



Guillermo Barquet

Braintap In Mexico

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All right, welcome back to the optimal performance summit. We're here today with a special guest who's from Mexico. And he's going to explain a little bit about where he's at in Mexico, what he's been doing in Mexico. And I'm talking about his doctor Guillermo. And Dr. Guillermo, you can pronounce your whole name because I always mess that up. Unfortunately, I'm sorry about that. I know you've been on our stage at the Brain Tap summit before you shared some really valuable information. I thought it'd be really interesting to see in your evolution where you're at now what's going on with your clinic. So first of all, tell us a little bit about who you are what you are. I know you're you're a dentist by profession, but you've expanded so much down in where you're at and tell us you're you're in the Monterey Peninsula, I think is where you're at. So tell us a little bit about where you're at what you're doing. Where you see your clinic moving in the after, after what's happened to us here in the in the spring of 2020.

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Thank you so very much for having me here. My name is Guillermo Barquet. I am based in Mexico. Me Monterey in the outskirts of Monterey. And yes, I am a dentist by profession. But I've been doing biofeedback and like therapy for many years, like therapy has been a great help



right now with transcranial use of it. So we're helping a lot. people helping a lot of people in with brain problems, beginning from insomnia to actually declarative problems. So in Mexico, we're facing more or less the same things that everybody's facing. The fear being one of the main issues that we're addressing here, the clinic. So by combining biofeedback, light therapy, laser therapy, and Brain Tap at the same time with the client, we're getting extremely good results. It doesn't matter what the age of the client is, or what the problem the client is presenting. What we're doing is Uploading that the immune system, the capacity of the client to recover up to six times faster.

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That's great. So tell us a little bit about, first of all, your journey in light, because that's how I met you as we were, we started using light therapy at Brain Tap, other than just our Brain Tap light. In the in the eyeglasses, we went to the when we when we implemented our IR lights actually is when we met because we started, we hired a company that you were working with, to actually make our Brain Tap, they still to this day, make our Brain Tap device. But then we invited you out. You helped us out by educating us a little bit about light therapy in that. So maybe let's begin there. What What have you been seeing with light therapy and tell us a little bit about the protocols you use? So if a doctor is out there going, Well how do I actually use light therapy.

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The main problem that I'm seeing right now is post traumatic stress in most Have my clients have this type of traumatic stress and they are developing this until the body starts to have symptoms to show symptoms because of a trauma in the past, by using light therapy, proper section protocol, it by targeting the parasympathetic nervous system, you can actually help the body to do or to create neurological pathways, new neurological pathways by stimulating the brain with like therapy, not only red but infrared. What, what I have learned is that if you have polychromatic light therapy, the results are way better. I had the privilege to work with a company in the United States from 2014 to 2017. And I've been close to an NFL team. I've been working with military veterans that present post traumatic stress syndromes. And by doing this protocol, this proprioception article targeting neuro musical neuromuscular packages, I'm sorry for my English, your musical ear packages which are near clavicles, the groin, the upper and the lower part of the back. And in the in the brain, you can actually help the parasympathetic nervous system to do a kickstart and you start to sleep better and have better digestive results by having better nutritional absorption. And this will help all your body to decompress of that post traumatic stress syndrome that much almost all of us have. So I believe that light therapy can actually do wonders if you are consistent,

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right? So when you're when they're coming into the clinic First of all, what's your report of



findings? When people come in? How do you decide what you're going to do with them? Do you have a certain protocol or do you just use light therapy with everyone? It's

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almost with everyone you can do it on the torso because right now we are helping to boost the immune system and the vitamin absorption so that you have to put like therapy over the lungs over the heart and over the digestive system, even before the client starts talking. Because you are boosting the immune response and the vitamins that are taken with our food, you know that less and less the food has nutrients so we need a lot of supplements. Almost every client of mine gets out of the clinic with the idea that they need supplements right now we need vitamin we have heard a lot of motivators including Gregg Braden and Joe Dispenza. Talking about the emergence see Vitamin C thing that we use, and we need 2000 milligrams right now to actually have a normal immune response. So light therapy can boost the immune immune system can boost the circulatory system. And the absorption of oxygen is almost in almost every person I use laser therapy on the brain. And then after laser therapy, we use the brain because we target specific ways of the client to move for because every client is different. And that's the beauty of Brain Tap because we have more than 700 different meditation that we can help the client to, to build this new neurological pathways that they need to overcome the problems or the stress problems they are facing in the world in the world right now.

