



Paul Sorbo

Concussion Tracking Breakthrough: Why You Need To Test, Not Guess

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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 today, somebody who's really experienced in the health and wellness industry, the fitness industry. Now he's got into working on really mapping out the brain and using something called the P 300. Which we're going to get into, he's been a guest on the bulletproof show with Dave Asprey, which most of you following this know because we're considered quote biohacking, who I'm talking about here is Paul Sorbo. Paul, welcome to the summit.

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Thank you, Dr. Porter. Pleasure to be here.

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Today we're going to be talking about concussion tracking. Now what you have is a breakthrough, because as I really love it, it says, you test you don't guess. And when we were introduced to WAVi, which is the topic of discussion today, it just blew me away, plus the pricing, which we're not going to get into that much today, but it's like a third of some of the technology that we've been using at Brain Tap so I know that it's In the graphs in the ease of use, I mean, you can do these tests, which we'll get into a little bit later how quickly you can do them. But tell me a little bit about what was the thinking behind creating the WAVi. And, you



know, its revolutionary look and feel as well, maybe.

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Yeah. So thank you for the introduction, by the way. So WAVi was really conceptualized 10 years ago, just about a decade by two men by the name of David Oakley and David Jaffe, David Jaffe been in the you know, the medical space for a long time helped co create one of the pulse oximeters around you know, was really involved with Loretta SW, or SW read, excuse me, which is, you know, very commonly used in neurofeedback. So he's been in the brain space a while David Oakley, Nobel collaborator, really kind of background in neutrino physics. And one of the things that when you look at the the medical industry as a whole is we've never really had accessible information, especially when it comes to the brain. If you want to do year over year measurements, On the brain, you know, your options are MRIs, SPECT scans, you know, any one of those types of things, you really going to have one of your patients do, you know, a 5000 plus dollar test multiple hours and in the hospital and not only that, how are you even going to get them scripted for such. So WAVi was really designed and kind of conceptualize, to make brain data, something that was not only accessible, but easy to understand. 10 years later, we're here you know, originally a lot of focus on cognitive decline and, and kind of what's plaguing us as a society but we've started drifting into concussion research, you know, TBI research, you know, behavioral state research, you name it, we're kind of starting to drift into those areas as well.

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That's great. Well tell us a little bit about what is because WAVi has, like we have lobbied just for anybody's wondering Brain Tap uses WAVi we recommend WAVi in we do have some people we might talk about a little bit later in this in the summit, who are using it to her breakthrough. Some of you have watched, like Jake pates who's talked about WAVi in the in the summit portfolio, but tell us, what are they measuring? Because you've got these different devices depending upon the size of the head of the person. So instead of using these caps like we're used to and pushing the paste in and having that big mess, you've figured out a way to do this easier and better and faster. So tell us a little bit about the process.

03:25

Yeah, so WAVi doesn't do anything new. We utilize technology that's been around since 1960s 1970s. Both of those things would be eg, which most people are familiar with. There's been a lot of research on eg with epilepsy, you know, it's basically tracking the micro frequency that comes off of your scalp. We also use CRP or evoked potentials evoked potentials is basically how your brain processes any given sensory input. So we can do this a couple of different ways. We have an auditory evoked potential, and we call that an auditory oddball. So basically, I snap Every one's brain processes that at a speed and a voltage. Those are the two pieces of information



that make up a p3 hundred wave, just like you have a heart rate. So an amplitude at which your part pumps out blood, as well as the rate your brain has the same thing for processing sensory information. So how much energy Am I able to donate to any given signal that my brain is processing? And how fast is my brain able to process that signal? This is an absolutely amazing measurement that's been around for a long time. But the problem is it was never readily accessible. So this would have cost, you know, five to \$10,000 in a hospital, you know, with a traditional sailing cap, as you've mentioned, with gooey, gooey eg gel, which is more like semantic paste. And we do the same thing in roughly four minutes 10 with setup for a fraction of the cost to make this data and something that accessible to the general public and practitioners to really take that personalized healthcare to the next level, as well as providing the patient with something and or the user with something that is really meaningful that they are actually able to take control of.

