



**Dr. Brett Brimhall**

## The Truth About Biohacking And The Brain

### SUMMARY KEYWORDS

biohacking, people, frequency, body, tools, lasers, methylation, called, stress, wellness, create, genes, brain, understand, health, dad, hear, learn, effect, repair

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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. Someone I've known for a number of years has been on the cutting edge of health. And he's been really exploring and using the term biohacking now because his father and he with with Graham Hall wellness have just been out front of this really the technology and how we really hack the brain through our biology to get better health outcomes. And that what I'm talking about is Dr. Brett Brimhall. Dr. Brett, welcome to the summit.

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And thank you so much. I can remember the first time I met you years and years ago, and I remember putting these glasses on at that time that really small. And I and I put them on was and I'm like this I want to use this in all my practice. At that time I was using neurofeedback and that equipment is really expensive. And I wanted to be able to use this type of technology to help train brain like on everybody. And so like I didn't know how much it cost at that time. I was like, I want it right and so Like, I'm grateful to be, you know, happy to met you, but also to be able to take this, the technology and the tools that we can help people like gain some control back over their lives. Right. And that's really what this this is about.

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Right? That's great. Yeah, we'll maybe get a little deeper into that a little bit more into the



conversation. But first, some people of course, there's a great number of people that know it called biohacking is, but maybe for the listener that doesn't know what biohacking is because sometimes hacking is considered a negative, but in this case, it's a real positive. So why don't you explain what biohacking is in your opinion?

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So biohacking. I remember the first time I heard that term, and I thought the exact same thing you just said is that doesn't sound right. You know, you hack into something that doesn't sound right. And I was asked to speak at a conference where 5000 people about biohacking, and I was I was kind of struggling with how do I help explain it, I knew what it meant, but like to take that connotation of something that we consider hacking is negative. And I was sitting there thinking about what came to my mind was hijacking. Right so biohacking is the opposite of hijacking. hijacking is taking control of something. And that's an unintended use bio hacking is optimizing your body's biology, right through tools, techniques, strategies, products, right. And this really came full circle when I was doing this conference because we know genetics play a role in our health. We know that, but what percentage of control do you have over that? Right? So longevity wise, my mom, her parents lived to 97 and 93. Right? My mom never smoked marriage, never smoked, never drank. Right? He lives a very clean lifestyle. Right? Yes, she passed away in her early 60s from cancer. From a cancer that is typically only seen in smokers. And that really hit me right then and I looked at my mom, they're family of 10 kids and none of those 10 kids kids have even look close to their parents age. And near as healthy and because environmental exposure that hijacked their genetics, hijacked it. Think they didn't know existed at that time. So biohacking is really the forefront of us understanding we genes aren't all works at It's what you do with your genes. And once you have, this can determine not only your longevity, which add vitality, and so that's biohacking nutshell you should you shouldn't have to take control of your biology.

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Right. So when you're thinking about biohacking, some people use supplementation to hack their biology. Can you kind of go into detail with that and why you choose the type of supplementation that you do it from home?

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Yeah, it's good question. So biohacking is taking care of any part of your biology and you have influence on biology both in how you think and how you and what you put in your mouth, and even the people you hang out with, right. So when it comes to the supplements, supplements are in fact the ingredients right? That allows As your internal sales to make it needs to make to just function and to repair and rebuild, okay, and so the quality of the ingredients absolutely determine the outcome. But not only the quality ingredients, but actually how you put them



together, right? Because we now know that the combination of ingredients and how you put them together turns on genetic switches. Right? And so, right now, people have long known for years, you take two identical twins, and you feed them very different diets, they're going to look very different, and they're going to die from very different diseases. Okay, so now the question becomes is what tools techniques and posts are you going to use so my dad and I, for the last million his whole lifetime his 40 years plus of practice, no doubt now mine of almost 25 years of teaching clinicians, we look for any tool or technique we can this legal, moral and ethical to improve biology. Okay, one of which being a supplementation which is for me and my dad from it are two different products. Right with the science to really look at how do I allow the body to do what it's designed to do. And chiropractic, we have a philosophy is that the body doesn't need any help, it just needs no interference. So we want to do is find ways to turn on the vital innate ability to heal and repair. So the supplements that my dad has created, and the ones that I've represent, is literally they're designed to activate genetic switches and support the body, the right supplements, it's about supplementation and activation. And you want to use both.

