Dr. Richard Barwell

How Stress Affects Your Brain

SUMMARY KEYWORDS

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Hello, welcome back to the Optimal Performance Summit. I'm your host, Dr. Patrick Porter. I have a very special guest with us today. He's someone I've known for years, I've probably heard him speak over 200 times. He's a master about the brain and how it works. He has a piece of equipment that actually measures the stress response. He's always researching and learning and he has the clinical backup, because he has hundreds of doctors around the world actually using his equipment, showing how stress affects the brain. He's probably the person that coined the term going from pain to brain and his profession. He's a chiropractor. Welcome to the Welcome to the summit. Dr. Barwell tell us a little bit about how you got started and welcome.

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Thank you for my invite. I'm a chiropractor and practice with 32 years of practice and during that time, it became painfully obvious to me that there was something more going on than just taking care of people's pain, that the pain came from some place that is Started for some reason. And it came down to the fact that we noticed that people that are stress had more problems. And as that stress increased, it got expressed in the body by one means or another sign or symptom, mostly with pain, you know, so you take something as simple as low back pain when somebody picks up a box, and they feel pain in your back, it wasn't so much the picking up the box, it was just at that stress level had reached its tolerance. And then you start to experience illness and

disease or pain. And so it became obvious that I needed to focus more on what was going on in here and what the real cause was. And that was sort of the beginning of all of this, then from my practice days,

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when we when we talk about, for most of the group, they might not be aware of what eg means or how we measure the brain, and that the brain in order to really get brainwave activity measured correctly, you need to put probes on the head, because it's a very low signal. So can you tell us how you Measure the brain and why it's so important that we know this like evoked potential, the stress response that happens in the brain when people are under stress.

02:08
Yeah, it's so once you focus on it, that stress is the issue. It's Matter of fact, back in 1963, way back in the dark ages, I remember picking up a book by hand cellulite, and the book was called stress. And he was talking about the effects of stress is the foundation for all illness and disease back in 1963. And so I was sensitized to this at that particular time, as time went on, and as things work out, I ended up working with a couple of psychologists in Pueblo, Colorado, Dr. alphavirus, and Dr. Netlong who had been in researching brain function for 25 years and looking at at brainwave activity, which tells us a whole bunch about how that brains function. And that sort of led to me doing some research with it and we discovered measuring this stuff was very, very important, because we could see patterns that have been established in the brain. And this thing called eg levels, which is brainwave frequencies, that showed that people were under chronic stress and were not recovering from it. That was that was a moment that was really a shocker for me when I realized how much information we can learn about that individual on how they were dealing with their life. And whether they were on a disease pattern or not just from looking at brain function.

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One of the things that your technology does and that we found over time and Brain Tap, we use the neuro infinity devices when I'm talking about in you, you evoke a you revoke you evoke something like dogs barking or alarm or something, something that would jar the nervous system. Now, what happens when somebody has this response, like my wife, for instance, who for years you you've done a lot of work with the where you you find it, they have this response, but they don't let it up. So what we're looking at is how quickly does somebody get stressed? How quickly do they recover? Tell us a little bit of why that's important in the brain.

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So these patterns that get set up, one of the biggest problems is the brain learns by repetition. And you know, best example is a dog barking at somebody, if that dog had bitten that child, that

person has a child, they set up a pattern right in and they say that dog, the brain goes like that hurt. I'm going to remember that dog. And so they see that dog an adult life and the brain, subconsciously is going to respond to that dog going like, Hey, remember that that dog bit me only state that. And so it goes into a fight flight response, it goes into a defense response right away and thinking it may get better again. And if that pattern becomes the primary pattern, and we add more stresses on top of it, then the brain gets stuck in those patterns, and they get triggered easier and easier and easier to the fight flight response. The interesting thing about this is you get a response to begin with because That's a warning and you're in trouble. If you don't break that pattern, that pattern stays there, it starts to become more sensitized. So what really we found out is your recovery to the stressor is more important than your stress response. If you're not recovering, you're building on building on it and it becomes more and more and more acute.

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Right? I we had one of your one of your teachers actually reached out and was interviewed and if if you're having watched that talk, if you're on the summit here, go watch Dr. Chaplin's talk because he was talking about the brake pedal and the gas pedal. I know you use that analogy a lot. And I don't know if people I think it bears mentioning again that a lot of times people are in this fight or flight mode. And they don't know that there's you have to have this recovery time as well. Everybody's looking to go up uptime uptime uptime all the time. What's the downside? You're not having downtime.