05:15

I know when I first saw the WAVi, one of our doctors, Dr. Russ Kord, who's going to be also on the summit. So people are wondering, he's going to give a little detail about that. But in the heat, he brought it out with Joe net, who was working in at our booth, and I was amazed while the doctors rendering their talk, they said I can do this. I said, Well, do we have enough time because we got break coming up. Don't worry about it. They put it on me. It took all of maybe 12 minutes in a booth where he got a lot of things going on sitting in a chair. And then when he was done, she goes, we're done. I'm like, really? And then she pops up this report which I get to look at, you know, basically how the WAVi translated that all in what I really like the viewers to understand is that this All goes up to a cloud, where you've got all the doctors that are using WAVi, they're sharing that data, not personal data, but just brain data. And they're able to correlate that data and start giving us back information. So can you tell us about that process?

06:15

Yeah. So that's the whole long term vision of WAVi. And I like how you kind of mentioned that. So the data that we capture is fully anonymized data, extremely, extremely secure. There's no personal information that's attached to any of that. So basically, what AI learning or what we're able to do with the cloud data is hopefully begin to identify patterns, or basically to put it in really layman's terms pattern recognition for eg data. So something like let's call it for lack of a better term PTSD. And I'm not saying that we can do this by any stretch of the imagination, but this is the overwhelming idea. Before there's never been a reliable objective marker for PTSD. The reason being is PTSD is a state and it can manifest in a number of different ways for a lot of different individuals, right? So if you want a reliable baseline marker on PTSD, that's completely subjective data right now, let's take two different individuals. One individual won the lottery that morning. They had the, you know, eight hours of sleep, you know, no interference and they come in for a PTSD assessment. The second individual they come in, unfortunately, their father



has passed away the night before, they slept two hours, and you know, they're bankrupt. Both of these individuals have PTSD, but unfortunately, qualifying them based on subjective answers to whatever that questionnaire may be, will provide completely different results. The whole idea behind WAVi is if we can capture enough data to be able to say regardless of the state, this brain marker is similar to other brain markers that suffer from pts or that have PTSD or light carry touristiques and maybe we can come up with some sort of marker, or archetype of what PTSD is, all of a sudden you have an objective marker, regardless of the state that is actually quantifying these things. So PTSD, pre Alzheimer's, pre dip, dementia, depression, bipolar, it really becomes endless. It just is a question of how much data can we capture? And what are the things that we can put into the AI learning to be able to create these archetypes?

08:32

Right. And I know our doctors loved your technology, because it was showing them pre and post after therapy with all their therapies. But of course, we were interested in brain camp, because that's our business. But they were showing us Hey, look at this, this look what's happening here with the voltage and speed and voltage are really important to us. In fact, we even created theories that has the left hemisphere speed up before the right hemisphere. So we get that balance going, because we're finding there's a lot of evidence that shows in dementia that One brain is slowing down before the other so we can tell that with brain speed within what you're doing. I know also, WAVi has introduced heart rate variability into the equation, which is, which is really key to get the you know, we get the brainwaves in the heart coherency going, then we can we can get a better look at health. So tell us how that all plays into the WAVi scenario.

09:22

Yeah, so you kind of mentioned a couple of really good things that I want to kind of piggyback off of a heart rate variability, which we're really excited that we just rolled out with heart rate variability, and it's basic layman terms, the connection between the heart and the brain. And if we really kind of dive a little bit more in depth, we look at the parasympathetic sympathetic nervous system balance. And the whole idea behind this is if we can look at people's chronic stress markers and acute stress markers in a really, really simplified fashion. If we can improve that hopefully, we can also improve their brain and that's what we're going to try and validate. You know, WAVi doesn't diagnose anything, we're a performance marker. We're just looking at your wellness have different markers in your brain. When it comes to P 300. You brought up a really valid point. And I think that, you know, what we strive in, is establishing an objective baseline in which we can then measure continual progress, whatever that continual progress maybe. So in the case of you know, Dr. Porter and John at what we look at, as we looked at an objective baseline,



