatomy is, and their physiology. And then I look at their diet protocol. What they're eating, as far as what foods are supporting their immune system thereby supporting their brain, not supporting or adversely affecting them, or more neutral. And that relationship coming from understanding that most of the immune system lines the bowel wall. So everything that we swallow interfaces with that, and then it directly and indirectly affects the brain. So I think understanding that the basic science and understanding the science is important to understanding how did the brain get to the place of giving you this much warning – that it's that toxic, or this much dysfunction. And then not using suppressive, in the box, drugs is what takes me into biological medicine and into energy work. I use herbal, homeopathic and energetic frequency treatments to help patients clear their toxins and I find Mother Nature does a far better job than anything big Pharma could come up with.

Kevin: Right. I totally agree. So when you're talking about frequency, could you expand a little bit on that?

Pamela: Well there's energy on the planet. Whether you understand Nikola Tesla, the microstructure of the body, or even the atomic and subatomic structure of Albert Einstein, it's energy. If you extend that up to the various energetics of our body, we not have a nervous system, that's our electrical system, we have an energetic body. And we also have an interconnection or a communication between those systems that acupuncture utilizes for both diagnosing and healing. And I have had the good fortune of working with Dr. Byron White, who is a master herbalist of many decades, who has cured chronic immune and neurologic illness, and Dr. Bill Wolfe who's also a master at creating energized medicaments that we can use that are homeopathic based. Dr. Wolfe worked primarily with homeopathic and Dr. White primarily with herbal products, but they're all using energetic frequencies coming from the various technologies that'll allow us to take the energy one would use to energetically heal somebody and put it into a product. And the product's base allows us to access the body, and get in and do physiologic as well as energetic work.

Kevin: That's so exciting for me to hear, you know, doing energetic work myself, to have that kind of support and that kind of, like you're saying, diagnostic research behind it. I think it's so spectacular because it really is creating this integrated health

system that we've certainly been looking for and has been developing. You're specialty is in the nervous system and I wonder if you could just share a little bit about that.

Pamela: Well I feel that our planet has come to a place of saturation of toxins, our globe has, Mother Earth has. And so we have, as our own microcosms, as we are saturated. And our communication system is our brain and spinal cord and peripheral nerves. So we are being communicated that this toxicity level has surpassed our ability to manage it. The extraordinary ability of the body to manage and recover is why I went into medicine, and I think most doctors too. However, the environment right now, in my experience and my perspective, is comprising probably 90% of disease. And that's a number that I pick because I always allow for karma as well as structural traumatic issues that can occur acutely and the additional added influence of attitude. So when we take away the attitude and we take away karma and we take away structural trauma, then we have the environment. And the environment is, now we're dealing with the consequence of an environment that has no life force in our air or water. That our food source is highly corrupted, and has now been genetically so. So even pursuing organic options, although very much necessary, is not in a place of perfection to accommodate our bastardized food supply. And what the nervous system does is tells you how toxic it is, and actually tells me where it's toxic and how it's toxic. So tuning into mood disorders or issues that deal with memory, such as brain fog up to Alzheimer's, deals with my specific area; the brain, the limbic brain, which is your mood, motivational, and emotional centers. But if the patient has balance issues we know that part of the spinal column as well as the cerebellum and other portions of the brain can be affected. It can be visual compromise or auditory where the patient's not hearing well. One of the most common presentations in my practice, in my experiences, with ringing in the ears or hearing loss is that the patients turned out to have very high lead toxicity. So it's generally using the anatomy and physiology of the brain. And then when it goes awry, localizing not only where the problem is, and sometimes and many times, it's global, it's the whole nervous system. But even the veterans unfortunately, going back to probably as long as we've had recorded history, there's reports of neuropathy. There's not just post-traumatic stress disorder, which I feel is absolutely psychologically based, but it's also organically. Because of, certainly since WWII, the use of chemical and germ warfare. So the neuropathy, or the numbness in the hands and feet, as well as the emotional imbalances, tell me anatomically which structures are problematic. The neuropathy being the peripheral nerves and the emotional imbalance being the limbic brain. But the underlying fundamental cause there, is that we're all toxic, we're born with a toxic load that tends to hide in our nervous system.

And then you bring a war event that's an emotional, critical attack, as well as a chemical and possible biological as well.

Robyn: It's amazing how we function, isn't it, as we consider all those aspects of who we are.

Pamela: That's why I prefaced it with saying how extraordinary the body is to accommodate.

