



Dr. Romie Mushtaq

The Truth About Anxiety And Why It's Not Your Fault

Fri, 7/17 7:09PM • 34:56

SUMMARY KEYWORDS

people, brain, anxiety, anxious, patrick, sleep, hormones, food sensitivities, mindfulness, trigger, spirit, feel, meditation, inflammatory markers, world, summit, happening, watching, night, pathway

00:02

Hello, welcome back to the optimal performance summit. I'm your host, Dr. Patrick Porter. I have a very special guest. Our next speaker has nearly 20 years of authority in neurology, integrative medicine in mindfulness. She's She's a leading physician on the mission to transform the brain health of companies, company leaders, organizations. She's going to be speaking with us today about the truth about anxiety and why it's not your fault. I want to welcome to the summit Dr. Romie Mushtaq. Dr. Romie, welcome to the summit.

00:30

Thank you so much. It's great to be here with you. And it just is such an important topic and probably one that hits home every day.

00:40

Yeah, we have so many people, especially with what we've just went through. So this but this is applicable anytime because you when you find out that so many people are under fear uncertainty, we just don't know what's happening. So first of all, kind of give us a general idea of maybe people aren't diagnosed with anxiety disorders, but they're feeling a little worried anxiety stress. Tell us a little bit about how you would To find that,



01:01

yeah, sure. So you know, first of all, I just want to introduce to people that I do bring the worlds of Eastern and Western medicine together. So I am a board certified neurologist, brain doctor, but also integrative medicine and mindfulness specialist. And I think one of the key mistakes, Patrick that I see happening is people think it's bad to feel anxious, and that we must be positive in a state of flow and happy all the time. And, you know, that's just not real emotional control. And that a human mind is constantly taking an input consciously and subconsciously, of what we're seeing what we're hearing what we're tasting, we're going to cycle between negative and positive emotions. And of course, when we build emotional resilience and a mindfulness practice, which we'll talk about, we tend to tend to stay near the middle going up and down. But like you know, we have a trigger that could happen your your boss calls you in unexpectedly into the office that work or In the middle of the day, you get a phone call unexpectedly from your child's teacher. That is a trigger, you're going to feel anxious your fight or flight response is going off asking is everything okay? Remember that that is a normal feeling and not something that needs medical attention from time to time we all feel anxious. Here is what anxiety disorder really is, is are these feelings of anxiousness. Number one, limiting you from doing daily activities such as working or sleeping or being present in a conversation. More importantly, our feelings of anxiety such as a racing heart, feeling of doom or fear or you're going to die You can't breathe, are they coming on for no reason at all that you didn't even recognize the trigger and that you're that is the difference between, you know, a very simple version between feeling anxious and anxiety disorder. Then under anxiety disorder, and I don't want to make this a high level lecture, but this is why it's important to talk to an actual therapist or psychiatrist. There are six to eight different types of anxiety. So not all anxieties are the same.

03:15

Right? So when we're talking about one of the things I think that our our viewers are really curious about is Can this anxiety actually make you physically ill? Is that so tell us a little bit about how that happens.

03:27

Yeah, that you know, so we we forget, in a traditional medical world that the brain is connected to the rest of our body, Patrick, I'm saying something that's really obvious that any child watching along with you right now could tell you but because medicine is so complex, you go to the brain doctor for a brain issue in a stomach doctor for a stomach issue. And we sometimes forget to go back as chiropractors know to do or deos or an integrative medicine, functional medicine, looking at the whole person, when we have an anxiety disorder, or actually you're feeling Really high levels of anxiety. It's not common uncommon for physical symptoms to get triggered. There's pathways in the brain that will trigger your anxiety. And those chemical