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objective baseline was established, we were able to see the progress of that person's brain, whatever that may be. The next thing that we're able to look at is not only the progress of that person's brain, but let's just take it in a really, really simple management course, is we take people's blood pressure every year. We take other health measurements every year. The one thing that we've never been able to track on a year over year basis is their brain. And why is it hasn't been affordable. hasn't been accessible. Now, if I can measure you, let's say that I'm measuring Dr. Porter, you know, when we come in for his yearly assessment, and all of a sudden, next year, Dr. Porter, you had a 45% drop in your voltage. Let's look at your health markers. What happened is what's your cardiovascular health look like? What's your stress levels? How are you sleeping? What's your exposure to things like EMF. So all of a sudden, we can really paint this picture and say, Okay, let's course correct. And let's hopefully, hopefully validate what is working for you. And it gives our practitioners this tool to actually validate their therapies and see exactly what's working for their patients, versus all of a sudden, let's call it a decade ago. We never know this information. There's no validation, it's that brain voltage drops 45%. And then we continue these lifestyle habits for the next 20 years. And that's where we start to see the onset of dementia or Alzheimer's, Parkinson's, whatever it may be. And that's the whole goal. How much can we prevent by being able to measure? And what more objective personalized intervention can we provide? Because of this objective measurement that we're now able to provide?

12:11

That's great. You know, I want to put you on the spot here. Paul, I want to know, can you show us any of these measurements so that we can, our viewers because when we talk about this kind of this, it's kind of out there. I mean, the doctors might get it if they're into neurofeedback, and they've done the eg, which is probably maybe one quarter of our doctors, but I think this is every doctor needs to be looking at this. We're in the age of the brain, you go to the grocery store, what do you see on at least half the magazine covers, they got a picture of grain. So this is a time for them to get into this business. And I think WAVi is one of the tools that they need to have in their toolbox to help them in these these reports. I know that we might be able to share them if they go to the VIP section and download maybe give them a sample of that. But is there any way we can show it to him here?

12:55

Yeah, I think we absolutely can in you're still right. The brands the last frontier If in my opinion, and this is gonna sound obviously like I'm representing WAVi because I am. But if you don't have something like WAVi and you're not measuring these things for your patients, you're not offering the best personalized medicine for your patient that you could, because this stuff is now available. One of the things that, you know, I think that paints a good picture is actually some of



the studies that we've done. And one of the studies that we've done is actually a six year concussion study with a division one NCAA program. And what you'll see is that brand voltage is more of an acute marker is what we're finding kind of through some of the research, so it responds a little bit quicker to things and what we found through this six year concussion study is that the brain voltage after a concussive like event to be dropped drops about 40%. What I'm going to do is I'm actually going to go ahead and share my screen with you real quick. And I am going to grab this we'll grab this and I'll start broadcasting and hopefully you guys are able to see this Report. Are you guys able to see that?

14:01

Yes, I can see it here.

14:03

So let's start with the pictures right there. On the bottom of the screen is the Toba graph, basically, on our scale, what we look at is red means higher activity or more voltage that the brain is able to donate towards that signal. Well, you'll see in session one is actually that we see that kind of peak red, which is actually representing 18 micro volts, which is fairly good. Right there in the center brain, kind of that that central parietal area, we see that hotspot around, then we see in session two, that red has completely disappeared. That's actually a post concussive scan. And then you'll see session three in session four that red returns. Now if I scroll up, and if we look right here on p3 hundred delay and P 300. Voltage right there, what you'll see is that that session, one scan, we see 18 micro volts is that baseline. Then what you see in session two is it drops off All the way to 11 micro volts or 34% reduction, session three, in session four, we see that come back. Now the problem what we found over some of these, through this six year study is that about 43% of players are going back to play before that micro voltage has actually returned to those baseline levels. The scary part behind that is that sometimes we may not see that baseline micro voltage actually return back to the the baseline voltage or micro voltage, even by the end of the season, the beginning of the season, the next season or two, three seasons after, versus when we actually are waiting long enough to actually see that micro voltage returned to the baseline, we see significantly different results most of the time. And so that's where, you know, I love your title of this. It's now about measurement and its objective measurement where we can truly help paint the picture on on actually brain data that we can use to better Or take care of athletes better take care of patients better take care of the aging youth. And that's what's really important to me. So that's a really really you know, great example to me for the applications and something like an athletic background.

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So we have the we have the opportunity to measure everyone preseason, or before they start content like in football as an example or like in Jake Pete's experience just yearly because he's



on the slopes, you know, what's happening in or boxers, like, some of our UFC fighters should be using this, you know, in people like that. And then after they have the event, they can get measured again, see the difference, but then we know when they can go back to or at least the the data shows that it probably would be best for them to go back when they see this voltage backup.