Robyn: Oh, extraordinary! So, I know that you work with a lot of people with Lyme's disease. Can you give us an idea of exactly what's your approach?

Pamela: Well my initial discovery that Lyme was something more than, myself growing up on the East Coast and the Northeast that people even in the boxed medicine had acknowledged, people I knew had it, was that I was asked to do brain biopsies before I left my practice in the Northeast, and once I got here there was a flurry of them. And I was being asked in consultation from neurologists who were testing patients who were very lethargic or in coma. And the patients' cerebral spinal fluid had been clear of any obvious cause, although there were protein imbalances, and their blood work-up wasn't showing anything. However, the hospital based work-up left out all these exotic, likely, designer bugs. But rampant in sections that are far more pervasive than I think that society understands. So what I explain to patients first is that I think Lyme is pandemic. It's globally epidemic. And I think it's very much like *Staphylococcus aureus*. Patients know about staph infections, and they know about flesh eating *Streptococcus*. So they hear these things in the news as outbreaks show up, including such exotic things as swine flu etc. Lyme falls amongst that group. And what I think they are, these are microbes that themselves have acquired a tremendous virulence through the same stressors our bodies have. And they've also acquired an opportunistic role within our bodies. So while that we're still working on the science as to how these conditions are spread, I feel Lyme disease is more ubiquitous or wide-spread than people realize. It's not just something being carried by ticks. And it's not just something in New England. I've had cases come from all over the world. And the brain biopsies that I was asked to do, in my career, yielded nothing other than the patients had positive Lyme testing. So once I started realizing that's what I was getting out of the majority of these biopsies, I'm not talking about patients with brain tumors but I'm talking about people who had become inexplicably lethargic and comatose that they'd require something as dramatic as a neurosurgical consultation, I just started recommending that patients start being treated with the appropriate antibiotics. And so many patients cleared in

that setting that I said “I’m not doing anymore brain biopsies, I’m just going to start looking how to better work these patients up.” So I spent some time with Dr. Steven Harris of IGeneX Lab of the San Francisco area with Nick Harris who is a part of the Associated Lyme Disease IN-labs Foundation. I did secondary training with him when I first moved to New Mexico.

Robyn: That’s the most accurate lab isn’t it? For diagnosing?

Pamela: Without question it is. It’s really the forerunner, because it and both Dr. Harris’ really spearheaded those doctors acknowledging Lyme as a problem, decades ago not just recently. So, even though it’s penetrating the public’s consciousness now, these gentlemen have been working on treating it and have been recognizing and diagnosing it for decades. So, as I did the training with Dr. Harris, I realized that in the general approach to Lyme, that everything I’d been taught in medical school was either mis-informative or just lacking information all together. So I found out ways to best utilize the patient’s insurance and try to work them up and then treat them. That’s where Byron White formula came in for treating the Lyme. It is an infection that likes the nervous system, it’s elusive, it instantaneously infects the nervous system, and it goes into its quiescent undetectable forms in the brain. So, it’s appropriate that I look for it because it’s my system, my brain, my organ that I’m studying and working with that’s hiding it.

Kevin: Wow, ok.

Robyn: Can you say the formulas again, that you use with Lyme?

Pamela: Byron White formulas. Dr. White is from California, and he just retired from private practice of 37 years I believe of treating chronic neuro-immune, other chronic illnesses, auto-immune diseases, in a way that... Actually, Dr. Steve Harris referred me to him. When I found his formulas, they were the most comprehensive combination of, not only all the herbal requirements needed to treat a condition such as borreliosis or Lyme disease, but they also had all the immune support necessary, mixed in as well as energetic – for proprietary energetic formulations that Dr. White provides. So, Byron White is a master herbalist, and he’s also an energetic worker. So, that, in combination with his 37 years of treating the patients no one else could help. It makes an extraordinary tool in my tool kit, and I can focus on being a good neuro-diagnostician and treating the patients without having to resort to pulling in 20 or 30 different medicaments, he’s already combined them.

Robyn: Are you using his formulas along with antibiotics?

Pamela: No, I don't use antibiotics, because I feel they're suppressive only, I don't feel they're curative. Dr. Birsconis stated as much at this last year's iLabs meeting in Boston, October 2012. He stated, "I do not feel the antibiotic protocols I use are curing Lyme. I feel they're suppressing it." So, since the suppressed forms are the hidden forms, the elusive forms are in the brain, I knew I wasn't going to work with antibiotics. Antibiotics also wreck the gut floor and just putting a patient on probiotics, in my opinion, doesn't work, because to really treat an infection you have to have antibiotic coverage that lasts around the clock. So you dose them based on the half-life of the antibiotic and you give it as frequently as you need to so that the half-life never compromises the blood level of the antibiotic. So if you're maintaining a certain bactericidal or bacteria killing level of antibiotic in the blood stream around the clock, then how are dosing probiotics back into the bowel, restoring the bowel floor and in any sustained way? Then, you're wrecking your immune system, which the majority of it resides in the bowel wall.