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Right? So when you're when we're talking about these switches in the genes, can you kind of go into a little more detail on that? Because I know that some of our listeners don't understand that concept.

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Yeah, it's a great, thank you to bring that up. So what you're hearing a lot out there you're hearing a genetic what's called snips right? You're hearing these sequences of genes that make us predisposed to a certain condition. Like we used to say, Well, my family has a history of heart disease or Tommy has a history of Alzheimer's. And what that really meant was is you have a predisposition for for certain conditions based upon how Well, your genes function and for how long? So my grandfather who has 93 passed on my mom's side and her mom of 97. Right. So they developed these conditions right later in life. Right? Well, Case in point, my father in law, his parents, his grandparents passed away from heart disease. Dad, Mom had heart bypass, right, all these things. And so in his mind, like he was going to have a bypass surgery at a certain age. So my wife's in Utah, he had my phone less in Arizona, I'm in Arizona, he had a heart attack. And he's on to a hospital down a couple hours from me. I am driving down, they're really upset because the last 10 years I've been trying to get him to change his diet, to change the things that he could so this would not manifest. Right. He's laying in the hospital when you go into surgery. I drove two hours to get down there. I wasn't really happy about it and my mom passed away earlier that year, and he said something to me. I said I knew this was going to happen because my mom had it. And my dad both had heart surgery. And I said, How old were they? And they can't know the exact age. And I said, great job you



developed and sped up a condition 10 years since you had it, you had a heart, you have heart surgery, 10 years sooner, your parents did congratulations. Right? Because of the choices that we make determine the outcome of our genes. Now, we can't control everything. Right. So there are specific sequences that we know one of which being what's called a methylation defects you'll hear a lot about which has to do with your body's ability to metabolize or convert a certain type of B vitamins into a functional tight ratio by converting to another function. So it will take what's called methylated B 12. And so that's one generic sip. There's others called like an RF to activation, it's a switch inside ourselves that literally turns on the productions of the thing that called antioxidants that clear up free radicals. So there are different genetic switches that are turned on based upon your Exposure to certain nutrients in certain combinations can have a drastic input impact on the output of the production.

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I know that methylation is really big out there right now, in fact, I just read a report, a study that showed almost everyone being affected, like in a negative way, like death happening when, like, whether it's COVID-19, or any of these others. They're not in vaccine poisoning, if you will, or whatever is happening. It's happening to children or adults that have this methylation problem. It's like universal. And so I mean, it seems like a simple test, like doctors should give them a test if they're methylated. Don't give them a vaccine. Because what happens is the body can't break it down. But in what other kind of tests can we do with our genes that can whether we'll get into this next. But you can actually help repair cartilage in the elbows and things I know that you do some seminars that teach people how to use this other kind of technology to

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So the body is designed to heal and repair. Like, we know that, like, we've seen that, you know, when you kid falls down, right? They they get a bump or a bruise or cutter or scratch, and their body just heals and repairs. But as we get older, and there's certain conditions that people have diabetes or whatever else, and they don't heal as fast, right, so would you say one relates to the methylation defect, we know that individuals that struggle with the conversion of B vitamins to the active form a B vitamin, which is called a methylated form, they're more at risk for things that turn into the neurological problems. You know, for instance, you've seen that you'll see that once he was like autism and Alzheimer's and heart disease, because although that methylation is a key component for detoxification, right, so somebody that has that particular genetic predisposition, right would benefit from taking nutrients that are already pre methylated. Alright, so this goes back to the importance of making sure your foods are clean, right? Because if cleaner your food are in a natural form the body can convert it into. So somebody had a methylation defect or any of the genetic defects, I want to know tell you, for sure, just so you know this, it doesn't mean you can't convert it at all, it just means that you have a limited cap capability. So you got to maximize that capability and try to take the workload off by taking the