16:51

Right. And the way that I like to work that is basically look, here's the reality of the fact that I played football I played lacrosse. I was a competitive snowboarder. I actually grew up with Jake Payton. Competing with the kind of the same friend group. And I love what Jake is doing. By the way, it is so important. These high extreme sports athletes don't have any measurements. And if we can baseline all of them, we can help better protect their brain is the whole goal. And the whole key behind that is, look, it's never safe to play football, it's never safe to snowboard, it's never safe to throw yourself off of a 90 foot jump. However, if we have a baseline objective brain measurement, and we know exactly what you were without something like a concussive event, we can then better or practitioners rather, can then better make a decision a when you still shouldn't go back to play because your brain hasn't returned to that baseline voltage. And if you are going back to play, at least your brain has returned to that baseline voltage so that we know that we are at least returning to where we were before sending someone back. Now we can get into the full discussion of chronic inflammation and and what gets triggered after concussive events and the adrenaline response and all of that. But that gets, you know, a little bit more in depth. And I don't know if you want to go back deep.

18:07

Right? So this when you've seen improvements, and you're working with these different organizations can tell us about, like, how long is it typical for somebody to get the concussion before they're back? If they don't do anything, they just do like the old school, get in a dark room, sit and do it. You know, I know that they're saying that that's not the best way anymore. But what do you what do you see? What do you see is happening? Is there any kind of general average?

18:36

Yeah, that's, that's the key, right is a concussion. What is a concussion? If anyone tells you what they if they know what a actual concussion is, I have to be honest with you. I believe they're lying. Because ultimately, as a medical community, we truly don't know what a concussion is. We know a number of symptoms of the concussion, whether it's suppressed p 300. Voltage, whether it's you know, randomized eye movement, whatever. It's swelling in the brain, whether it's off hormone balance, all of those are symptoms. But what is a concussion? Well, it can manifest in a number of different ways for each individual. Now if someone hits their



head on the wall walking up the stairs, that may be enough to do a concussive event from them because they've been chronically inflamed or, or whatever state their body may be in. And if someone gets hit by a bus, their brain may not have a p 300. voltage drop. But that's why it is so important to be able to actually gather this data of objective measurements. It's no longer subjective. I feel better. Okay, awesome. What do you feel better from? Do you feel better from sleeping better? Do you feel better because you started eating properly? Do you feel better because you worked out for the first time in 15 years? Why do you feel better? Are you dizzy, maybe it didn't present as dizziness. And so that's where this objective measurement of a baseline functionality assessment becomes current crucial for this. And it's not just you know, it's not just concussions, it's things like the aging brain dementia and Alzheimer's. Do you really know? Okay, well, I forgot my keys today. Am I getting dementia? You know, I didn't remember my address from 15 years ago. Is it dementia? Or did you not sleep well, right. So if we have this objective measurement that actually relates to the baseline functionality of the cerebral cortex, now we are able to make more educated decisions and more educated personalized medicine calls based on our patient and our client.

20:33

That's great. And I know that one of the things Jake's doing he has his foundation to help be happy, healthy brain calm the brain in there, they're doing they're doing a survey right now with some action sports people even under the conditions of being in the homes because of course, we can send out the Brain Tap or they can get their their pre scans already been done, or I'm not sure exactly how they're doing the WAVi part of it. But we're going to have some evidence for people about how Brain Tap works based on that study. But we also know that Dr. Cortes been using it, at least in a limited number of patients. He doesn't have quite the patient load that you'd like to see in a study. We have to get some more doctors involved with that. We'll get there. Yeah. So what do you see? Because you're gathering all this data and you have doctors. One thing about WAVi the viewers need to know is if you already have a standing IRB, which means it's already been validated safe, that they can use that data, they can get it recorded. And so tell us a little bit about where the research is going with WAVi.