Robyn: So, start this image with a good diagnosis, knowing that it shows positive. I'm not sure if this test shows what a western blot does, but how long does it take to work with someone to get the Lyme mostly out of the system?

Pamela: Well, because I'm primarily dealing with tertiary Lyme that the patients are showing up with it in their nervous system, my experience is 6 months to a year. It can even take up to two years on the herbals, because we're not trying to suppress the bug, we're trying to build the immune system up and clear out the toxins that allowed it to have an opportunistic field in the first place. So the toxins are many fold, and figuring out what their toxic burden is, including their dentistry. It's not just the mercury fillings, they are absolutely horrific to begin with, but there's the energetic blockage that the dental fields create in our meridians. There's also the overall stress that even an infected tooth puts on our immune system, and as Dr. Rau teaches, is that when you immune bank account is being used up, it can't focus on opportunistic infections when it's being distracted by dental infections.

Kevin: So, you're seeing a connection between this and other autoimmune disorders, based on that – a reduced bank account?

Pamela: Yes, absolutely. I liken this, I tell my patients that it's a layered approach. I find the diagnostic issues at the base. Obviously, you're blank canvas that you're painting on is your genetic background, but I don't do the genetic workup because I focus on the epigenetics – those things that turn the genetic off and on. The next layer over that, is your heavy metal burden including electronic poisons, pesticides,

solvents, etc., environmental pollutants, which include the in the womb exposure that we've all had. Then the layer above that, are the opportunistic infections. So it may be the Lyme infection, or in many cases in the Southwest, Rocky Mountain spotted fever or Chlamydia and pneumonia infections, that trips the Parkinson's disease or manifest as the tremor, or the autism, or the speech difficulties, or a brain fog. Under that are the toxins which are preoccupying the immune system, not directly antagonizing the T cells, so that the infection was not handled.

Kevin: Okay, that makes total sense. Is there an energetic body component to this as well?

Pamela: There is. I rely on, not only the energetics of Dr. Wolfe and Dr. Byron White's treatments to help me clear that, but I also tell patients to be very careful that when you're being energetically tested for both issues – such mercury and Lyme – they have a very low vibration to them. They're very, very toxic entities and they're elusive. I've had more than one patient come in who had florid neurological Lyme's disease who had wonderful energy workers test them and pick up no Lyme. Just like our laboratory testing is horrific at picking up Lyme, other than the IGeneX lab and some of the other labs that are on the forefront of diagnostics. There's an energetic misinformation that's coming across. So, learning about the energy of Lyme and mercury and how low a vibration they are... I actually know some healers who are working with vibrational medicine that help improve the patient's symptoms. The final layer of that is using acupuncture to not only open up meridians but remove some of the toxic waste that gets into your energetic fields from these toxic entities.

Kevin: I think it's interesting as well, when you say entities, are you talking about these spirochete – little worm-like things that you can see in the microscope?

Pamela: And then the mercury element itself as well as the vibration they carry with them.

Kevin: You had called them 'designer bugs.' Is there more of a story behind that?

Pamela: Probably, it's my opinion more than anything, a conjecture at this point. But I think a good source of information is the Module Lab 257. I think that in my following patients, both what I was taught in medical school and what was in the textModules that are used in medical school about Lyme, the understanding the Lyme that was found in the ice man, which is a 4,000+ year old frozen mummy that was found in the Tyrolean Italian Alps, where they found Lyme in a degenerated disk at L4-5 in his back. When they did P4 analysis on that, compared to the current

modern Lyme, they're vastly different. And the modern Lyme has more plasmids, more portions of viral type DNA within it than any other organism on the planet. So the evolutionary stressors on an organism to create such virulence in such a short period of time is impossible in my opinion. So I think it was a conscripted effort. Unfortunately.

Kevin: So furthering this, the detoxification, and this idea of, so what can our listeners do if they believe they have. If they're having fatigue, they're having some of these basic symptoms. What are some simple things that they can do to detoxify?

