



Dr. Eric Nepute

Unlocking Your Body's God-Given Ability To Heal Itself

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00:01

Hello, welcome back to the Optimal Performance Summit. I'm your host, Dr. Patrick Porter. I have a very special guest somebody I've known since about 2006. He's been with us even before we had Brain Tap. He was he actually got involved in we had another earlier unit with another company that I was with. And he's been one of our forerunners. He's got a lot of great insights in what we just went through. He's one of the voices of reason out there. We're going to hopefully get some insights on that. But what we really what Dr. Nepute is most known for is unlocking the body's God given ability to heal itself. And I want him to share some of that with you so doctrina pretty, welcome to the summit.

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Well, Dr. Patrick Porter, thank you as always, you know, I love the energy that you guys have. I love what you stand for. And I just, I'm just honored to be able to contribute to this message. So let's get into it, man.

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Yeah, I know that a lot of doctors over what just happened in you know, we're, we're evolving out of this or some new reality happening, but whatever's going on what isn't new, is that we have this incredible body and it's able to do incredible things. So give us first of all your perspective on how do we unlock the body's natural healing potential?



01:09

Well, I mean, first of all, that's a great question. And the first step to that is just knowing that you can, you know, that's really the first step I believe towards anything is, is once you get it between your ears that it can be done, then it can be done and then all you have to do is follow some very simple action steps to unlock your potential. See, you know, my belief system is really simple. God doesn't make junk and our body can truly heal, heal from anything. There literally is a book right here on my desk. I'm looking at it right now. It's called spontaneous remissions. It was written by it's a no attic book of spontaneous remissions and healing. And in that book, it has anecdotal studies and research that shows every possible disease that they said was incurable. And it has several instances when people have no longer have those diseases, they miraculously went away or they've cured. That's the body's ability to heal itself. Now, I don't ever make any claims that I cure anything. That's not what I do. What I do is I help people understand through the wellness programs that we offer, that they can unlock their body's ability to heal. And it's an amazing thing. And I'll tell you what I love more than seeing people really get their results and being healed, which I love that is once they realize that they have that power inside them to do that, because, boy, especially in the world we live in right now fear is a very paralyzing emotion. And I think it's an evil. It's an evil emotion, but it's a paralyzing emotion. And when people get that empowerment, and then they get the facts that their body can actually heal. Their body is a healing organism. And then they have the faith that it can happen boy that overcomes that fear. And that's been one of the major blessings of us being able to educate that to folks over the last 15 years, but really over the last several months with what's been going on in the world, and it's really helped to explode our practices. It's really helped explode our reach and it's really helped expand that minds and consciousness of men and women all over the globe.

03:03

Right? I know that the press the profession of wellness should be congratulating you because while others are shrinking into the shadows, you're getting out there putting a spotlight on yourself saying, hey, look, we we are better than this, we our bodies can do more. So maybe just for the listeners out here, you do more than just chiropractic care, which is your, your degree. I mean, you you bring in medical professionals, you bring in ancillary kind of products like Brain Tap and other things. But you also are out there, you're willing to share your message with the world, which most people are, but I what I'd love for you to do is just share your message on how we can keep our immune system up because I've heard this on a couple different you're getting a global stage, which is incredible, but they you're sharing really valuable information that seems too simple for most people, but if you can share that, that'd be great.

03:53

Well, and I think that's part of the, the genius of how the body works is it's really simple. You

know, like, we Don't have to make this some major complicating, crazy algorithm. It's really simple, we can get healthy. But we believe that we can't we've been told that we can't. And we bought into that lie. And that lie is just, that's what's bringing people down. So, so what we do is really simple. I mean, Patrick, I don't care what problems a person has, what their symptoms are. I'm interested in finding the physiology that's causing that problem. One of the phrases we have and we've got these big, you know, wall decals in our shirts in our offices say, you know, Napute Wellness Center, we test we don't guess physiology doesn't lie. And so what I educate our patients on in our community on is we got to stop thinking about symptoms. You know, every every symptom doesn't need a pill or a shot or surgery. It's all about measuring physiology, and people understand that physiology is how the body works. So when I measure physiology, we look at number one structure and alignment because just like a car, if your car out of alignment, that's going to cause a problem with the gas mileage tires going to be bad, something's going to go wrong with that that check engine light is going to go off in that car. Well, that's the chiropractic aspect of me. But then we also look at the chemistry, right? People know that they're supposed to have certain amounts of vitamins, minerals, nutrients, hormone balance, you know, electrolytes, all these things. We measure those to see how we're digesting and how we're absorbing and how we're toxic. And then we treat those accordingly. And then that's why I love the Brain Tap technology is that allows us to really we measure brainwaves, we measure the brain and the nervous system, we look at sympathetic parasympathetic activity, and we use Brain Tap to help balance that out. I mean, it is a perfect blend of and those of those folks that are on on the podcast watching now that are chiropractors, which that's my degree was in chiropractic. We've obviously we've expanded upon in our practice. I'll talk about a minute all the things that we do, but in chiropractic, we were trained to detect and remove vertebral subluxation Right, that's what chiropractors do. And it was DD Palmer and BJ Palmer that said that subluxations are caused by three T's right thoughts, traumas and toxins. Well, if the cause of subluxations is thoughts, traumas and toxins, and if you're not measuring thoughts, traumas and toxins, how can you possibly be doing your patients the service that they need to be having done? And the answer is you can't. So our practice is set up that way. And like you said, Dr. Porter, you know, I wanted to first of all, I'm a very competitive person. I used to be a football player, and instead of, you know, knocking down running backs now iraq knocked down sickness and disease, and I knew that I needed something in addition to chiropractic to help me achieve that goal, right. So, so I got into the integrative medical world. I've got medical doctors that work for me, nurse practitioners that work for me, cardiologist, pediatricians, pain management, guys. nutritionalist psychiatrists, all working under one roof and we're doing it from a natural standpoint. You see, we try not to prescribe drugs and We try to help our patients get off those medications by giving them and leading them towards a healthier lifestyle. And we've been able to really shift the paradigm of the consciousness of really of our of our community by educating and empowering people that, that they're the doctor, right? I always tell