right forms of those vitamins. And so there are other ways to activate these sequences too. There's, there's ways to you know, whether it's through tools or techniques, or therapies, there's things that you can naturally do to enhance your body's ability to heal and repair. For instance, you'll hear stuff all the time where people are doing what's called stem cell injections and joints and things like that, because you're putting good new tissue right into an area to help it heal and repair faster. So you'll hear things like that. There's other things that you can do. We were talking about this other cold laser therapy, right, there's one of the tools that you do that has a effect on the body's ability to heal and repair like even vitamin D for instance, when some light hits your skin. It's a light wave that hits your skin that causes a chemical change inside your cells to manufacture vitamin D, right? So you can affect your genetics by how much light you get the right way, both from the outside and also artificial weight, whether it's cold laser therapy, infrared saunas, or through nutritional means to what you take an oral supplementation or even injections. It all alters, enhances or decreases gene expression in based on which is you put a toxin in the body. Again, whether it's a vaccine or whether it's a chemical substance, it can alter gene expression. We see that all the time in the skin, right? You take somebody that's getting too much skin, what happens to the skin, it alters and it can eventually turn into cancers. Right so they're there, everything affects you and so biohacking is and what we call the six steps the one I said my dad and I created is, is trying to fit it into a system, a systematic approach where you can tap into multiple ways in which your body heals and repairs and function mentally, physically and emotionally so you can express life today and have better longevity tomorrow.

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I know that when I go to your seminars with you and your father, and it's a great group of people, and we're encouraging people to go to that, and we're going to give them the information in our VIP section, how to go to that seminar. Hopefully we'll be live again in in next January and in Tempe, but you do a lot with lasers and light therapy. And I know that out there in the biohacking world they're acting like this is something new that has never been created before. And people are sitting in their computers with red light panels and they're tell us a little bit about what you found out with lasers because I know that research shows lasers actually do help stem cell production or your own stem cell production so our body can create those things. So tell us what you find with lasers and light therapy.

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Great question. So what do lasers do? Right? And the reality is it's not that new. I remember back in the early 70s, my dad was using cold laser therapy at that time, it was all you know, point dot lasers at that time, but since he began practice he was because it was either for tool techniques now, we're understanding more and more of what they do and having different ways to apply it. Right. And so what laser it does itself, it literally there are certain frequencies whether it's laser, whether it's things that you can see frequency wise, or whether it's things you





cannot see had effect upon yourselves. For instance, x rays has an effect on your cells. You do it too much it will cause cancer, okay has an effect. Red Light has a healing effect. ultraviolet light has an effect on cotton vitamin D production. So different wavelengths of light has a direct effect upon skin and other tissues. But also had a specific effect upon brain, not only the frequency of the color, but the the frequency of how many times it flashes up and down. Right. And this is the same thing true whether it is with light or with sound. And that's what I think one thing when I saw your technology, it resonated with everything I've been doing before is how do I find ways to create a different tone? Because your body has a memory of healing it wants to so when we're little, it just automatically does. Okay? Plus, we don't have the same stress level. But the more you do anything, the more tone you create that system. So if you learn to practice what called Mindfulness and quieting your mind, that process becomes easier if you learn to worry. And you make that a habit if that process becomes easier. So the challenge become this kind of like exercise. I wish I could exercise one to be done. It just doesn't work that way. When you exercise it causes genetic expression to build muscle. If you don't, then your body doesn't make that happen. So anything you do, repetitively, good or bad, had a compound effect to lead towards health or lead toward disease and dysfunction. And so what light does it's a it's another tool that we had to tap into it. So for generations we all worked outside. So our body use natural light and fire light to help our bodies heal and repair and also to calm our brain down at night. Well, for the last hundred years, we use artificial light that is in full spectrum right so it's gonna have a different effect upon our tissues and some of that which is not healthy, which why you'll see a lot more you know, cataract formation and stuff like that people died because there's there too much of the wrong light causing issues.

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Right when you're when you're looking at someone and they come into your clinic, let's say you have all these tools in your tool bag. Being a chiropractor, of course, you're going to use chiropractic care first. But what do you decide, like when you're looking from a biohacker perspective that says, I have all these tools that can help this person, upgrade their health, get rid of the interference, like you're saying, Tell us a little bit about your mind and how you look at things. Okay?

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So when I look at somebody come in, I have it in perspective, because I'm looking at them physically. I'm looking at them emotionally. I'm looking at them biochemically. I'm looking at them spiritually. Right, all of those affect the overall outcome. And the more right thing we can tie together, the better the longer lasting results we'll have. So when somebody comes in and they just have a little neck pain, or this or that that's why they're coming in, I'm looking, is that a little neck pain? Or is there something bigger underneath all of that? Right that I can think of? I don't want them not to I want them to feel better today. Right? And in our society, we've been