Pamela: The first thing one can do is absolutely disallow the placement of mercury fillings in you or your offspring's mouth. That's the absolute, initial, mandatory interference. If you already have mercury fillings, then you should pursue a biological dentist. I had an extraordinarily talented dentist, years ago, from my New York City practice, associate remove my mercury and I was made very sick. It's the only time I was sick in my life. And I'm still trying to clear the mercury. So I don't want that to happen to patients. I don't want them to know that "Well mercury's a problem, let me just go get it out." Because I fell into that spell, thinking that if I had a very talented oral surgeon who I believed was accepting my premise that the mercury was toxic, was actually treating me cosmetically. And a great deal of mercury was actually absorbed into my system. So removing that, was a toxin in my mouth and now it's a toxin even further in my body. So dealing with the mercury fillings is something that can be done. And I realize it's a big undertaking, but what I have found with patients is that the sicker you are, the more is at stake. The more you need to know where to actually run interference is going to matter. And it'll save your life.

Your diet. Being very aware of immune toxic foods because what's immunotoxic is brain toxic. So, glutes are horrific for the brain; they're horrific for the immune system for all of my patients. For the general populations I don't make that statement, because I don't treat the general population. I treat the populations that represents neurologic disease, but that includes babies with developmental delays, to autism, to 96 year-olds with Alzheimer's – the same applies. I think that there's a genetic fragility in younger generations that disease is manifesting neurologically earlier, because they're being conceived in an environment with much greater stressors on their genetics than the genetic figure of our grandparents, or parents or great-grandparents. So, the older generations can tolerate more as far as food, but a way to turn the volume or the rheostat of that down, I believe, is to avoid glutes, processed sugars, food that's not organic if possible.

I certainly find a tremendous inflammatory link to dairy, with my patients. The rest of the work-up, you need to have a good practitioner to help figure out what would suit your particular issues, to find out what your toxic burden is. But what I tell patients is, I don't try to convince you what path you need to choose, I need to just give you the information from my experience, my many years of working with the brain and what's adversely and positively influenced it. And then, at least allow you some options to regain control over your own healthcare.

Robyn: It makes you wonder, we interviewed Dr. O'Brian, the gluten expert, and he basically said that 70 % of the population has a sensitivity to gluten. In other words, there's just so many neurological issues, and at the root of it is years and years of consistent use of a substance that the body doesn't like – including the sugar, including the dairy. People just rarely have this understanding of the connection to the brain and how much that can impact them. I'm just curious, you must be really kind of unusually wonderful in the neurosurgeon-neurological arena. You're probably not the average person, are you that practices in this way, this holistic way?

Pamela: Well, some of my wonderful colleagues that are neurosurgeons that also have their PhDs, have specialties in cancer research and seeing how cancer cells mutate. So think neuroscience background put me on this particularly separate path, but my consciousness being that of an absolute die-hard hippie is what made me accept that I wasn't going to accept the bottom line when intuitively, intellectually, and just on a very common sense level it didn't make sense.

Robyn: Good answer.

Pamela: That one should be focused on suppressing the bodies attempt to warn you that something is wrong. So, no sooner would I tell a patient to keep their hand on a hot stove and try and take a pain pill to ignore the fact that the nervous system is telling you that it's being traumatized when it's trying to pull your hand away, do I feel you should take an artificial stimulant to artificially increase your alertness or awareness levels, nor do I feel you should suppress pain purely from utilizing suppressive drugs. It does not mean there isn't a role for those drugs. I use those drugs and save people's lives and improve their quality of life dramatically in the hospital system, but outside of the hospital system I feel you have other options, and I don't feel the situations are exactly the same. If you're in an acute crashing situation and you want what the hospitals often have to offer, which is life-support and running interference, and in many cases it was straight surgery that I save people's lives. But, in an outpatient setting, and with what's manifesting now on our planet, is

this overwhelming abundance of neurologic and chronic immunologic disease, and that takes us back to this holistic integrated approach where we look for toxic burdens, we avoid things that clearly toxify us or turn the volume up, even sugar alone – processed sugar feeds the inflammation system. So, whether you just had an operation, you have a chronic immune illness, or you have brain fog, if you're going to feed the inflammatory system you're going to inflame your body and your brain. By removing the sugar you're not curing all the causes of the inflammation, but they give you the power to shop, cook, and eat in a way that you can turn the volume down.

Kevin: I like that – to shop, cook, and eat and this basic idea that it is feeding this inflammatory system. You mentioned earlier a word called epigenetics. I wonder if you could share a little bit about how you feel about that and maybe describe it a little bit.