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You're never getting a chance to recover and heal and that's, that's a key point here. The key point is this your body, your system is going to be in defense, where there's no healing involved. It's totally defense trying to keep you alive in an acute situation, or it's going to be in relaxing recovery, which is where healing takes place. When if we can't heal, we're going to go in that downhill slope until finally, we don't make it anymore. I mean, that's it's as simple as that. So that's why that recovery is so important. It gets us out of out of that defense only and into the healing mode. Very, very important. What do you there are people out

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there that actually when they go to relax, in fact, we found this when people meditate, that they actually cause a stress response. What's going on in the brain when they there's they're telling themselves I'm going to relax or they Some people go on vacation, they get headaches, they get these massive migraine headaches, what's going on in the brain when that happens?

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I have a number one rule that I teach all the people that I'm involved with, and the first rule is

you cannot fool the subconscious. Here's what people don't know about the brain. They think that that conscious awareness of who they are you That's the control factor that I control this consciously of everything that's going on, that only represents 5% of your brain function. 95% of the brain function is subconscious. And so there's so much stuff that's hidden down in that subconscious, especially in those frequencies that are below the conscious awareness. When we get down into the theta and the Delta frequencies, that light sleep, the dream sleep, the rapid eye movement, sleep and down into delta, those are our primary heating responses. And that's where all that stuff is going on. So if you have unresolved issues that are hidden down in that subconscious, all the time that you think you're relaxing, the subconscious is going like oh, yeah, but I still got this problem.

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Right. What happens back before we had eg Of course, we were doing a lot of biofeedback which was we would measure people's warmth with their hands, maybe their respiration. What does it mean when you go up to someone you shake their hand in their hand is ice cold? A lot of people say cold hands warm heart, but what what does it really mean scientifically what's going on there? What happened in that fight

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flight method that we talked about. And we've all experienced the fight flight. We've all had these moments when we have been really frightened about a situation and the body goes into an automatic response, it pulls blood away from the extremities and pulls them away from your hands and your feet. And when you pull the blood away from there, the hands get cold and the get cold. And the reason it does that is it puts the blood into the big muscle so you can run a fight. And there's a there's several, the heart rate will go up. So you can get more oxygen to the system, your respiration will go up making sure that oxygen is in the blood, your respiration rate goes up, your muscles will tense especially the muscles in the neck. They're our primary defense muscles so they get tight. There's a whole series of neuro physiological responses that go into play with this adrenaline gets pumped into the system. pupils dilate, because that's all stuff about the fence. Now it's not a good place to be all the time.

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Right So what if there's something that a lot of our viewers probably don't know about called primitive reflexes? And I know you, you work a lot with that. And that's what we're talking about here a little bit is when somebody gets that gas pedal on and they don't. But I wanted to kind of turn the attention toward you have a good story about the freeze response, and about maybe how you can use that analogy, because we used to maybe get this freeze response three to five times, maybe a day or a week. Now it's five times before breakfast, this joke to our system that says, Oh, no, or we're looking at our text messages, or we're doing we're running around doing

things that are causing our nervous system to go on high alert. What can you tell us about that? And why is that, that that pattern interrupt? It's a negative pattern enough, so bad for our nervous system?

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Well, why this depends on what we call a technical term allostatic load. And what I want to explain about that is that most people have heard about the thing called homeostasis. homeostasis means it's an inside balance where all the systems are working in balance with one The problem with that is that we live in an environment that never stops changing. And so if we only have one set pattern that's not good. So our static is, our status is when your internal environment can adapt to what's going on outside. And it's constantly changing. And that needs to be able to have happen. If you overload that system. If you completely overloaded the system where it cannot function anymore, it's got so much going on it, the information will come in and you can't respond, mainly because part of the brain called the prefrontal cortex, this part right up here, this part that makes us really important about who we are as human beings. It gets overloaded and it's the conductor of the brain. And when the conductor gets over, can you imagine this? Can you imagine an orchestra and the conductor is drunk, and he's waving that wand around or he's trying to swat a fly that's going by, but everybody in the orchestra is following what he's doing. Pretty soon the orchestra is all out of whack. And that's what happens. With us, and so you go instead of being able to respond, you freeze, you can't, you can't do it because you can't think straight. And you have an overloaded system that goes on. Then you decided, Okay, there's a bus coming at me, you step in front of it, you go into freeze mode. And that's not a good idea

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that the bus is gonna run over you.