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That's great. Now I know that we'd have to translate it from the peso to the dollar, but What is your average client? When they come in to see you? How do you price what you do there? Because a lot of doctors, of course are saying, well, what's the What should I charge for something like this? And we typically tell them in America that it's whatever they charge if their chiropractor if they charge \$50 for an adjustment are \$85 for an adjustment or \$35 for an adjustment, that's a pretty good thing other people charge \$1 a minute, what do you find is happening in Mexico.

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I am trying to stay lower than the average doctor that they use for consultations. Like for example, they charge here, more or less \$40 consultation for a doctor but they take only 20 minutes. Mike my session is a full hour because they use four systems at the same time so it takes more time. And I try to stay below that because I like to address clients in Bali. So I'm here at the clinic. from nine to 12 hours a day seen one client today. So I prefer to do that because the reference gets to the group when you're trying too many people at the same time, as well at the same day, because there's a lot of people that charge more, but they see one or two clients a week. I see 10 clients a day in average. So yes, more or less, it's from 30 to \$40



between the petrodollar ratio has been kicked down with this new ways of living that we're having. I don't know how to say it even better, but we're trying to help. What I'm doing right now is I am giving away one free Brain Tap and LED light therapy for every every client that comes here. I am even giving them a small antibacterial spray for every client So they feel that they have something extra to go outside. So if you come to my clinic, and you have a session with me about your feedback, like, like laser and Brain Tap, you are entitled to have a free Brain Tap and led session. So that way we can help people and that's transferable. So you can give this to your spouse to your kid or to someone else that you love. So they know more about this device. So having a Brain Tap, it's not so easy right now in Latin America because of the problems that we're facing economically, but they have access to it. And well, you know about the effort that we put on the website for Mexico, and it's still working, I am giving my clients something different. Instead of coming here with my own telephone connected to my Brain Tap what is So before you come, you have to have that 30, 30 day free trial on your. So you're coming here and using my device my Brain Tap but in your home, so you can do the meditation as at home. So we're creating the necessity of hearing, meditation or earphones. So I now need the brain because I've been using it. And it's way better to have that meditation with a device that with only our earphones. So that's why people are more perceptive of what they are doing their manipulating their own phone in that app, so we're getting great results because people are talking more and more about.

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It's great. So when you when you set up a protocol, what is let's just talk about the different programs you offer when somebody says, Hey, Doc, I want to do this program with you. And I know you're doing biofeedback too So tell us a little bit about how you work in the biofeedback or how do you What's an average program if I was to come in and see you for stress and anxiety, let's say, What would my per visit weekly visit look like? And how long would it be? How many days weeks or months

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if I only use my own feedback, it takes me from 10 to 15 consultations for appointments to get you in a balanced state. If I use biofeedback and LED light therapy at the same time, even though they are different devices, they potentialized one another, so you get a better response from the client. If you if you get a laser on your consultation, it gets better. Now by putting a device, a meditation device on them, which is Brain Tap as I was saying, you get this from four to six times faster. So instead of having my clients come in, instead of two or three months they come from or two Six weeks to get that balance state. Obviously, I am not a site as a psychologist, but I get my point of view in the problems of client. So you get a way better response, but they are conscious of what they are facing outside. So most of my clients come



from four to six times, once a week to get the four treat. Obviously, there will be times that we only talk because we're mapping your problems. There will be times that you come for a proper section article, and we don't use the biofeedback. Every client is different. Everybody's are perfect universe with their own imperfections. So you have to adapt to those problems. So yes, if the more things you use, the less time it takes the client to be better. It has given me the opportunity to more clients because I have a happy client in less than two months outside talking about the great things that we do here the other clinic. So it's way better than than taking them one day to biofeedback one day to really like, combine everything that you will get great results.

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Right. So Indy, I know that you're one of the one of our doctors that really promotes the at home use, which I really like the idea of having them get it on the app before they come in. That's first time I've heard that that's really good. You're always being creative ahead of the curve here with the Brain Tap, which is nice. When they What are you finding because I know that you also, in all of the doctors listening to this, we have a payment program. And I know you're the one who kind of implemented that. We talked about that in our our event two years ago that we did. But tell me how are your patients taking at home? Are they doing it every day? Are they doing it every other day? How are you finding the compliance with them?

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It's very difficult to maintain a perfect number, because some clients will actually take it for granted and not doing it until they need to. So that's the problem here. For example, in Mexico, we're bad traditionalist. And that takes out that commitment that would that I see, for example, if people don't the United States or Canada, if you tell them that they have to do it every day for 20 days, they do it perfectly here in Mexico is very different because they start to feel better and then they forget to do so.

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I try not to be with my clients.