Pamela: Well, genetics are the chromosomal contribution from your parents at the time of conception, and then there after, everything that your genetics are exposed to in the womb and then once you're born are considered epigenetics – or forces working on top of that genetic background. So epigenetics would be mercury in the womb or what the mother's eating. It could be as simple as if you're somebody who's breastfeeding and you're eating very spicy food and your child has colic, then that's an epigenetic phenomenon, because what you're manifesting is a clinical manifestation of an irritability where that newborn has an intolerance to that particular spice or whatever else is in the food. So, epigenetics means turning the genes on or off as well as creating mutations in the womb. So, you can have genetic breakages or mosaics, or partial breakages, or manifestations of genetic breakages that come from these toxic exposures in the womb. As the life-force diminishes in our air, water, and food supply, and the toxic burden goes up, that interface is magnifying and amplifying in the womb and then after birth. Hence when I trained in the '80s in medical school, the one in a quarter of a million was the number given for autism, and it's now one in less than sixty. So it's those two phenomenon which are epigenetic.

Kevin: So, Alzheimer's, you mentioned Alzheimer's a couple of times. I'm hearing in what you're saying that there's this component to that as well. Could you share a little bit about Alzheimer's?

Pamela: Well, Alzheimer's has typically been seen as a form of dementia that affects the aging. When I did my post-doctoral research, and even my doctoral research, I worked on the area of the brain called the limbic brain or the hippocampus, which

contributes to our short-term memory, as well as mood and motivational surrounding areas. So when you see a decrement or loss of that, that's part of the dementia process. We know that's the area of the brain affected.

When I was working with Dr. Peter Davies, in his lab as he was working on the ALT 50 gene, which is a gene found in certain families that have a propensity to early diagnosis of Alzheimer's. I just realized there were other things contributing to the data amyloid plaques and what the brain findings were scientifically, in patients, human brains that had Alzheimer's as well as in the animal models. What I've seen in my practice and in the past 21 years is that patients who had brain fog early on almost unanimously have parents with Alzheimer's. That is a large part of the latter part of their life, and it's showing up earlier and earlier.

My most pronounced case of sudden onset of Alzheimer-type symptoms, which was felt to be initially a stroke and potentially a whole hemisphere of the brain possible low-grade tumor, was in a nuclear physicist who had worked on the Manhattan project. He came to me in his 90s. I was asked to assess him for the possible stroke for his tumor, and what I found is neither of those were the case and that when he was treated for radiation he cleared and his speech issues and dementia cleared. So, his was a very rapid onset and a very rapid recovery, but most patients it's a gradual insidious brain fog, short-term memory loss, lack of focus, mood changes, including depression and anxiety – all relating to this limbic brain – this part of the brain that controls those functions and then thereby responsible to their dysfunctions. Some of the most toxic things that I have found related to that and when I work these patients up and improve them, is the mercury related issue, food intolerances, and then the burden of what the rest of us are dealing with, which is those ionized radiation, a general compromise to our immune system, and even some of these low-grade infections that we talked about such as with Lyme disease. I think in general, Alzheimer's is a disease of a prematurely aging brain from toxic burden.

Robyn: How much do you think electromagnetic pollution is impacting our brain function?

Pamela: It's a dramatic layer, because our brain's an electrical generator as well as receiver. It's a layer of poison that shuts everything else down – both on a cellular level and a structural level. Radiation needs to be identified and cleared before you can go in and get the other toxins out.

Robyn: Yeah, it's hard to clear that one, right?

Pamela: No, actually Dr. Byron White has wonderful formulas for it, and there are products out there that are very good for it.

Kevin: Oh great.

Robyn: Wow. I would love to find out more about those, because I find that people are living in these frequencies that are not natural to their cellular health, and it really affects memory.

Pamela: You have to remove yourself from the exposure. The behavior has to change. You can't treat lead toxicity if you're continually drinking tap water full of lead. You won't be able to get ahead of it. You can't really, in my experience, dramatically change mercury toxicity if you still have a mercury burden in your mouth – in your amalgams. You can work around that, you can improve symptoms, but I don't find patients in many cases cured. If you're in a high EMF field, there are things that can be done around your home to intercept the frequencies hitting you, but to detoxify yourself right now we're dealing with tremendous toxicity.