reactions in the brain that are causing that anxiety are linked by your autonomic nervous system to every organ system in the body. But here's the thing, Patrick, I call it like an airport Traffic Control Center, your temporal lobe and your amygdala and hippocampus that's the seat of your emotion. And think of a global airspace when you know before these times when all the flights were connected to large airports like London Heathrow, Atlanta Hartsfield or Hong Kong right, and there's flights in the entire airspace, but if Atlanta Hartsfield shuts down, it starts to cause delays at airports all over the United States and flight cancellations and around the world. Our body and brain are the same way. Your airport Traffic Control Center through your autonomic Nervous System has airport runways that are connected to our hormones, our lungs, our stomach, our joints and everybody is really different. And I'll give you an example when I get anxious and actually anxiety, I have gi issues I have difficulty swallowing and acid reflux. Other people may have difficulty breathing other people lose their appetite some people get really hungry it's different for everyone. So just like we all have different hairstyles, you have to get to know your anxiety symptoms

05:30

right with in the in the world of psychology now they're coming up with this term called the infinite now because we don't know what's going to happen. Uncertainty usually happens with hostage, you know, people hostage situations or people that are in prison. There's no end date, what's going on this kind of anxiety. How do you recommend somebody start dealing with that?

05:50

Yeah, so you know, the infinite now that we talk about, I would argue is now not only in psychology was we know limited to these situations where ICU is where your circadian rhythm and day and night is disrupted and one day goes into the next and you don't have a calendar. Because we live so much of our lives in a digital space. Our brain can't compute to do that it's day or night. I think about both of us right now, Patrick, we're in our offices and the only queue we may have to what time it is, is the clock on the corner of your computer if you look down at your smartwatch, right and and so we argue that most of us are living in this infinite now where we're now disrupting the harmonious biological clock have our brain known as your circadian rhythm. And that helps you to cycle through when it's day and when it's nighttime. So how do we effectively deal with that? And certainly anxiety is a very common symptom of it. So I think one just to start answering your question, I want you people to understand that a lot of us lose our sense of what's day and night. You know, what's Monday or Saturday? until there's an external trigger that we can physically see or hear such as a reminder from an alarm clock to get up and get ready for workers or

07:10

what role if any of you feel sleep has to do with because you're talking about the circadian



rhythm. But a lot of people they say that two thirds of America at least is has a problem of sleeping one third doesn't even get six hours sleep. We feel it's the deep sleep necessary in REM sleep, but it can be associated with time. What's your philosophy about that?

07:29

You know, every patient that comes to me and goes through our brain shift protocol. The first three treatment paradigms are Sleep, sleep, and your sleep. And that, you know, people come for all sorts of complicated reasons to get their hormones and food sensitivities, inflammatory markers, and all this straightened out and we're like, No, no, we start with sleep. You know, nature created all living beings with this cycle including humans. If we We've looked at our spirit, our mind and our body and sleep is a time for restoration in ancient Eastern philosophies, sleep was a sacred time because it was the time your spirit ascended to heaven, and gained that wisdom to bring back down to the earth. What in western worlds is known as your intuition. That feeling when you wake up and you're like, Oh, I need to call my Aunt Mary. I haven't talked to her in a long time. That was spirit. And so Eastern wisdom tells us that when we wake up in the morning, the first thing we should do is not pick up our phones and look at who tweeted us overnight, but has actually breathe and give gratitude that spirit returned to the body and that we have life. And so when you start from that we know that sleep is sacred. Now fast forward centuries where science is catching up to spirituality. We know that sleep provides a restoration for your brain and your body for every system from your brain. And your mood and your memory which is critical and our ability to focus all the way to our digestion and our hormones and our ability to lose weight and our ability to, you know, feel strong. And you know, we find that, you know, for your viewers who are very educated and integrative functional medicine, they may be eating all the right things and doing the right exercise and they're taking hormones and supplements and something is still not right. I guarantee you, Patrick, it has to do with sleep.