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In How do you say this when you are calling them to see what they're doing? What I do is, send me a text and tell me what meditation did you do today. So after 15 days, 20 days, we know exactly how many texts we got. And we know that the device will do whatever You tell them to do if you don't turn it on the device will do nothing. So so you have a client committed when they know that they didn't do what they were told to do, and they don't get the results that they get, they should get. So by doing this trial and error thing, the client gets more and more committed,



not only to feel better right now to get that point of balance, but actually committing to a better life. Right now. I am focusing on people that are much on social media on Instagram and Facebook, and I am trying to be their motivate. What I'm doing right now, for example, is I am helping with 90 people that committed to a challenge to a 20 day challenge to change their habits by focusing on diet and weight loss. So the first thing that I told them is If you're not getting a good night's sleep, you're not going to get what you want for your body to react to your new ways or new habits of food intake. So what I'm doing with this clients is if you are in my hometown, you can come for free Brain Tap session, but you have to have the app in your phone. So that's the first thing that I committed to trying to do. So before coming here, you are now you have navigated through it and you know what to do. So you take Brain Tap, you put in your phone, and then you start your own meditation. So you get used to manipulating the app, you get used to what the Brain Tap device feels like in so you start creating that. So right now what I'm focusing on is who is doing those challenges not only for weight loss, but A smoking cessation or better focus and concentration. And my part is I am giving away free sessions of Brain Tap, but I'm making the clients come to me. And after that, letting them know that they can buy braintap membership on the app, or they can buy the hats, because everybody needs a therapist beside them. So that's what I'm trying to focus on 2020 to create more and more necessity off the device.

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That's great. So tell us a little bit about what you're seeing. Maybe describe a little bit about how you came to the conclusion of pairing the biofeedback with these other services, because we have quite a few doctors that are doing different kinds of biofeedback. I know. Maybe you can explain a little bit about I think you're using quantum biofeedback. So it's a little bit different than what maybe some of the doctors are thinking about, but maybe just explain a little bit about what that is. So they understand this by how the biofeedback works.

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The device that I'm using is the big brother of the skeel, which is the Indigo. Yes, it's a it's a que MCI device created by a doctor that's called Nelson. And I was at one of the first biofeedback therapist in Mexico. I had the privilege to work with the, with a person that was importing those devices from Budapest I believe, or bouldering, something like that. And then I saw a great change in myself because I started as a client. I have a benign polyp, which is a type of cancer in my vocal cord when I was 26. And that's why I changed from dentistry to do biofeedback. I started as a client, I saw that the changes, it took me months to actually understand what the biofeedback was doing, and how I was changing because of this electromagnetic electromagnetic radiation that was coming up at the Under my body. So then after that I started as a biofeedback practitioner, and it took me a lot of time to get that state of balance from the



client. So they understand what the biofeedback was, which is a non invasive, non, with without medications, you can get this results, whatever you want it to be, which is physical, emotional or mental. And then after that when my son was born in 2013, he was responding to my biofeedback because he was born with a hiatal hernia problem, but he was one month and a half more or less 90 days, and they wanted to operate on it. I had all of this explained in a book that it's called the happy brain with you and Joe dispenza another, another doctor said I am very involved in this matter. And I say that that's how I started because if my son wasn't responding to biofeedback, what what else should I do the same person that important biofeedback to Mexico started importing LED light therapy. So after starting using LED on my son and he recovered, and then I got my first device, I said what could happen because this device was phototherapy and radio frequency at the same time. So radio frequency and electromagnetism are more or less the same thing. So yes, the LED lights there, it doesn't give you an

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a layout of the client on keys,

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enzymes, hormones, everything that the body has to do chemic chemically, you can see it on the brake on the biofeedback but you cannot see it on the LED light therapy. But if you understand that LED light therapy is actually a neutral and you pair on the body The body reacts so quick. And that's how I started mining led with biofeedback. And it blew my mind. Right now you get a lot of response a client if you do two or three modalities at the same time, and try not to take a lot of time with the client because I know biofeedback practitioners in the States, that takes up to two and a half hours to actually do what Dr. Nelson calls bio biofeedback cocktail, or one two cocktail, which is do a lot of things at the same time to client. If you focus on one thing in the enzyme production in the hormone production in insomnia or something like that. If you focus on that you can do a 40/45/50 minute biofeedback session with 40 minutes of LED light therapy. It's like injecting Redbull to the blood cells because you're exploring them nitric oxide in you and you are getting more oxygen, you are delivering more nutrients to the areas that need help. And also you are helping the clients to release toxins so you're having the best of both worlds.