taught that symptoms are bad. Right? So I want to dispel those myths symptom disinformation, you need to listen to understand what it's telling you, right? So when we look at somebody my dad taught me for years, the more right things you can bind together in a treatment, the more longer lasting he can have an effect it can have. And so when I'm looking for somebody, and I got somebody with this, you know, a major health issue, I know I have to do everything, right. Right, a lot like you know, opening up a combination lock, if you don't get the right numbers in the right way. You're not going to open up that level of health. But to me, it's also about creating a different perspective for people where they one start to take control their health, they start understanding the rules and principles that governs their health, and then given them the tools, the techniques and the products that allowed them to consistently know how to take care of their health on their own. Like it's I always my question I ask people all the time is who's in charge to you especially to kids, because you have to take ownership, your health, but most of us are playing a guessing game that we don't even know who else is against us. And so my opportunity to help them open up to that idea of physical things, you can do emotional things you can do Spiritual days you can do biochemical things you can do, but make it into a system, simple system. And we're teaching practitioners to teach it to utilize, but also for people to know how that they can apply that. And so I'm always looking for tools and products and therapies that allow it to be simple, but somebody can incorporate into their life long term.

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So when we go back to biohacking again, a lot of people don't understand that the body learns best through stressed experiences, even though we don't like them. Usually, you know, that we need to do that in some of these biohackers are doing things like they do these breathing exercises, and then they jump into ice ice. You know, like an ice pond or something like that, like The Iceman does. What is going on physiologically there that causes I mean, they're coming up with some crazy things, of course, in they're getting these great results. But tell us a little bit about what's happening there.

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Yeah, so as a general humans are lazy, and we we look for comfort. That's the general we don't want to go Worry, we don't want to, we don't want to stress we want want nothing to change, right? The reality is if we take this simple as it when it comes to be able to walk, if that person doesn't fall a whole bunch of times, they're never gonna learn to walk. And if you can never walk, you can't experience this world. Or if you say I want to build muscle, the only way to build muscle is through resistance. And so as soon as people can embrace that process and understand that the way the body is designed, is designed to create a way to overcome so if you're nothing weights, the more you conditioned yourself to lift weights, the more you'll be able to accomplish. So when we stress our system, the body responds by adapting to that stress to become stronger. Alright, so cold water right? So the crowd therapy all the time with a little



plunge in for a certain period of time, and that pungent is causing a stress reaction on the body, a fight or flight response that comes out of it. Now the difference between stress like that That's healthy and stress that is unhealthy as to how long you do it. And the brain doesn't care if it's real stress or perceived stress. So, initial stress is if you do it for a very short period of time and the body then comes back to the resting potential, where it becomes chronic is where we're doing it again and again for too long and pretty tight and that burned us out. So that's it. So everything you'll see a lot of biohacking, you'll see a stress response to cold dunk tanks, you know, just these super intense high intensity interval trainings. They're their stress responses, right? It designed to cut a shock to your system that your body has to adapt to. But the body rallies like that you watch a lot of people that they're really down emotionally, and then some traumatic event happens and it wakes them up. It's just because their body got jolted back. It's kind of like a restart.

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Yeah, I know when I was in high school, I was a running back and linebacker so after football games, They would have ice baths, we would actually get in, you know, because we can barely move. I mean, after it was done, I didn't realize when I got older that this is going to be kind of the craze. I mean, we did it because we couldn't hardly move. We had bruises all over our body because people were hitting us. You know, there was a lot of abuse that our bodies were taking. So we're learning things like these top athletes, these top performers, these elite athletes are doing and we can take them down to are, you know, just in everyday use, you know, I'm going on 60 now, so there's no way I'm going to be competing in the Olympics anytime soon. Unless I go to the elderly Olympics or whatever. What what are you finding is something that people can do on a day to day basis that helps them to, to kind of biohack their because one of the things of course, a lot of people are under a lot of stress. I mean, we just went through this can worst thing you could happen to us is like be conditioned put into our homes without being able to get out and all of these things happening in the stress the perceived stress or real stress. It's it's all the same to our brain. Like you said, What can we start Doing