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So we want to have everything working really fast and accurate. So we can jump out of the way of the bus,

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right now being in the field of chiropractic. And I traveled with you enough to know that chiropractic usually is associated with somebody, you go to a party and they say, I got a pain in my back. Oh, good. There's a chiropractor there. But you're changing the way the profession thinks about that. And you're saying, hey, even though you got a pain in your back, it's really a pain in your brain. So can you explain a little bit about how that works so that the viewers understand that?

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Yeah, you know, bones and joints don't do anything on their own. So they can't be the cause of the problem. Even though everybody says, well, it's my back. My back's my spine. Well, they don't So they can't be the cause of the problem. And the muscles that move the spine, don't do anything on their own. So they can't be the cause of the problem. And then you have to go well, what controls the muscles, and that's the brain, the central nervous system, the brain controls everything. It's the central organizing authority of the body. It keeps everything in balance and makes everything happen. So when we get into stress, what happens is, as as stress continues to build up, the brain function starts to become impaired. And guess what it's going to manifest itself somehow. And it can be headaches, it can be tightness in the neck, it can be back pain, it can be immune system responses that no longer can work properly, and your immune system starts to fail. So it's a wide range of illnesses. And Matter of fact, the research the latest medical research, flat states that you know, 95% of all diseases and illnesses, all diseases and illnesses come from brain function come from stress affecting brain function.

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Okay, so when we're when we're talking about what happens in the brain. A lot of people don't understand the different brainwaves. They've heard about beta maybe, which is our wide awake state. They've heard about alpha, this relaxing state, but they don't know much about anything else because it hasn't made the news. There's one between there that I know that you brought to my awareness years ago, there's called SMR sensory motor rhythm. Can you tell us a little bit about that brainwave? why it's important as we get more intelligent, better looking with age, that we need to be concerned about SMR

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sensory motor rhythm, it's really an interesting thing. We could never figure out what was going on. Because what we knew at the time, it didn't make sense. And it's 12 to 15 hertz. It's a specific frequency. It used to be low beta. And but in his frequency, they discovered that when you stop and relaxed, especially over the motor strip, the part that makes everything work here, the activity in that area went up in that frequency range. When you're sitting relaxed, it shouldn't be going up and not using muscles. And what they discovered with it with it. The brain has its own abilities. defrag itself, just like a defrag a computer, and you help organize all the material in the computer so that the computer can work better. The brain has that built into it. And if you can, if it's working properly, if your system is working properly, you can close your eyes for about 30 seconds and literally come on thinking clear and ready to go and get a lot of people that doesn't work. And so they get muddled very, very quickly. You can't give them too much information because the system just keeps overloading and overloaded.

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Right. We've also found that SMR for those people out there that might be a little unbalanced that brainwave also helps with the distributor system in balances. That's why when we did our neurologically based chiropractic series with brain tap, we encoded a good number of that time spent in that 15 minutes a session is spent training that brain to get that SMR rhythm going. So what do you how do you think it works? You do the chiropractic adjustment or whatever the therapy is, it could be any number of therapies, and then they do the relaxation. Or they do a brain tap session, whatever it is. What do you think about that? What happens during that time?

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Well, just I'm going to just address an issue. You talked about balancing and there's a direct hookup between that prefrontal cortex and the area of the brain that's in charge of keeping us up right moving all of our muscles called the cerebellum. And the way they talk to one another 50% of the neurons in the brain are located in the cerebellum, one particular area of the brain when when you look at that and go like, Huh, why is 50% of the neurons in that one area, that must be a real important area. And that area is to keep us upright and in balance, and especially because we walk on two feet, we operate and that takes that's tremendous amount of computerization to get look at the robots that they're building today. That's the biggest problem that they have. They can't keep them up, right? Because this thing is so sensitive. So if the prefrontal cortex isn't working right, and it gives wrong information to the cerebellum, you're going to have trouble with balance and being staying upright. Now, where do we go with the question?