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So in the in the process of where you're at now you went from being a dentist to a biofeedback practitioner to a light therapy practitioner keeping all that with you and and then adding in the Brain Tapping system. Where do you see your your health center growing or developing over the next year to five years.



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Right now I am thinking about focusing on autism because I am having great results on on autism kids with only using laser, intracranial laser therapy and the Brain Tap on them. So my focus on the next five years will be to be better at neurological process. Like therapy, which also uses that, and focus on autism and sleep therapy, because those two things are the most problems that we're going to have with all these changes and the 5 things are coming to us, which we cannot do anything about it. But we can actually concentrate of getting better physically and emotionally to get the least of the problems that were foreseen with this problems that we're facing in the years to come.

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That's great. So with the with the doctors that are out there in the clinics that are out there, most of what you do, you didn't have to go to dental school to do, right. I mean, you you could learn this from another practitioner or training course and just start implementing it. So what do you recommend someone out there who, maybe they're just starting out, maybe they don't even know what Brain Tap is they're, they're a part of the summit here and they just want to know, Hey, how are people integrating, in this case light therapy with biofeedback into their clinics? What do you recommend they do? what's the what's the first step? Because I know you didn't just walk in one day and have everything you have today, you you kind of did it piece, what do you think their first step is to implementing this kind of wellness clinic.

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You don't have to be a doctor to be logical, if you understand how science works, because it doesn't take that you don't need a big brain to do that you have unique consistency. And I think that's, that's the first step to do that. If you're going to commit yourself to help other people. It doesn't matter what device you have in your hands. What matters is you understand it fully, and be consistent with it. Because if you use the brain for six months, and then you throw it out in a drawer, it doesn't, it's not going to win. But if you commit yourself not to understand that but actually sell the idea to the client, the client itself will actually come to your clinic and tell you you can do with the laser on the over the counter. I'll do it myself because now I understand, you don't have if you see me, this is how I roll here at the clinic, I don't use a suit or I don't use a row, but dental roll because I am the same person as you are. I am the same person as the client. We are looking for a common ground, we're looking for the same thing which is health. So I tell you what I know and then you get to your own conclusions and in your brain just starts exploding this new way of treating the clients without medication without without invading anything else. And I've seen enough. I've heard from doctors here in Mexico, saying that light therapy can actually be harmful for kids. And harmful. It's possible because there's more than 5000 clinical That tells me that like therapy can be beneficial can be a benefit to to the body. So,



whenever you see someone saying no for the first time it's because normally they don't know what they're talking about. So it's it's it's a common survival thing from humans to actually say no to something they don't know. So yes, I've been teaching here in Mexico about biofeedback, I am not a certified yet I cannot certify anyone. But I can teach light therapy. I can teach biofeedback, the quantum by people. And the thing is to be committed to what you're doing. So you don't have to be a doctor to be logical. That's the first step to understanding that you can do one verse. Oh,

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that's great. Well, we're just about to wrap up our conversation today, which has been great. You've shared a lot of great information. And I know if if somebody out there is listening and they're in a Spanish speaking country, They're probably going to hear from Dr. Guillermo here because he's the one who will help us out. He's, he helps Brain Tap and that end in, in helping people to understand it. So you'll be you'll actually get a little training and know how to do that. So if you if you want to speak with him and you're a Spanish speaker, and maybe you need this, Yeah, what's up,

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or English speakers

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another insight

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of anything they can call us, because we're a team. And what we're trying to do is get the word out, we can do more than we're doing right now. So this device is amazing for my clients. For for Mexican from Mexico, or a Mexican person to actually understand this. It's it's beyond my mind. So if, if we in Mexico can do it, you in the United States, or in anywhere in the world,

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I know you're helping us reach our mission, which is to help a billion brains together, and you're one of the forces in Mexico to help us to do that. We can't do it. alone. braintap needs people just like you. So I want to thank you for being here you have any message you want to leave our our listeners with on the summit here today before we let them go to the next talk.

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Thank you so very much for opening your mind to new ideas to new devices. Thank you so very much for being open heartedness and want this world to be a better place. So we are here to help you reach out and you are.



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Thank you. And again, if you want to reach Dr. Guillermo, you know, his informations in the summit, his notes are there. Hopefully you enjoyed the we're going to get some pictures of some of the things he talked about in there'll be in the in the subject notes as well. So you can see maybe where he's working on the brain with his laser or how he's using the light therapy around the body. Of course, putting that braintap headset on is pretty simple. Everybody puts it on the same way. So we'll do it that way. But again, thank you for being here and thanks for sharing your wisdom and

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God bless you You