21:29

So the research is going on a number of different areas. You know, we've talked about some of the concussions can cause HIV research. We've talked about some of the ants or the aging brain research, you know, we can talk about WAVi doesn't just measure functionality, it measures a number of different things. I like to call it a functionality state assessment. So you know, your traditional cue eg markers, qu G's are really great at measuring states. States for me are great if you have them paired with functionality assessment. If you don't have it paired with functionality assessment, getting a reliable baseline off state dependency by itself to me is just not overly validated science as of yet. And I know that that's a controversial statement for



some, but more than willing to have that conversation with anybody. But that's where we're really going to continue to dig into this. We measure things like coherence, how is the individual leaves on your brain actually communicating from one another. We're measuring things like alpha symmetry in the frontal lobe, which has a lot of research behind, you know, depression, anxiety or stress those, those can have high correlations. We measure things like theta beta ratio in the brain and cortical, which is basically cortical arousal, with high and low cortical arousal rates. And those can correlate to things like ADD ADHD if you believe in those. And so all of a sudden, we're able to really get an in depth picture on what individual's brain looks like. Whereas the research Okay, what is the connection, we're getting ready to publish some of our stuff that we're doing between the heart and brain connection, what does boosting the actual health markers of the heart like cholesterol, blood pressure, you know, plaque levels, what does that do to your cerebral cortex? We have the things that Dr. Cort and Jeanette are doing with EMF studies. And actually hopefully showing that neuroplasticity Israel, regardless of what has kind of been through, I have TBI practitioners that are researching their individual interventions. This can be all the way from stem cells to hormone therapy to laser therapy to Brain Tap, this is what's actually happening in the cerebral cortex. And not only that, we're actually able to do targeted treatment, because we know the exact functionality of the entire cerebral cortex, here's where we're, you know, lacking function, here's where we're doing okay. Um, we even have things like behavioral scientists that are really you know, digging more in depth to the communication and the different states meditation states all the way into the concussion side of things and the research behind concussion and and and maybe even you take it one step further optimization, that's what really excites me because that's My whole background, how do I optimize the brain? You know, if I can optimize the rest of my body from lifting weights to eating correctly to optimize my blood pressure, and my heart and my cardiovascular health and my muscle mass? Why can't I optimize my brain?

24:14

Well, now I can measure. And if you can't measure, you can't improve it. That's perfect.

24:19

Now, one of the things I was just to kind of lead into my next question I was going to ask, which is perfect. People like David Asprey and upgrade labs that have WAVi there, and they're not working with the sick people or the even people with concussions, they want to, like you said, optimize the brain, and this is the Optimal, you know, Performance Summit. So what would people be looking for in their brain to optimize?

24:42

Well, I mean, that's exactly a you got to know what your brain looks like. So if you don't have any reliable baseline on who you are as a person. Now, this can be your states like your alpha,



your delta, your theta, your beta, this just maybe who you are as a person and let's make the best you possibly And every person is different on that, right? It's like your fingerprint of your brain, but also the functionality assessment side of things. Okay, what is my p 300? voltage? What is my p 300? speed? And can I improve these things? Okay, I sleep four hours a night, I'll take a personal story. Before I started with WAVi I was convinced that I did not have to sleep more than three to four hours a night. I was a chronic, Insomniac, I didn't sleep well. And I believed it wasn't a problem. You know, I burnt the candle at both ends. I went all the way from bright and early in the morning, working too late at night, you know, 2/3/4 in the morning, and all of a sudden I continue to work, continue to work continue to work. Is that good for my brain? No, we all know that's not good for your brain because sleeping is so important. Right? So now I've been able to track individual assessments that are actually improving my brain voltage. I'm a chronic entrepreneur, the only value that I have to my team, my world, whatever it may be my wife is that my brain stays optimal. So how do I improve that and it may be different things for person, is it red light therapy? Is it hyperbaric chamber therapy? Is it you know, things like Brain Tap? Is it you know, exercise? Is it diet? Is it nutrition is it? Who knows? And what is going to work for you as an individual person?

26:13

Again, if you're not measuring how do you know?

26:17

So with the listeners out there, the viewers should recognize is like we said, Are you testing Are you guessing? You know, in you could be from one day to the next feeling good or feeling bad. Like you said, it's somebody sleeps well, that day, they could score really well like on an HIV test. The next day, they don't sleep well. They score poorly. But the brain almost everyone I would say every person out there has had a TBI, because by the time you're five years old, they see you falling down 2000 to 5000 times depending on how active I have a grandson that I'm sure he's up to 7000 by now. So you know, when I wasn't so concerned with my own kids, I wasn't paying so much attention. But my grandkids I noticed every time he plays soccer hits his head. So this is something that's so affordable, actually families can help Right. I mean, you're finding that because it's not a it's not, it could be in a clinic, of course, and you do have FDA clearance. So, but you can have this just as if you're a team sport or whatever, you can have it or you can have it in your own home. So tell us a little bit about how people are using the WAVi.