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Okay, so the reality is, is movement the one thing that is absolutely critical is movement every single day. Right so make it a habit a movement so if you're having to be in your house because you're, you know quarantine Well, you've got to move multiple times throughout the day and there's no excuse not to whether that jumping jacks or doing yoga stretches and push up for you know, chin up. Movement is life. Like if you don't move your body will break down the new smoking they say a city, right, a movement. When the other thing that absolutely just seeing time and time again, as far as longevity goes, is a purpose. If you don't have a purpose, you'll struggle and purpose doesn't have to be saving the world. It can be raising that child it can be





making a difference in this person's life. So a purpose will always drive that. Okay. And sleep. I mean consistent sleep consistent eating right If the food is not real, don't eat it. Right, anything you eat becomes part of you. And if it's not alive before you ate it, it's not gonna make you very alive. So the more Live Your food is, the more alive you're going to be. Water. Same thing, the quality and the quantity of the water is a simple biohacking tool you can have and your supplementation, the things that you put into your body supplement wise and not all over the same is absolutely in my mind critical, right unless you live in a bubble where all your food is raised organically, clean water, no pesticides, no herbicides, you pick it and you eat it, you're probably gonna need for some form of supplementation and to be specific with what type that is for activation. So that's going to be super critical. Now you can add you want to find products are designed to activate certain sequences

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for So once somebody starts doing this and learning and growing and expressing health is there Dr. Brimhall kind of how do we keep this rolling? Because I know you have the six, the six foundations of your wellness program, maybe you can kind of review that

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for us and practice around with other practitioners to teach them how to help look at people differently. Right? Teach them the tools, right? Teach them how to look at people differently. And that's what I'm teaching practitioners. What then and when it comes to pick the patients that we're going to teach you the skill sets and the tools so you can maintain your level of wellness like work we trained practitioner for all the world, so people can go have somebody that they can work with, ideally, right? I've had people come from all over the world here for us to treat them, and then it gives them on the right on the right road. But for me, like if you're looking for ways to tap into the information that we have, look me up on Facebook, go to brimhall.com, right, we create consistent tools and techniques for people so that they can find ways to continue to get healthy. Stay healthy. I talk to people every week, from all across the country and even other countries that are looking for ways to get healthy and to and to stay healthy. So if you want to plug in, look up the six steps to wellness from all calm look me up personally, Dr. Brett Brimhall on Facebook, I constantly put content out because I want people to realize that things that they were taught aren't necessarily what are going to get them where they want to be. Right and so and you need to find out who you resonate with, right and understand if you're not hearing somebody say you've got to do make changes, not something you probably won't listen to. Right and that's a personal opinion, but also is to make sure that that it's a it's a person you're feeling like your own personal accountability. And it's a more of a focused on taking back control, versus being in control like controlling what you can control because we've all we learned about this whole process last few months with the COVID-19 is that a lot of people are going into fear because they they weren't worried about their Before, and



they don't really know what to do. And that's really the fault of the system, not necessarily the individual. It really is, right? Because if we knew how our immune system works, and we knew the components that affect the immune system and what you could do about it, we wouldn't be in so much fear. We've tried to focus on what you can control the factors that will influence that. And again, the other stuff, don't worry about because we know that stress will suppress your immune system, we know that stress will make your relationships worse. We don't especially affects your sleep and everything else. So that's why having tools like rain tab, I can bring that up because, I mean, you created it, but it's such a valuable tool for individuals to be able to have to find ways to quiet their mind and to do it consistently. Right. Exercise only mattered when I'm consistently eating only mattered when done consistently, you know, relationship when nurtured consistently make are phenomenal. But the same thing is doing brain right and so on. Love tools like the Brain Tap the right supplementation, the right habits, the right practitioners that can help guide that process. So that and then the right community that people like you're creating with this, you know, wellness forum, so that we can understand what we can do. And I told you incorporate one today, work on that to you mash and then incorporate the next. That's great. Don't do anything once,

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unless you're having somebody help you get through that process.

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Well, I know we've talked about things that people pretty much know. But I'm going to venture into an area where maybe the listener is going to go wow, what are you talking about? Something called frequencies and I know your dad type kind of talked about that because there are machines out there for as much as 30 \$40,000 that can generate frequencies now we have things like what I'm wearing the heli watch that can measure my biometrics and there's different things about frequencies tell us a little bit about frequencies and in wide brim Whoa, wellness got involved with that.