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Let's say you do you find out somebody needs an adjustment to the hardware, you know, the physiological body system needs to be adjusted or treated, then they're going to do a relaxation. What's happening during that time?

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Well, one of the things that we discovered this was what started me down this whole path was we discovered, in our research working with a psychologist, is that the chiropractic adjustment acted as a direct neurological pattern interrupt, that went all the way to the highest level of the brain. It affected the entire brain itself. And it was a it was like a moment, hit the pause button saying, something's not right here, pause, what's going on. And it gave the brain a chance to take a look at the patterns that had been working in and start to reset those patterns. And that's the reason that chiropractic works. That's the reason it's worked from day one. it resets the brain and allows it to move itself towards more appropriate patterns. Now, then what we found out and this happened a lot when we first got to know one another, and I started taking Look at what you've done with the Brain Tap, that you do the adjustment, the brain is now sitting there

going like, Okay, you've got my attention now what? Now you put it on a retraining program with the Brain Tap to dial in specific frequencies to be able to move that brain towards more appropriate patterns for that individual. And you can do biofeedback and neurofeedback. And those three things, the brain tap, and those things are all all important. And I recommend that people do them. Because we've seen incredible results by doing it this way, instead of just doing chiropractic alone, or just doing Brain Tap alone, that that combination worked out absolutely incredible. And it's changing the chiropractic profession worldwide.

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Yeah, so we're making a shift there. I know that you're also an author. You put together a book and you believe that all all illness really stems from our thinking or our physiology out of alignment and all of those things. So tell us a little bit about your book and what we can learn from that.

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Well, thanks, do you got to publish a book or All the information that I've been working on for so long, and it's called why you get sick and how your brain can fix it. And you know, and so what when I discovered this whole thing, and this has been an incredible journey for me, and it's not stopped. Dr. Heidi havoc I'm hoping that you've interviewed her somewhere along the way, has continued to publish based on the stuff that we started with, with all of this, about the powerful effects of the chiropractic adjustment and changing patterns. But the book sort of starts from the beginning of what woke me up as to what I was getting with wasn't back pain, neck pain, or vertigo out of place. It was about bringing life back to it. A young girl who was who was catatonic who had never responded to anything in her life. And I did some cranial molding with her and she started to respond. And she ended up last time I saw her she was 21 years old and was working with a normal child and they're not giving her a chance to live past five. So there was something else that going on with all of this. And that's why I had to do this research. And so all the years of practice and working with the psychologist and the research that we did in working with you, we had a great run together, my gosh,

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12 years. Yeah,

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yeah. 12 years, we've been sort of in one another's back pocket, it shows together. traveling together, it's been great. What we did was we were able to put together this whole pattern to be able to see that it's really truly all about stress. Everything is about how we deal with stress. And on that note with what's going on in you know, in America today, I'm expecting just a terrible

time in the next 10 years due to the stress loads that are being put on Americans in every direction possible. Right now. It's just as soon as a bad time, and we need to take care of ourselves now.

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Right? Well, we my research and I've been asked to speak in between what we're doing now I've actually done about 27 interviews. Use over the last two weeks about sleeping people calling me because of sleep 100 years ago, the average person slept 12 hours in the 80s. It was documented, we needed eight hours. So that was what we were doing in the 70s. The average person, I mean, I'm sorry, in the 90s, Every person got seven hours. Now the average person is getting less than six hours. What is that doing to our brain and our nervous system.

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It is a battery up here needs to be recharged, and it needs time to sort itself out. And that's the whole idea when when we go down in from being wide awake and alert in defense all the time when we go into what we call alpha, which is that conscious relaxation. That's the first step towards sleep. And then that does a transition from that into too late sleep which is into the subconscious and then down into deep sleep or delta. And the reason they put people in comas in the hospital is they want them down into delta so that all the energies in the body are going towards your healing. Now when you take theta and you look at dream sleep, Well, what dreams really are is the brain trying to put together all this leftover junk that you've got out there of ideas and things that are floating around, and the brain can't stand that it likes to have a complete story. So it takes this little bit that attaches to this little bit to that little bit. And you end up with these bizarre connections going on, where there were just fragments of thoughts going on, if that weren't part of a memory, and the brain is trying to sort it out. If you're not developing good theta sleep. And I think theta is the key to our health. If you're not developing good theta sleep, you're not going to get your your normal circadian rhythms that you have to have for good health of the brain. You've got to go through those stages when you're sleeping, you should go between six to seven times during the night you should go from delta to theta to Lake elfa to back back and forth six to seven times because I'm sure Dr. Aspen talked about this and the vitamin D absorption for instance. If he did that didn't

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tell us because I don't think he did.