27:17

Yeah, I mean, that's what you brought up a good point. So we have a couple of different entities under WAVi. We have both our performance side, our medical side and our research side, each one is kind of catered to the individual markets, our medical line, we You are correct. We do have FDA clearance on our headset as an ECG device. We're waiting on our clearance for our



software which we will be a full medical line which will be you know, primary care practices, you know, insurance reimbursable, etc. Our performance line is just as that it's designed for performance clinics or individuals biohackers where you don't have a medical professional but you still are working. This ranges all the way from entrepreneurs to hyperbaric chamber therapy to, you know, just somebody that is an avid bio hacker or an avid health optimizer, you could have a WAVi in your house, if you really want to do it's a little bit of an investment, but as you've mentioned, it is significantly affordable compared to everything else on the market. And that's really where we've wanted to sit. That's our that's our sweet spot. We want this information accessible to the world there is I truly believe there's nobody in the world that should not have a baseline WAVi scan, because it is so valuable.

28:21

Right? That's, that's, that's what I believe to that everyone needs to know where their brains at now, what's your lifestyle doing for you? You don't even know that. And the nice thing about these scans like either using heart rate variability or the brain scans, it's going to give you a predictive model that can tell you hey, what I'm doing so you change one thing, you could do it for three to six months, measure it again and see what's happening. Oh, different things are happening. So tell us about some of the things that WAVi has. While he's been in the news a lot I know they've been out a lot of podcasts, you've been on featured on television podcasts, different speaker events from those are available. So tell us a little bit about what's what's new with WAVi and whatever We're gonna look forward to in the coming weeks or months ahead.

29:03

Yeah, the new things that we're really excited for is just continuing to work with new practitioners, new partnerships, new strategic alignments, we're going to be publishing a lot of the studies that have not yet been published some of our concussion studies, some of our cardiovascular studies, some of our evoked potential studies, that we're really excited to help bring out to the world and show the world how to use this information. You know, some of the things like in medical school, it's very rare that anyone's ever gone over evoked potentials, because it just has never been accessible unless you're a neurologist. And that's what makes WAVi unique, you know, we have instantaneous data reporting. It's not something that you have to send it to a neurologist. And it's something that I, you know, our head trainers can have you trained in a matter of three, four hours at the most, which is really amazing. Like I said, we did just roll out heart rate variability. So we have that kind of coming out. And we're really excited to show people that data and continue to grow through this as an optimization, you know, kind of platform. We are a all encompassing brain performance platform. And that's where we're We're going to continue to grow to, we really are looking forward to continuing to partner with these practitioners with health optimizers to really get this data, first and foremost into people's lives. And that's what you're going to continue to see. We have some really cool partnerships that we



have not I'm not able to discuss yet. But some really amazing things that are going to be rolling down the pipeline, just to continue to validate and, and that's what I really do care about is validating people that are putting in the work day in and day out. Whether it's an acupuncturist, whether it's a Reiki Master, whether it's Brain Tap technology, you know, these people that are truly caring about individuals lives now can become validated through their therapies and truly show that they are making a difference in individuals lives. And that's why we all do this and

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at the root cause that's great.

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We're going to be providing people a link to get a free gift bonus for you where they can learn some things. We haven't put that all together yet, but just know if you're a VIP member, you go to the VIP section going to see something there about WAVi, we're going to let you know At the very least get you a sample of the study they did that that's available as a PDF book. But we'll work on some other things right to get people educated because you've got a lot of information to share with people. What I really want them to understand is that you just kind of mentioned it there. But the training on this, it isn't weeks or months of training, you can actually get the equipment. We've done it here we have our research, our research, provider doctors to draw, he was able to get it up and running, start doing brain scans on people then of course, we had a little bit of a setback with what's happening in the world. But that's going to be changing and now Florida's opened up a little bit more. So that's why our research facility is and I'm hoping to get down here in the next few weeks, actually, and see it all in action. Because the last WAVi scan I had personally was with John and Dr. Cort when I was out there a few months ago, so I want to see what's going on between now and then. I've actually lost 30 pounds in my last year, so I'm curious to see what happened. I love that. I love that. Yeah. So, just being home in my cocoon has helped me a great deal. So we can measure those things, see what's happening. So a lot of thank you for putting your time here. But before we end this, is there anything that I forgot to ask you something you want to tell the people about WAVi, they would help them to understand a little bit more about this technology and why we at Brain Tap believe every doctor should have this at the very minimum, because they need to be scanning pre and post with their, with their tech, see what's going on with the brain. Whether you're a chiropractor, nutritionist, it doesn't matter. You're affecting brain function, and we need to measure that.