On the front page of the New York Times today talks about the Fukushima plant is again leaking. After the tsunami in Japan, they have been trying to clean up the nuclear waste and putting it in these large containers that are leaking and as the rain water comes down from higher elevations it's pouring out beyond these containers faster than they can collect. So, what we're being hit with, yet again, another wave of bi-products of that in all forms of radioactive elements. So patients who complain of fatigue when they come in, I know I have to address the radiation right up front. And in doing that, in neutralizing that, using herbals and energetic treatments, we do clear it and we maintain them on a protocol. But an important thing that Byron White has taught me, and himself discovered, is that our iodine levels are being depleted, because our iodine normally tries to run interference for radiation exposure. When the iodine runs low you lose your ability to handle further attacks or assaults of radiation so the nervous system gets even more toxic. That often manifests in extreme lethargy, exhaustion, and difficulty focusing. It's complicated, but it's doable. If you understand the basic premise that illness of the nervous system is the body telling you that it's imbalanced, and it's not just imbalanced because you're not eating the right food or you need to take neurotransmitters; there are layers of toxicity under that that can readily be removed. And in doing so, you're not chasing your tail, chasing after symptoms, because to me, supplementing in many cases, even though it helps your body during the healing process, is not a long-term cure if you don't find out why the body needs that supplement in the first place.

It's the same approach as in the box medicine giving you suppressive drugs. As long as you take the drug you're okay, when you stop taking it, you're not. The problem with in the box medicines is obviously their side effects to how potent their approach is versus a more natural approach, which is more supportive. Most patients, I tell them if you can take supplements that help you feel better in your body and we are sure there's no energetic downside, are the preparations not adulterated, that's fine. But if you don't deal with these very basic issues of toxicity, such as radiation poisoning, the heavy metals, and our food source – then you're chasing your tail.

Robyn: Pretty much everybody on the planet right now, I think, has to be concerned, a big premise of this Self-Care Revolution™ is this toxicity issue with cancer. So many people get cancer in their twenties and thirties, even younger children, and more and more people younger people with neurological issues. It's time that we all are practicing a form of detoxification.

Pamela: I feel there's two ways, Robyn, to look at that. On one hand, yes, we must be realistic. We knew this was going to happen if our business end of the planet didn't treat the planet better. We knew as increased food production attempts were being made genetically, that our food source was going to be altered and has been. We knew these things were going, as the population on the planet increased, were going to catch up to us. So the reality that our environmental medicine is a critical part of why our bodies aren't functioning at their highest health, that's number one. But the second thing to understand is that a great deal of the burden that we're dealing with, we're being born with. And if you clean that up, and you run interference from ongoing exposures, then you really can make a difference and still live that life of highest health. And for those who have children and grandchildren, it's critical to do this as a way of running interference. So the old approach is, I'm young and I'll eat and I'll do at will what I want and then I'll repair and when I get older I'll make corrections. That's not going to fly anymore, it just isn't. That if you're even considering conceiving a child, you need to know what mercury and toxins are in your system and clean that up or you're going to concentrate them in the offspring. If you already have children you need to make sure they don't get mercury fillings.

There are some basic guidelines, and obviously you can take it out to a great finesse, which I do because my patients are so sick and I have to, to understand their entire burden. But for the general public who just wants to take care of themselves, or if they do feel they feel off, then it's important to explore what these basic not only toxic exposures are, but dealing with the in the womb exposure. That can't be overestimated, it really can't be. It really needs to be looked at and understood, that

we are all born toxic. Then it's just a matter of how hard the environment has to hit us before we manifest it.

Kevin: Absolutely. The formulas that you're talking about, I think you said Byron White? Do these need to be prescribed by you or managed by somebody who understands these formulas?

Pamela: They do need to be prescribed by a licensed physician because of, or a licensed practitioner I'm sorry, they don't have to just be a physician. They can be a naturopathic doctor, an osteopathic doctor, a oriental medicine doctor or there are I think some other licenses that cover it. Byron White has a website, www.byronwhiteforulas.com, that you can see a video of him and see about how his formulas work. He's taken the work out of it for the rest of us. He spent decades intensely working on the science of really, really being a master herbalist and putting these things together using energetic medicine. So that's a layer that no supplements out there have, but his do and Dr. Bill Wolfe's do. So those two know that by bringing energy into their, these energetic frequencies and again they're proprietary, but bringing them into homeopathic and/or herbal combinations or formulas. Then you have a double barrel to come after, as far as coming after, addressing these illnesses. But Dr. White has a deep layer of unwinding where his formulas go in and seek out the layer underneath, the homeopathy of it, and unwind it so that your body can deliver these things up in the appropriate sequence that your immune system can handle that happening. And it's that complexity that requires a licensed practitioner who's familiar with his products using these. Because otherwise you can actually get sick, you can get sick from detoxifying too quickly, or trying to detoxify a substance that has layers over it, that you can't get it through, but you unwind it, so you mobilize it but you don't excrete it and you're actually re-toxifying yourself. And patients always say "I don't want to get sick from detoxification, or I don't want to have a Herxheimer reaction where the die off from killing off the infections in my body attacks me." And that's why I tell them we do distill approach, including – first and foremost, assessing your gut, because that's the structure that's going to take this waste out of you. If we don't have that healthy, or as healthy as we can get it, you're going to re-toxify.