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Oh, vitamin D gets absorbed during that transition of theta alpha to delta. Because what happens is vitamin D that we take in from sunshine or you take it by orally, it has to be

converted to the type of vitamin D that the body can absorb. So if you're not going to those transitions, that's just one of the factors that happens neuro physiologically. And so you can take all the vitamin D you want into the sun into your Chris, and not get vitamin D, because you're not going to the ideal sleep patterns. We need to get back to it. We need to develop those, those ideal sleep patterns.

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Right? when people try to make a change, the biggest, the biggest issue I see is an area of the brain called the default mode network, because you're trying to get new information in but there's like trying to upgrade a computer with an old operating system. Tell us a little bit about the default mode network and how our viewers can start working on that maybe,

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well, that's that's the big key in it for the adjustment. When it's like sticking your finger Do a 110 volts, that's an adjustment. I want to tell you something to bring goes like what the heck was that, and so forth back to the default when you if you that's your opportunity to change patterns. But you got to remember this, you can't just do it once and expect it to keep going in your brain learns through repetition, uses overtime repetition over time, right. And so you've got to keep doing this for the brain to be able to change its patterns. And that's, that's what's so critical about this. People tend to do this once or twice, but nothing's happening. You know, it took them 25 years to develop those bad patterns. But they expected to get better and to know we need to learn.

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Yeah, when you're thinking about the nervous system, we always find that it takes about 72 hours for the nervous system after a breakup session to kind of go back to whatever its neurological norm was. And then we're going to interrupt that pattern again, if we can break that pattern. So tell me how does other How do other therapies and what have you found in your research as far as what's the frequency somebody needs to Do these things to make these changes because it's like hebbs law says it those those neurons that fire together wire together, and those neurons that fire don't fire together 10 do not fire together. You know, it's, it's kind of like the the thing that what we do most we get more of. So

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yeah, and that's why you need to be a little careful about the frequencies too. Because if you're training at the wrong frequencies, you're going to reinforce the problem that's in there. That's, that's why I designed and built the neural infinity because we can see which frequencies need to be challenged or retrain the most. And then you can apply the Brain Tap to those frequencies

because I know that you've got a wide range. Now we've talked about this over the years, and developing the different frequencies. And I want to tell you, the the Brain Tap is powerful. It is extremely powerful. I have a lot of respect for it. Because what he does what he says it does, it does and we proved it by hooking up people lifetime to the neuro infinity and literally watching the brain change, whether they like it or not. I remember the one guy who have been out in Las Vegas and you've been partying all night. He just wanted to go to sleep. So we hooked him up. He said I'd soon as you put that on there, I'm going to sleep. And we sort of went like Oh really, cuz we got 10 minutes for you to sleep, but now I'm gonna go to sleep. So he put it on a DNA down, he closed his eyes in about 30 seconds. He said, Ah, damn, we'll come back up again because he wasn't ready for it. And you had to take him through the stages when he got into that 10 minute phrase. And he done it started doing it correctly. We watched the theta and start to develop

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and him falling asleep properly. Right?

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Yeah. So how important is it to take the time to have like, a little bit of exercise for the brain, you know, eating correctly sleeping sleep hygiene doing these things for the brain. Tell me a little bit about the because you're I know you're really young man right now and people might might not understand. You know, when you when somebody sees you and they find out. You know how young you are. They get they're really impressed because you get around pretty you know, you You're not like most people your age. Let's say that and you have some strategies, I think that maybe you could share with people. So can you share with some of some of your daily routines or strategies that you use to keep your brain sharp and your your life mobile?