32:34

I think you summarized it perfectly. Dr. Porter doesn't matter what type of practitioner who you are, everything that we do affects the brain. And it's not things that are overly complicated that make the biggest results and that's just speaking personally. You know, when you boil it down to health optimization, it really boils down to how am I sleeping? How am I eating? How am I



exercising, and these are things that each individual can control. Ultimately, you're Health care is not your practitioners responsibility, it's yours. And these are things that you can ask for. And if this is something that you want, this is something that you can ask your practitioner why they are not providing, or why they are providing. And that's just the reality of it. And so, you know, the minute you start to take control of your own personalized healthcare at your own personal health optimization journey, that's when things can take a change. And these are things that can change. You know, just because you have a genetic trait for dementia or for cardiovascular disease does not mean that you have to develop that. What we're seeing is that things like neuroplasticity are real. There's a significant difference between genetics and epigenetics. And as everyone may know, epigenetics are completely or partially controlled by your environment and what you do. And so that's what I would kind of leave that statement with is, you know, the technology and the access to Information is more readily available than it's ever been. And now it's kind of up to people or you as an individual to take control of that and take control of your personalized healthcare. And you can obviously Find me on all social media platforms, LinkedIn, you can find WAVi at wavimed.com. We are always here as a resource. We are continually updating our new links as far as the practitioners that are partnering with WAVi. And, you know, we're here as a resource for anybody.

34:29

So there you have, there's Paul Sorbo. Tell us about WAVi and why we need to measure not guess what our brains doing. I want to encourage everyone watching this to get this link out to your medical doctors, your if you're using a chiropractor MD DO it doesn't matter energy medicine practitioner member they can use the performance model so they can start measuring their their client or patient's brain getting better health because we're all in this together and we want to survive into old age with our Brain and Tap like the ancients do I mean they used to put the the the tribes knowledge in the elders, not in the young people. And we've kind of forgotten about that. Because we're doing all these things. We don't know how it's affecting our brain. But now we have at least a window into the functioning of the brain. So again, thank you and thank WAVi for being willing to give you the time to get on the summit with us here and share this because this is what people out there in biohacking. Feel like Dave Asprey, the number one people out there that are optimizing their health or using WAVi. So if you're someone out there that takes your health seriously, that knows we're on a one way track, we're all getting better looking and more intelligent with age. We need to keep our brain functioning at its highest level, then please check out WAVi your to yourself, go to the VIP section, get the gifts that we're going to give you that will help you to learn about WAVi, share those with your family and friends. And if you want which I'm going to encourage you to do is go to there, they're going to we're gonna have the link where you can go to their site, look up a WAVi practitioner in your area and go get a brain scan. That's one thing you can do for your It's not going to cost you like an fMRI or SPECT scan \$5,000. This should be done very affordably. And you'll get a good idea, a good



baseline to where you're at. So you can see this improvement. So again, Paul, thank you for being on the summit. We appreciate your time. We appreciate all that WAVi is doing in what you brought to this professional as far as actually having real data, actionable data that we can look at and observe in real time.

36:25

Well, thank you, Dr. Porter, I really appreciate the time, I appreciate everything that you guys do. We love our partnership with you guys love to continue to see the work that you guys are doing. And ultimately, thank you to David Oakley and David Jaffe, for allowing all of us to be able to access this information and continue to grow and, and provide the world with some of this data. So really appreciate your time. It's a pleasure to be here and I can't wait to see what this continues to evolve into.

36:49

That's great. Well, thanks again and be sure to tune into our next speaker on the summit. We're here to help you to learn to optimize your potential. So let's all work together. Other, please share these links, get your family and friends optimize their potential. We're all in this together to learn, grow and develop into come down our busy brains and get our healing brain turned on. So again, thank you, Paul. Look forward to working with you here in the future.

37:15

Absolutely pleasure.