Kevin: That's excellent. I think it's really important for our listeners to hear. We're talking about self-care, and yes, there are many things that we can do ourselves, but there are also things that we need help doing – to understand some of this fairly complex neurochemistry and some of the things you've shared with us today that's been super helpful.

Pamela: Byron White as well as Dr. Wolfe and myself, our focus is to empower the patient, to treat acutely what needs to be done, and then to teach you a long learning curve that doesn't involve you having to go back and forth to healthcare practitioners. That we teach you how to manage your own healthcare, so once the main toxic burden is removed, that you can be on maintenance with much less check-ups and much less tied to the healthcare system. That's critically important for non-insured patients, particularly. But it generally empowers the patient. You're learning from all three of us at every step of the way, how we're doing this and where the toxins are. It doesn't mean that you'll be self-prescribing at any point, but we want to get you to the place where you don't need prescriptions of any kind other than eating healthfully, living healthfully, and then if you need an energy worker or you need something to support sort of the spiritual work, there's folks like you, Kevin, that can help them with that.

Kevin: Absolutely. It's so important because people will come to me and they have, I know these underlying conditions that can be helped by doctors, such as yourself. And the spiritual component is absolutely critical and intricate but these other things are so important to work with as well.

Pamela: Well I think that the general premise of it, that illness is a great percentage of environment but part karmic. And karmic takes care of itself, that'll unfold, as it's appropriate. And then the attitude part is how patients approach the illness. Is this a stumbling block or a stepping-stone? And energy work and spiritual focus help them see why we're down here on this school of earth. And we're down here to learn. So the courses may be becoming increasingly difficult but my feeling is we all signed up for this. And so my job is to be a good professor and to teach you so you can graduate and then go on and do the work yourself. But there's always a need, I think, to remember the spiritual element of and the spiritual focus. I've had patients, who've come in, who did have structural issues but that wasn't why they were sick. They definitely had spiritual issues. I mean there's always a toxic burden and I help them unload that so that the spiritual hurdle is not that great, and then I connect them to energy workers that will help get them to the other side. And even when I was in New York City and in my practice in Northern Pennsylvania, many patients went back to tools they already had a connection to. Whether it was doing Thai-Chi or their minister. They went back to meditation. Things to get them not being just in their spiritual body but not being locked in their physical body either, integrating.

Kevin: That's excellent. This word integrating, we're not going to hear less of this, right. We're going to hear more and more of this word.

Pamela: Absolutely. But we're going to become scholars. We're all going to be scholars. It's a great graduate school, this planet.

Robyn: This is true. So one question we haven't asked you yet. What does your self-care regime ritual look like? You're dealing with very complicated, difficult cases on a day-to-day basis. How do you take care of yourself?

Pamela: Well, what helped me for the longest time, Robyn, was exercise, always exercise. When I was in Manhattan I lived right next to Central Park and even though I was on call every night, and every third night, I exercised regularly. But then it came to a point where the mercury in my mouth had to come out. So dealing with mercury toxicity is my primary theme in my life. My earliest memory was restless leg syndrome as a child, a toddler. And my mother had a mouth full of mercury and I clearly had mercury toxicity. So what I've done is to try to clear the mercury of my system. And working with food adjustments, one of the biggest shifts in my own life was getting rid of gluten and dairy. That was a dramatic shift for me. That allowed for me to actually start more successfully getting mercury out. And obviously I've always used filtered water. I've always stayed away from possible toxic exposures including, in New York City, staying away from buses. I didn't run around with a mask on my face but I really tried to stay away from the areas that were more toxic.