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You know, I'm a chiropractor, I've been adjusted all my life. My parents took me to a chiropractor. My my mother lifted 95 my father 86. My rest of my family, they were in your 90s just incredible. So there's some genetic capability that's involved in this, but there's also a lifestyle that's involved in this as well. And so I have my basic rules, everything in moderation. You know, I don't deny myself but by the same token, I pay attention. You know, I'm not going to go out and try to run 20 months, that's touching your body. You don't need to do you go do a fast walk for a mile. You're going to get you're going to get what you need, your body's going to get. tackler needs you run 20 miles. What's the point? You know, you're not running away from a lion. Food exercise. I'm on no medications I ran

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out of medication, I don't want to get involved

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with medication because I know that there's, there's side effects to them that are that no, there's a time when you're failing everything else, you have to consider that. In the meantime, I try to keep yourself in good shape as possible. So I just turned 79. So I'm still chugging away, thank Gosh,

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nobody would even know it. So I mean, so when people are doing this, when when you think about somebody who is maybe they haven't even went to a chiropractor yet, because there's a good number of America, and they might be tuning in here. What would you say to them when they're choosing a chiropractor? What what kind of chiropractor should they choose?

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Well, anything is better than nothing. But by the same token, I would look around See if you have somebody who understands, neurologically based chiropractic, you just asked that question. Are you a neurologically based chiropractic? And if they say yes, then they're going to be looking at you from a standpoint of how to improve your nervous system, not just merely straightening your spine or trying to get rid of back pain, those that's the basic advice that I would give, but try to get some sort of regular care at least a minimum of once a month. That would be my recommendation.

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I know that they probably don't know that back when the the 1918 influenza thing happened. chiropractors were the one that were saving the planet, because they were getting affected by the flu and all of that. So tell us a little bit about what the we have a circulating nervous system and we have a circulating immune system. So tell us a little bit about how they work together and why it's so important to keep them both tuned up. Yeah.

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This is the whole thing that people have to just go back and stop and think about everything is based on the nervous system, which is your control center. Things The entire body including the immune response. So the goal is if your nervous system is working, right, your immune system is getting information that it needs to defend itself correctly. So, you know, if you're going getting a chiropractic adjustment and you're thinking you're going to improve your nervous system directly, now you indirectly by improving the nervous system that's going to improve the immune response. There is a book which I'm just I can't, I cannot find my copy, and I'm very upset about it. It's called the adjustment and it was published. I'm I'm guessing 35 years ago, and it was written by a chiropractor, and it's about exactly what's happening right now. Exactly. And the

only thing that worked was chiropractic. And I'm going like, man, I and I don't even know the name of the author. But it was an incredible book, but we know this, that if you go down and get regular chiropractic adjustments, start getting your brain back into balance, getting your nervous system operating. correctly getting better sleep, your immune system is going to function better, which is going to give you more defense against what's going on out there right now.

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Most people don't realize that when they're under stress, their liver can actually create the sugar if they're not eating it. So a lot of people say, I don't know why I got diabetes, I don't even eat sugar. They don't understand that their body can manufacture this sugar. That's why I tell people stress is more fattening than chocolate. You know? So what do you think about that concept in, you know, the relaxation programs.

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As you become under stress, you're forced to system more and more in the brain towards beta activity being awake and alert, because it says, I'm in big trouble. I'm in danger and it starts doing it looking around being on guard all the time. And when you're up on gaurd and in beta, it takes a tremendous amount of energy to run the brain at that high frequency level. It's like plugging in every electrical thing. You've got your house at the same time and expecting not to blow circuits. What happens is you start circuits. And the same thing happens in the brain. So what happens is, the brain has it operates on glucose. That's, that's the food for the brain is glucose, sugar. And that's manufactured by the liver. It's this horrible thing. If you ever went into any kind of study for

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visual physiology and human physiology,

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you got this Krebs cycle you had to learn. And it was like slashing risks. Like it's a very complicated system. But that's how the liver makes glucose that supplies the brain. So the demand on the liver is tremendous to supply glucose when you're in defense mode like this. Well, we have an offsetting factor for the glucose because you don't, you don't want too much glucose, you'll go into shock. So there's an offsetting factor now offsetting factors created by the pancreas, and it produces insulin to offset the sugar. Well, if you're burning that thing, like 24 seven, eventually you just literally burn it out. And you end up with type two diabetes. So you looking around for all the bugs and whatever it is you think that may be causing this. It's not that it's not about your sugar intake. It's about how much stress you put on your system, and how much you burned out your pancreas.