09:30

So once they get their sleep under control, you feel that certain foods or drinks might trigger the anxiety and maybe explain go into detail on

09:38

that. You knew the first step we do is try to get people to sleep Patrick and do a seven to 14 day sleep hygiene routine using my brain shift protocol because what I find and I'm sure any physician on this line is going to agree is if I check labs at the outset, when folks are sleep deprived, I'm going to find that their hormones levels or food sensitivities, maybe even more skewed and it is amazing and 14 to 21 days of cycling through healthy sleep. How many of those things could normalize? So now you come to me, Patrick and you say, Romy, I'm sleeping, I had a sleep study, I have a device at home, I'm cycling through all the stages of



sleep, anxiety is coming. I want you to know that it's not your fault and the areas that I divide them up, it could be something in your spirit. It could be something in your mind and it could be something in your body it should we go through them one by one, and I'm going to have you choose where would you like to start the mind the body or the spirit? Patrick,

10:37

let's start with the spirit. No one's talked about that yet on the summit. So that'll be

10:40

that. So you know, as a mindfulness teacher and bringing Eastern and Western philosophy together. I think what is really important that sometimes we miss is addressing someone's spirit or our soul. That's your inner knowing it's your connection to the universe that we all have. Different than religion, religion can be a pathway to success. Strengthen your spirituality whether people choose to practice or not. But here is something that I have known when I am working, you know, my clients right now or top level C suite level executives and athletes, they come to me with anxiety, I will tell you most of the time I start in their spirit because I know their sleep and their mind and their body are top of the line and what is it that was gnawing at them? Well, maybe something quite isn't right in their marriage or a personal relationship or at work, that anxiety, anxiousness that's coming some high level C suite executives that were interviewing to replace a high level position and they're like, you know, they said everything right in the paper, and on paper, they're perfect. But something there's this inner knowing this anxiety, that's what spirit is. I've often had clients that really just need to go through mindfulness based cognitive therapy with me or refer them to a therapist, to work through challenges in a relationship or work. It may be your spirit calling you that it's time to leave a toxic relationship or job. And, you know, I always ask people when they come to me with anxiety and Dr. Romi I can't sleep in my life is falling apart. The first question I always ask as a doctor once I calmed them down and we do some mindfulness exercises and all this, or virtually now is what is your spirit trying to tell you through this anxiety? And I will tell you, Patrick 80% of people know right away. Yeah, that's

12:27

great. Yeah, intuition is a powerful thing when they learn to listen to it. So

12:31

yes, partly intuition but partly your life circumstances. Now we move to the body, right. And we certainly know that men and women it's a little bit different, that there are a cascade of inflammatory markers that when they're off, now prime the brain to what I call be on fire your neurons. Brain Cells are on fire, Patrick, right. So when they're on fire, you're feeling anxious, you can't sleep, you can't focus and what happens you too Caffeine to get you going in the



morning and that caffeine just fuels those inflammatory markers. And then you can't calm down at night and you can't shut off your to do list you're like, let me just have a glass of wine. Somebody on some TV shows have wine as heart healthy, let me have alcohol to calm it down and all you're doing is fueling these inflammatory markers. So when I look at the body, we've been divided into looking at inflammatory markers. Examples are vitamin D. And when people download some of the free resources, they're going to see our brain shift protocol, inflammatory markers, food sensitivities and hormones. So that's why we call it the brain shift protocol for the busy brain, sleep hormones, inflammatory markers, food sensitivities and the role of technology. And that's what's happening in the body and something so simple as checking your food sensitivities and a wide range of panel that's upsetting your gut bacteria your microbiome is now setting off toxins and causes inflammation in the brain to cause all these symptoms, right? It's that simple. Yet that complicated because most people are now dependent on either caffeine and alcohol at home or prescription drugs from the doctor, right? And that's just masking the problem or making it worse.