I ended up living a lot of my life inside the hospital, in my apartments. But making sure now that I'm not up operating all night, since this past year every other night, that I focus on getting a good night's rest. And then where I felt I still had a block in clearing toxins out, I had a number of energy workers work with me. And with that came learning to meditate. So it's all the things we've been talking about is knowing what to eat, and what not to eat. It's doing things that support you spiritually, and even if it's a walk in the sunshine. Meditation, looking for the deeper understanding of why the illness is there and then if you're in the physical teen of the depths of an illness where a lot of that is not as tangible, then going to the science and cleaning out the toxins that you are dealing with. And I do feel that's the bulk of what's going on for most of us right now. So for me, making sure that I'm well rested, making sure that I'm eating properly, letting go of things that don't support my immune system and doing those things and celebrating those things that do.

Kevin: Wow, we've come to the end of another hour this has whipped by quite quickly. Thank you.

Robyn: This is great Dr. Costello, thank you so much for this information because I think we're, a lot of what you're seeing, certainly what we're seeing in our practices.

And I think that we need to get this information out because a lot of people are developing symptoms in their body younger and younger and I think they do not understand what are at the root of it, this toxicity issue, and this mercury overload and other heavy metal overloads on the body.

Thank you so much. And we're having our live event, for all of you that are listening, June 20th-23rd. As you know, we've got an all-star cast. We have many, many of our Self-Care Revolution™ speakers that are going to be live in Santa Fe. We have speakers and other events going on throughout the day at Santa Fe Soul Health and Healing Center. And to enroll in that, please join us at jointheselfcarerevolution.com, you're welcome to call our center at Santa Fe Soul 505-474-8555. On that note, Kevin, anything else that you can think of?

Kevin: Many other things but maybe for another time. I think we've had some questions come in. But just, much gratitude for all of the things you've shared.

Robyn: Yea thank you Dr. Costello this was just great. Really, really appreciate all you shared with us.

Pamela: Well thank you both for having me. To patients this is empowerment and it is absolutely, in my experience, the great majority of patients get to the other side of it. They just needed to be handed the proper tools, so to be hopeful.

Kevin: Thank you.

Robyn: We need to send them to you, because a lot of doctors don't have this level of experience that you have and an understanding of the intricacies of which people are being diagnosed things that have nothing to do with what the underlining problem is.

Pamela: Don't forget, patients are consumers and it's a consumer driven industry of medicine. So, demand that you're given or offered an integrative approach or at least treated with the respect that you're going to follow an integrative approach, and you will find that practitioners, just like every other business will have to toe the line or they won't stay in practice.

Robyn: Just one question, do you also do kinesiology?

Pamela: I do, I do. I'm more of an intuitive, because I learned that skill operating so my patients were asleep. Rather than Dr. Wolfe muscle tests physically, to me it's more of an intuitive process. But I can do it mechanically for patients. However, for

20 years I practiced at a scrub sink with patients under anesthesia. So that's how I learned it, going into my third eye. I learned how to do that, and then I gained whatever information I needed to from my crown chakra from the patients.

Robyn: So, you're not doing as much surgery anymore, right?

Pamela: Actually, this past year, after 20 years, I decided to let elective as well as emergency room coverage go for my own health and not sleeping every other night for twenty-some years. I was far past what I was able to tolerate, but it was also a decision so I could focus on getting more patients having access to this degree of care. There are many good surgeons out there, but understanding the nervous system and the toxicity issue is something that I can help a lot more patients than just having a skillful hand in surgery.

Robyn: If somebody wants to reach you again, Pamela, could you say your website or phone number? What's the best way to reach you?

Pamela: On my website, because then you can peruse and see what's on there. I'm trying to post more and more information, and we'll have more. It's DRC@DRPamelaCostello.com. And then all my other contact information is there.

Robyn: Thank you so much.

Pamela: Well thank you both for having me. God bless you all. Take care.

Kevin: Yeah. Thank you, you too.

Robyn: Ready for our song Kevin?

Kevin: Yeah, it should be playing.

Robyn: That's ok. Wow, that was awesome wasn't it?

Kevin: It was excellent.

Robyn: That was, I learned quite a bit myself, I must say. I will never say I've got the whole picture, but she carries a huge piece of the puzzle, huge. Being a neurosurgeon now, being a real detective now too, like Dr. Bill Wolfe explained, the team that they are. To really uncover, I mean there are so many people that just walk around, and don't know what they have, very often at the toxic level effecting their nervous systems.

Kevin: Absolutely, well I just want to thank all of our listeners.

Robyn: Yes, thanks to our beautiful all of our listeners who have been a part of this series, we are going to continue to rock your world with amazing content. And we want to invite all of you to come to our live event in June. We hope to see you all, to meet you all face to face, and to carry you further in this great revolution.

Kevin: Here we go, move out with the song, sing along.

Robyn: Thank you Kevin.

[End of Interview]