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Right? And just so the viewers know, you can only have one tablespoon of sugar, the equivalent to that circulating in your bloodstream at any one time, your body is going to do something if not, that's when you get go into a diabetic coma and things like that, that you hear about. But why do you think when the insulin levels are upper there, these viruses are targeting people who are compromised like that have these issues like diabetes, what what what is that a symptom of it's a bigger symptom.

32:37
Yeah, the symptom is this if you're compromised already, and that means you got to understand it. If you say you've got a compromised immune system, because you've got some sort of autoimmune system disorder, or you've had well cancers on our immune system disorder, but if anytime you've had that type of compromised to your immune system, that means you've already compromised your nervous system that ended up showing up in an immune system. So the problem, again, we've got to go after cause we've got to stop looking at symptoms all the time, the medical profession kept looking at signs and symptoms, and then they come up with some sort of care.

33:12
Well, that's great. You got to wait till you got signs and

33:14
symptoms before you're doing that. But what I'm saying no, you've got to go further. Now you've got a look at brain function. And the brain function will tell you what kind of condition you're in and where you're headed. You can have an ov aroused system or you can have an under aroused central nervous system, or you can have one that switches back and forth from over aroused to under aroused, that's bipolar, and that's that's getting worse, and then you end up with an exhausted nervous system and that's where all of those auto immune systems show up. So if you have an auto immune system, I want to tell you you're in big trouble. That means you have compromised your central nervous system to the point where literally other systems are now breaking down.

33:53
We know Chiropractic and help get the immune system back online and the nervous system back online effect since meeting you giving a talk, especially with the biohacking community, which for some reason chiropractors aren't as big in there as they should be. I always tell them, You need to get a C one adjustment to turn on the guy turn on the power first. It's like, they got an extension cord and they didn't plug it in the wall. And they wonder why the drill doesn't work.

You know. So tell me a little bit about why the adjustment does that. I know that we could show at your conferences, you show beautiful scans for people like me that like those beautiful images of the brain, you know, synchronized, you get the symmetry of the right and left hemisphere. And it's like the brain goes back to its original format. If it's kind of like hitting default, shift all delete or whatever in the brain gets a reset. But tell us a little bit about how the the adjustment does that?

34:44
Well, that's the thing. What if you're just doing chiropractic alone? You're staying under regular care. Every time that you get an adjustment. When it literally does is it interrupts that pattern? It's in there right now. And so the brain can then sort of say, Okay, okay, you got my Attention. And let's say we do nothing else, we then go outside and we go back to our life, it starts to go back to the old pattern, because that's what created it. And then you come in the next time you get another adjustment and it pauses and it says, oh, okay, I got my attention again. And then you do it again. And you do it again, you do it every time you do yet that interrupt brain goes like, you know, there's a better way of doing this. And it'll start to slowly unhook the wiring. That's, that's creating the problem, and start to build new wiring. And we've got pictures of this actually happening where you can actually see neurons disconnecting and reconnecting to a new pathway lifetime. So then you take something after you do the adjustment like this, and then you put them onto the brain tap, or you do biofeedback. And then you do neurofeedback, which is specific frequency retraining in the brain, teaching him how to how to get there through a reward cascade. What happens is that just speeds up that rewiring 10 times the amount if the brain doesn't have to keep being interrupted. We also know that there's a law of hornieces out there. And that says that a strong stimulation stops a physiological response. So when you're in a pattern, so you've got diabetes, that's a physiological pattern. And if you do a strong input, it stops it permanent. And if you keep doing that, every time you do that and sort of slows down that return to normal, then what happens is, is that starts to improve a moderate stimulation inhibits. So that doesn't have to be as dynamic, an interruption. It just says, Yeah, you're going in the right way, but I'm not gonna let you go back to that other one. And then once you've made that turn that corner where things start to move in the right direction, a gentle or a soft stimulus encourages. So we have the same bracket now less than late later is better as time goes on. So as the person changes in their conditioning, as they start to improve with it, where the training and the adjustment, the whole works, you need less of it to actually encrourage That that pattern of change. So the thing is, is you don't give up, you don't stop.

37:06
But you don't keep doing the same thing that you did to begin with. If you don't have to, you don't need to do it a little bit.