14:18

So the final one, we have spirit

14:22

body, and then our brain and I am speaking personally, Patrick, unapologetically to everybody in this audience who is a type A personality. I hear you I see you and I believe in you. And please stop apologizing for being a type A personality, right? Be unapologetic about it. But here's one thing about us type A personalities. When our brain is functioning, we can get more done in one day than the average person does in 14 days, right? You all know who you are out there, own it right now there's a little bit of shaming that comes from people that are not type A and we learned to ignore them. We wouldn't be successful if we're on. But there's this fine line in our brain, Patrick for our mind. And it's one issue and one issue alone that will tip all of us into anxiety. And what do you think that is Patrick?

15:15

uncertainty, maybe I don't know,

15:16

very close the feeling that I, I Romie have lost control of my life or that you Patrick have lost control of the situation you're trying to control. So for as Type A personalities, we're very orderly, we follow our goals. We're productive. We have systems processes in place, we got it going and the minute something happens that we feel in control, there's almost the switch that can go off in the brain if we're not mindful that that takes us from being highly productive,



executing our goals to now anxious and in analysis paralysis, and that is the brain the feeling that I have lost control.

15:58

Yeah, that's great. Yeah, there's So we've been hearing a lot about psycho immunology, which is what you talked about at the beginning with the, with the airport analogy, but can you explain to us a little bit about how that affects when, like, let's say we're watching the news or what we choose to consume, not in a physical way, but in a mental way, and how that might affect our anxiety.

16:19

I you know what, I'll tell you, Patrick. If I had the free time in the world, I'd go back to get a PhD on top of my MD being triple board certified in psycho neuro immunology. It's fascinating. Let's break that down psycho. What we think what we feel neuro the structure and the function of the brain and immuno immunology, your immune system and hormones. So to use your example, we're in uncertain times right now on multiple levels, and we can always say we are and people who can't either shut off the evening news or Patrick do you I don't know. Dude, those crime dramas that happened right before bedtime. Have you heard of some Have those? Yeah, yeah. I mean, you're watching people get murdered and shot and raped at night or the evening news. You know what, there may be one in the same right? Or reality TV where people are arguing and what is that doing to our brain? We think we're tuning out focusing on something else but consciously and subconsciously, psycho is raising stress hormone levels. And raising your dopamine and adrenaline and cortisol that late at night is not healthy because now that circadian rhythm that biological clock that we were trying to tell, who wrote me calm down, Patrick, it's time to wind down for the day and feel calm, all of a sudden we've negated all of that. And now that's changing the structure of our brain to be wide awake to go into analysis paralysis. And now I see something negative on TV, it's going to trigger consciously or subconsciously something negative that happened in my day, right? Somebody's yelling at me at a traffic stop and waving and now you're going to be hijacked, and no one else also happens in the brain from the hypothalamic pituitary adrenal axis, you've triggered your immune response and the stress response. So you're going to depress your immunity and start raising inflammatory hormones that disrupt our hormonal cycle. So it's no wonder that our melatonin and serotonin are off. That's the obvious ones are feel good and sleep good hormones. But now over the long term, you keep watching those crime dramas or news at night or toxic reality TV, what's happening now it's going to start burning on our thyroid and our adrenal glands. And we see the effects of it. And now all of a sudden, you're wondering, gosh, you know, I didn't sleep well. I'm pretty anxious. I can't focus during the day. And by the way, Dr. Brown, we have been to three functional medicine doctors already here and my food sensitivities, hormones among the medicine, right. And it's that simple kind of shift that we brain shift we can create at nine.



18:55

Yeah, that's great. Now we know in our clinics, a lot of them have the ability to do brain maps? Yes, we can measure brain speed using something called the body or are we use other devices or heart rate variability for that matter, too. But when what we finding is that the aging brain is off, then one hemisphere, like the left hemisphere is slowing down for the right hemisphere. So this delay is causing anxiety, then we found out it's the same kind of thing with it might be the right brain, though for ADD and ADHD and people with anxiety disorders are there, the hemispheres of the brain are not balanced or coherent as they say. Can you talk a little bit about that? And maybe some exercises you might have to help straighten that out?