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You know, it's interesting with frequencies because if you watch little kids Right, when I hear music, what are they do he just start moving right? And we don't really think about frequencies as much as how it affects us. But everything we experience is a frequency what we see what we hear, you know, it's really a frequency based medicine and it's been around for years and years and years and years. Our cell phones, our frequency, okay? So everything is a frequency. So some frequencies actually do things to calm down or system and other frequencies don't. For instance, an MRI is a frequency, right? It is devices used to flip hydrogen bonds, that then creates an image Okay, so really everything around us from technology to our to our tools, like it's all frequency based. So one cool thing about frequency is it all had an influence upon our



nervous systems, and it can be positive or negative. And you're seeing more and more modality be utilizing frequencies to help get the body into a more relaxed position. So I really like to People that the goal is my main goal with you is to get you where you're back at easy and what do you feel relaxed and calm? And, and I've asked yourself this question right now as you're listening to this, when was the last time you felt really relaxed and really peaceful and really calm consistently? And most people when I asked that question cannot remember.

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And it's been years,

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right so having disharmony frequencies in your body will create disease over over time. And so what we've used with my my whole life that I can hear my dad's use has used frequency type medicines, from color therapy, to cold laser therapy. Now these watches that help interpret the bio resonance in your body, and then finding ways to tweak it back toward normal. Right. And this shouldn't be a surprise to us because when you listen to somebody, music had a way to move us that words do not make you can just music sometime there's no word and called and it can move you to action, it can move you to go to sleep. And it can move you to process and emotion. And all it is is a bunch of noise, but put together in a certain ways unlocks the body's potential and bring potential in a way that we don't fully understand. So when your body's in harmony, it'll heal. So things like the hill you're talking about. There's other forms of technology, we've used all sorts of ones, we'll use what's called as a currently is. And then rife technology. These are ways to find out what frequencies are off in the body and then doing things to bring it back into harmony. Right, and it's powerful, powerful, powerful tools. And you're only going to see this this frequency medicine become more and more popular. I mean, lasers weren't used in dentistry until probably 10 years ago. 15 maybe

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now is widespread,

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right? You think of CAT scans, MRIs, MRIs, all these the new technology the heli all this is new, you know, we think as new technology

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But you're gonna see this more and more.

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And this is really being born out of the biohacking process. I mean, think of Apple watches that



began and things like that is designed to monitor body rhythms, whether it's a heart rate or breathing rate or sleep cycle, and then do things that you can check to see if you can change that response. So having awareness of what your body is doing and finding ways to shift it is really what biohacking is all about. But don't get lost in the

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flashy colors.

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Like there's, if it's not bringing you back to a state of ease, and it's, you know, there's going to be you know, six to 10 things that if you focused on those is going to give you a 90% of your results. 95 maybe a few little things you can tweak here and there. But frequency medicine is where we're moving and you know, it's personalized nutrition through nutrigenomics that you're going to see that more and more all the time understanding our genetic weaknesses and understanding how to tap into improving them both to the food we eat and the administration we take and also the way in which we feed our mind. All that will change it can change your state, you change your state long term, you change your physical expression.

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That's great. Now if somebody out there they just heard about this this the first thing they've ever heard about biohacking, they happen to tune in and listen to you. What do you recommend is their next step in learning more about biohacking? Do you have a book or seminar or do I know they can go into Dr. Your, your place, but

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I was saying, you know, plug into me at Facebook. That's one of the best places there in YouTube, you'll find a lot of nice videos out there. But also there's some great books out there. My dad just wrote a book written a book just not too long ago about happy brain. You know, my dad went on miracles, the six steps to wellness books out there.

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plug in

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to just anymore. Like we read books right? But it seems like the more we're looking for people on content online, so plugged into groups like this, right? Because what I realized a long time ago that I don't know everything. Right? I know a lot. Right? I know what I know. I know there's other people that know other things. And so the forum that you create that reporter where we take these like minded people that have maybe like your specialty into the Brain Tap and



hypnosis and that sort of thing, like that's hadn't been my specialty but haven't be able to you give me a tool you created to tap into that is powerful. So find like minded communities like this, like this brain summit, so that you you can have a place to kind of filter that information through. I say, that's one of the best places you can do. And always have a gut check. I can look at brimhall.com look at Dr. Porter doing. If it's making it too easy, or don't you don't have personal responsibility. Then I personally I would run like it should be it should be it should make sense. It should be able to explain it. It may be new, but You know, most people use a cell phone have no idea how it works, but they still know how to make it work.

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And so when you're hearing things that sound too good to be true

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that might be too good to be true but it might not do your do your homework and and understand how to use it like none of us understand, really, Kenny explained love, but we sure felt it. Right. And so learn how to use these tools and techniques. You don't always have to explain them if you need more. The scientists have read a book by Dr. Ashman James Dawson wrote a book you know energy medicine in human performance. I mean, crazy core science, right, but most people don't want to read that much.