37:13
I know I've heard you speak for days on end without stopping because you have so much information but we're almost coming to a close here. I want to make sure that if somebody is a practitioner, chiropractic practitioner and they want to learn about neurologically based chiropractic, they can go to neuro infinity, right neuroinfiniti.com they can talk to you about that, and get some training. But what else could they do to start learning and developing and growing as a profession because I believe chiropractors are under utilizing what they do there. They think they're only about backcracking in what have you seen neurologically based chiropractors work on this with with within the scope of what you're doing as a chiropractor?

37:51
Well, that's that's what's changed about this concept. Once we started once we develop the neuro infinity and that's neuro infinity with an i on you In a way, that's important because if you're good enough somewhere else, if you go with the why it's with an i in the end, once we started looking at this, we started to realize that chiropractic wasn't about treating anything. It wasn't about any signs or symptoms you had chiropractic was strictly about improving central nervous system function. So the best thing we had to do is develop a test to be able to show whether you had ideal neurological function or not, which is what the neuro infinity test does. It's a 15 minute test. You don't have to gown or anything, there's no pain with it, you just put the leads on, and the computer does this test. And it shows how the cortex of the brain patterns are set up whether you're stuck in fight flight or not, whether you can dial in relaxation, and what we do is we test different types of stressors. There's the cognitive challenge, how you think under pressure, there's the emotional challenges, the noises, the dog barking, cetera, and then as a physical breathing challenge is done. Followed by recovery period after each one up so we can see stress response and recovery response. That's what we needed to have in the first place to be able to, to determine what kind of care these people need, how much trouble they were in from stress and what stress was the key factor.

39:18
So I'm want to thank you again for being on the call. It's been great. And I'm sure that people have learned a lot about this. What do you want to leave our viewers with as far as how they can handle or manage stress, especially during these, quote, uncertain times where we're being bombarded with propaganda and other things? Yeah.

39:35
First thing is turn off the television, turn off the radio, go and see a chiropractor. Get out, do some walking and enjoying nature. appreciate everything that you have, don't focus on the negative. start focusing on how grateful you are for your life, and all the good things in it. Get

yourself instead of a Brain Tap and start doing the program. This stuff works incredibly powerful. I have a lot of respect for this man and what he's accomplished. Get finding neurologically based chiropractor and getting them to care.

40:08
And just enjoy your life.

40:10
So there you have it from 79 years young doctor, Dr. Richard Shelby, how it works, how it's done. And I know for a fact he does that because I've been at his events and when everybody's out there partying he goes to bed you know, and they're trying to ag mine and use all sorts of corrosion to try to get you to stick around but you know that sleep is important and and then you give me the second we were eventually I can leave to do so. So things like that can happen. So it's a great it's a great experience. And I know that once live events are happening again, we're going to see each other again out there in the field and I was very disappointed in you go to Sweden again. Because Yeah, it was actually going to go this this time would have been awesome to go there. But I really appreciate you being here sharing with us. I know that the doctors to get on board that are neurologically based. Are practice going to want to get ahold of you. So we're going to make sure in the VIP section we're going to get something where they can get ahold of neuro infiniti, maybe get something that you can give them. So they can learn more about the device and more about the trainings that you offer because now you're from what I understand you're doing some trainings online now, are you

41:19
training online and you can contact DDD at neuroinfiniti.com DD at neuroinfiniti.com with any questions you have, and she'll either get them to me or she can answer them and send you some information. Absolutely and better. I have to say that anytime that you need me or I can help you use this call, I appreciate you.

41:40
You've always been there for us and it's great and you've you've helped us get into the chiropractic world. So we appreciate what you're doing. And now everyone share this message with your chiropractor if he's not a neurologically based chiropractor. If you're not under care right now, like Dr. Barwell said, Go find a nuerologically based chiropractor get under care terms. On the nervous system, use your Brain Tap, start working together, get stressed, turn off that TV, turn off the radio, those are very good tips to share, know that you have a default mode network. And it's like, like he said, it's like a computer, we need to, we need to interrupt the old power program, put a new program in there, it can't be changed. There's nothing fixed about the

brain, we can change it the only thing that makes it fixed if you keep doing the same thing, of course, you're going to get the same results. So again, thank you very much. Please stay tuned for our next speaker. And thank you for being part of the optimal performance summit. Thank you.