19:37

I will, so one thing is I want to be mindful. You know, obviously your test at Brain Tap and the tests you're speaking of or people come to me with SPECT scans. That imprint that you have at that moment of your brain is telling you about your brain function at the time the test was done. It's not a permanent state of due to neural plasticity, so I find as a neurologist, that's the first thing I have to tell all my clients, you are not doomed, you are not going to die. You're not getting Alzheimer's tomorrow or going to die of a panic attack tomorrow. So first I, for anybody that's watching, I want you to know that, but think of this as a tool or a wake up call for you to say, let's make the changes. And so really, Patrick, I go back to things that you and I already talked about, which was, you know, what we call the brain shift hormone and that brain shift protocol, I'm sorry, addressing inflammation in the spirit, the mind and the body. And where did we say it all started from sleep, sleep, sleep and doing what we can to optimize sleep right. And so people will get this in the free resources that we're giving to our conference attendees that are joining it. We walk people through some of the protocols that I've researched over the last three and a half years as a chief wellness officer to over 7000 employees, which is a systematic process to do digital detox at Do a cognitive behavioral therapy exercise that we call a brain dump. It doesn't have to be full journaling, and then instituting a mindfulness or meditation practice at night. We know that those three things help to calm and start to rewire your brain. And doing all three of those is really important, Patrick, because Have you ever heard this before? The last thing you want to tell somebody when they're anxious is to sit down and meditate or breathe? Have you heard that before? Yeah, obviously, right? But but it's human nature. If a loved one or somebody at work is anxious, you're going to tell them, oh, let's Breathe it out. Let's meditate. But when your mind is running a marathon and emotions are evolved. The last thing you want to do is sit down and, oh, imagine a peaceful scene at the beach, right? You've got to shut it all down. And that's why we do that, you know, stopping the stimulation, which we're going to talk about in another lecture on the summit and talking About the social media and the lights and digital detox, doing the brain dump and then instituting a mindfulness practice. I will tell you it sounds so basic and so many people that are on this



summit, if they're coming from our following, they're like Dr. Rumi says this all the time. But this has helped to transform my leaders and their teams by instituting these three steps.

22:23

That's great. Well, they say that spirit simple, but man is complex. So you're, you got to be there. So within the when somebody is anxious all the time, I mean, we have we have patients coming in our clients coming in there. They go to sleep anxious, they wake up, gritting their teeth are like that, what's going on physiologically and how can they break that pattern?

22:46

Yeah, you know, these people are typically Patrick in that what we call a type of a fight or flight response with heightened inflammation all the time and that's causing a disruption and certain neurotransmitters are chemicals in the brain that are LED elevated that just don't stop. So you're in this constant anxiety mode that can't turn off. And that's the people where we start doing the extensive laboratory evaluation looking at neurotransmitters in the urine, looking at your hormone levels in the blood, looking at your food sensitivities, you know, you could bring me 10 to 20 different patients like that Patrick, who are all women in my age, and I'll tell you, they'll have 20 different causes once we've looked at their complete evaluation. So that's the time that you know, it's worth not using Dr. Google, but actually sitting down with a practitioner that's been trained in integrative and functional medicine and letting them guide you through a stepwise process to identify where in the pathway hormones, inflammatory markers, food sensitivities, you know, an underlying other cause of an inflammation like a mold toxicity or heavy metal poisoning. You know, there's a systematic way we go about it. Isolating these causes so you can be treated. Because what happens is I'm anxious spirit and mind are telling me take control. How do we take control we get on Google. And the first thing that comes up, you're going to be determined, oh, I have CBOE I have mercury toxicity, whatever it is. And then you start ordering the supplements off Amazon. And you get nowhere and it didn't work. So you're now you're only making the anxiety worse. So the best thing you can do is pause and say, Who can I ask for help.

24:31

Right now, that's great. We have a saying, don't guess test. So. That's right. I

24:37

love that. Exactly. I think they think that's the greatest way. Yeah.