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But

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learn to feel your body understand what it's telling you.

34:49

Learn to get your body back in a state of ease.

34:54

trade up when you doing something good. But then you find something better trade up. Right now, you know, don't hold us something you think, Hey, this is and I'll be off. Because when I started practice, you know, 20 years ago, my dad, you know, 40 years ago, what are you doing some of the things we used to use, we're using a lot of new things, but the principles have never changed.

35:17

The body healed itself.





35:20

Put the combination together and the body unfold partial responsibility is always key. Right? Those principles have never changed. Right? But the tools and maybe how we apply it and having things we can do like stem cells or, you know, our graphical biological our graphs or using type of injection they weren't able to use before or, you know, things like Brain Tap and these biometric scanners and stuff. I mean, you have new tools, right? It's just learning to apply those in different ways. Great.

35:52

Well, Dr. Brett, this has been great. It's been exciting, and hopefully, the listeners are like me saying, Wow, now they get to look into the biohacking room. We're gonna give them links so they can go find you online learn more because I know you're doing almost weekly webinars online. It seems like I'm biohacking. That's why we sought you out to do this. So I think that what you're sharing is phenomenal. People need to know about it in the nice thing if you're a doctor out there and you want to come to the Brimhall Wellness event that happens in January, we're gonna make sure that you know about that. Please go watch Dr. John Grimm's talk as well if you haven't on the summit, but there's a lot of different people here talking about different concepts in biohacking, although they might not call it biohacking. Like what you said. I mean, when your dad's using a laser in the 70s, most people think that was just on Star Trek, you know that it wasn't around in but these are things that are evolving. It's an evolving science in I would say that Brimhall Wellness in the in the ambit you I seem to have some of the latest and greatest technology. So if you're one of those doctors that wants to be ahead of the curve and that you're not being pulled into the future, but being one of the people that's up there helping to provide the future to your clients. Tune in, let's learn together before we end the summit conversation here today, Dr. Brett, do you have anything else you want to share with the listeners?

37:09

And one thing, first of all, Dr. Porter, thank you for letting me be involved with this. And I'm grateful to be a part of the community where we're really trying to help drive the change out there. What I leave with this, everybody is your body knows how to get better. You got to give it the opportunity. Right? You've got to give it the opportunity. There are laws that govern your health, physically, mentally, and emotionally. All right. If you've been told you can't get better, that's not true. You can always be better. Not well, how would you know better? It'll be I don't know. But you're a part of a group right here that have failed a lot. They have, you know, had people we help people we didn't help and that drove us to try to find something else different, new better. We could have helped that one person, right. So you're part of the community. I had this designed to try to do everything we can to help you achieve your full potential



and help the potential of your posterity. And so, again, we're thinking let me be a part of that I look forward to the future for what we're going to do and how we're going to impact the world. And you guys reach out ask questions. I'll be the first to tell you I don't have all the answers but I'll certainly help you find them. And and, and we'll win this battle together. So thanks again for

38:24

your welcome. It's been great having you on the summit. We look forward to just continuing to work together and bringing more to the world. So if you're on the summit and you have a doctor or you have somebody out there that's curious about biohacking or just being healthy, make sure that you get a hold of them, have them watch this video, learn a little bit about what they can do for their health. Dr. Brett shared a lot of great information here. We're going to put together the bonus pack for the VIP that we talked to your father about which is going to give them the information about Brimhall Wellness event and everything that's going on. It makes sure that they're in the know because you're not only telling us about it, you've been using it you have hundreds of clinics That have tested out what you've done. It's not like you're in a silo just doing this and coming up with these ideas. So it's it's important that people know that you're like the Rambo's of the wellness industry. You know, you're out there on the ground. And you know, it works. And I love the part. I'd said this during your dad's talk, and I think we should mention it here before we end, because the doctors might not know this, but the Thursday before your event, you actually work on the doctors, which I think is so good, because these are the caregivers are getting cared for. So you give them a chance to learn and build that community. And it's a great place to learn and grow. So again, thank you for being on the summit. If you're getting ready for the next speaker. Please stay tuned here. Make sure you share these links. get them involved, because they will be live during the event in remember, there's no charge for it. So get it out to your family members and friends. Let them learn this experience. And then we'll all get healthy together. So thanks again. God bless you, Dr. Brett. We'll talk soon