24:41

So let's get into a little bit of mindfulness now, because you're a mindfulness expert, and you're



teaching people nowadays when my dad, my dad was a psychologist as well. So in the 70s, when he was teaching people how to meditate or relax or use self hypnosis, those kind of things. They looked at him like he had a third eye. Now it's now it's normal. I mean, you Basic

25:00

is basically you have watches and apps on your phone that tell you to meditate now, right? Yeah.

25:05

So tell us a little bit about how your practice works, and maybe give some tips to our users and how they can use it for anxiety.

25:14

Absolutely, I think it's great. So, you know, I talked about this as I found my pathway to mindfulness and meditation as a burnt out physician. 10 years ago, I'm coming out of life saving surgery myself, Patrick in 2010. And, you know, being raised in the traditional medical system didn't know anything about mindfulness meditation, my elders and my family had been telling it to me all the time. And I wasn't listening. I was too busy of a type A personality, like whatever that is and dismissing it. And that led me on a journey around the world really, I thought for myself to find it. And my teachers are in Cambodia and Thailand and South America, to really learn different meditation, mindfulness pranayama, based in yoga, breathing techniques, and you know how this could help and of course, when you're on a personal healing journey, that's Aha moment happens that like the universe spiritually put me here, so that I can come back and share it with others and, and have additional tools in my tool belt as a brain doctor to help people holistically. So I really want to share. That's where I come from. And what I talk about meditation I think it's very important to share is and there is no one type of meditation that's better than the other. When I'm talking to my teachers from Eastern Asia or southern Asia or South America, we kind of chuckle at how in the United States capital, you know, capitalism is a great thing. But somebody is going to say, well, Patrick's version of meditation is better than Rumi's version of meditation or Rumi's meditation cost more than Patrick's version, right? And that's not the truth when you break down the science, whatever your path to mindfulness and meditation so I want to honor people who practice mindfulness based meditation from the Buddhist teachings prana Yama from the yogic breathing, transcendental meditation, centering prayer and Christianity. So first, I always start to honor somebody of what their religious or spiritual pathway may be. And most or all of the major religions of the world have a practice that is anchored in your spirituality to silence yourself and go within. So that's the first step I always do Patrick is honor people and their spiritual pathway, right. And so one one is I want to see you for who you are and your pathway. And so I want to honor that for everyone that's coming on.



The second thing that we need to do with anxiety you heard me mentioned earlier in this interview, the last thing when your brain is running a marathon and there are 72 different conversations, arguing your brain, the last thing I'm able to do is envision a peaceful scene, you know, that you can walk through it makes more anxious people more anxious or even angry at that time, right. So the first step I actually asked people to do is step away and change the scenery of your brain physically. I need you to change what you're seeing, change what you're hearing change what you're smelling, what you're touching what you're tasting. And do that for at least 20 minutes is to really kind of stimulate what's coming into your brain. And so for most of us that stepping away from our digital devices, our desks or wherever we are on the sofa where we're watching television right now, right? So that's the first thing is to change the scenery of your brain. The second step I say is, I want you to make friends with all the anxious people in your brain. I call them people, you know, they're different entities. They're different people. They're somebody that's harping on a conversation from your neighbor. There's another person in there that's worried about your grocery list for tomorrow. There's another person worried about a work meeting tomorrow. I want you to make friends with them and recognize them because the more we try to stuff them down. And so what do I mean by making friends with them is literally breathe and be present, and, and give awareness to what conversations are going on in your brain, which is the one that's most at the forefront. And that is it. And then in the gifts that we're giving, I have a mindfulness based meditation that once you kind of bring that to the forefront is called the Thought Bubble meditation. It's based in mindfulness that I, you know, I always as a, especially, we're talking about, you know, supporting and being more mindful of all people and diversity is always to give by pop culture. So this is based out of teachings that I've learned from the indigenous my teachers in Cambodia is to do this thought bubble analysis and you'll get it and it's literally training your brain to put all Those conversations and images and stories in a bubble and send it away and watch it float away. And I have found like for my anxiety clients or people that get anxious, that is one of many effective techniques you can use.

30:14

That's great. That's powerful. So we're about to wrap up here. But I want to give you a chance to tell people about the free gift, what they're going to get in that gift in and then how they can reach out to you after that.

30:26

Absolutely. So I'm Dr. Romie. on social media or drromie.com. On my website, we're going to provide a link drromie.com/rise-above, we want you to rise above your anxiety. And in that gift, you are getting the package that we've been giving corporate clients when I exclusively work in corporate America with professional athletes. So when they hear me lecture, the educational



materials you're going to get, you're going to get neuro psychology exercises in processing your anxiety and grief and especially in these highly stressful times. How to do that. As well as some tips, we talked about the brain shift protocol, the first step is getting control of your sleep. And all of that is written there for you, as well as a guided meditation, this thought bubble meditation, this process to get you started with a seven days and that's all free. It's a, you know, a value when people go through it and groups with me have \$497 it's our gift if I can help your tribe feel less anxious, we want to give all these resources to people along with a lecture that's there.

31:32

That's wonderful. So when you brought us a lot of information, a lot of great insights into anxiety and how might help us to get through that. But how would you summarize it now for the for the summit?

31:43

I do you know, for the summit, I want you to realize I his anxiety and anxiousness are two different things. It's normal during the course of the day, when your life or your mind gets disrupted to feel a little anxious if you have difficulty controlling that anxious feeling. Or you're getting anxiety for no reason at all, then you need an evaluation. And I'm going to ask you, could you kindly give control of your health over to an expert in your city? Who will look at this holistically and that when we look at anxiety, there are three pillars. Every person, we must address your spirit, your mind and your body, as a practitioner for all the practitioners, I'm going to ask you to approach it a little differently is to once you do your entire intake, because most of us know that will alleviate a lot of people's anxiety just being heard is to ask them spiritually, what is their anxiety trying to tell them because so many people fall into that category and they just need the tools or the support to, you know, free their soul from what's causing the anxiousness and then start the evaluation to your mind and your body and as we're home? Yes, there are a plethora of Powerful devices and lab tests to do and supplements to take or medications before you do any of that Sleep, sleep, sleep.

33:10

powerful message and we know that we know at least through our clinics that sleep is like a superpower. And if you don't get it, it's like somebody put kryptonite in your pocket. So you need to have that you need to have that superpower. And there's ways to do that. So Dr. Romie, thank you for being on the summit. Thank you for giving the gift of the brain program, which people can get to and share. And then we're going to make sure they have it and hopefully, you're going to be engaged enough that we can get you out again for a masterclass.

33:39

I look forward to it. That will be so much fun. And just remember, I'd love what you said about



sleeping and the kryptonite. We in our tribe in the brain shift community we say, you know, sleep is sacred and sleep is now the new status symbol amongst successful professionals.

33:55

That's great. So we'll be back in touch with you. I know there's two talks by Dr. Romie. So if you haven't seen the other one, then go watch that one. Remember, this anxiety talk is available for free to anyone who wants to watch it for 24 hours. So get on the phone to all your friends, family members, co workers, it might be feeling a little anxious. Maybe not to tell them their ages. Graham Todd shared that with you. But just say, Hey, I heard a great video, this doctor Romie you really need to listen to it, they can get the free gift too. If they if they join in, watch it learn from this. We're out here to change the world. Our mission and Brain Tap, of course is to better a billion brains together. So we need help with everyone out there sharing this message with their family and friends. Again, thank you for being on the summit. This was a very enlightening presentation. I know you have a lot more to share. So they're going to learn more about you. They're going to go get the free gift. And we're going to keep on going with the summit. So if you're waiting for the next speaker, it's going to start just immediately after this, so just click on the link, watch the next sudden leader again. Thank you and God bless you.