my patients, you're the doctor. Our job is just to teach you how to detect what's going on with your body. And we're going to give you advice, but you still got to have the map the keys in the car to drive to wherever it is you want to be. And that's been a powerful thing to the point now where we're having government agencies ask us how to how we do what we do. And then now we know we're in hospital settings as well, in addition to our private clinic settings, and and now we've got individuals across the country or across the globe now that are wanting us to implement our wellness models into their country. So it's an interesting time.

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That's great. And we're going to get more into that too, because I think that some of our doctors might want to connect with you and see how they can be trained or do whatever you do. I know that You have limited time for these things. But maybe that's something to do. But one of the things I want to talk about as we kind of circle around is you work a lot with epigenetics, which means the body's making changes. Can you explain, first of all, what you mean by epigenetics for those who don't know what that is? And then what kind of what kind of systems or technology do you use to help people move their their epigenetics to a more healthy epigenetics?

08:26

Yeah, that's a great question. I mean, so first of all, I love to use analogies. And I remember when I was a kid, and I was reading in my weekly reader in school, right, the weekly reader came out and it talked about genes and our DNA and our genes. And it used to talk about how, you know, the genes that our parents gave us are the genes that we're born with, and that's what we have for the rest of our life. Well, thank God that that science has evolved. And we now know that there's something called epigenetics and I've been really blessed to learn quite a bit from guys like Bruce Lipton and and other amazing practitioners out there that are leading the way with that. epigenetics and epigenetics basically means it's a set of genes. And it's the majority of our genes. According to Bruce Lipton, some 80 plus percent of our genes that can turn on and turn off as a response to stresses of life. Positive stress. Negative stress makes genes do things like for example, we know that there are genes in our body that turn on and turn off for expression of cancer. And those genes can turn on and turn off based off of our thoughts, traumas and toxins right based off of the stress in our life. And so we use we use several different ways to measure genes and epigenetics. We're big on saliva Buechel testing, we do hair analysis. We've done some blood testing before. And what I love about DNA testing and epi genetic testing is it's ever evolving and changing, right? So the technology keeps getting better and better and better. And we measure those things because I like to have a baseline with our with our clients of Okay, I get the you've got these symptoms, but look at your genes. Look at your epigenetic Look at your risk factors, you know, you may have headaches



and migraines and back pain, but you're at a risk factor for heart disease, cancer, diabetes and stroke, we may do some work with you. And 90 days later or 120 days later remeasure your DNA. And you may say, Well, I still get occasional headaches migraines, but now the risk factors for cancer and heart disease and diabetes are gone. You're welcome. I mean, you know, it's using that common sense approach, which unfortunately, in the world is not that common. And especially in healthcare, it's not that common anymore. You know, the world of there's a pill for every ill and every, every symptom needs a surgery that's going away, and people are waking up now more than ever, and they want to find the true cause of their problems. And that's why I love what you do with Brain Tap. It fits so well into our wellness model, because I've always needed a component to help people to get there. Well, they get to six inches between their brain to do right because that's where everything's at. And and so now we can actually make Measure through heart rate variability and other testing to show how out of balance someone is. We can have them do our, our protocol session. And then, you know, a couple short visits later, we do a reassessment. And we can see balance going back in that brain, which affects the genetics. And it's it's an absolute game changer for us and for our patients.

11:19

Right. And we are For those wondering what HRV is, I'm going to get to that in a moment with you, Dr. Eric, we have a class on that during the summit. So if you're wondering what that is, and what he's talking about, we've actually developed the Brain Tap HRV. But before we get into that one, I know there's other testing like eg testing, and I know that a lot of chiropractors are getting involved with like neuro infinity, their device that they have and measuring brain function. Can you tell us a little bit about just because this not all doctors are going to watch this it could be actual, you know, patients watching this just to get an idea of it. Tell us a little bit about when you're talking about parasympathetic and sympathetic and neuro hormonal systems. Tell us a little bit about what you mean by that. And how, why it's important we start shifting those.

12:02

So So everybody think about this Think about your brain having and it's way more than this, but I'm gonna make it really simple. Think about just two aspects of your brain think about, you got a gas pedal and you got a brake pedal, okay, your gas pedal is your GO GO GO part, it's your sympathetic fight or flight response. That's the that's the response that many of us feel every day. We're in just scare mode fear mode, we're going to run from the bear, right? The opposite of that is the parasympathetic, that's the brake pedal. That's the part of your brain that allows you to rest, relax, grow, develop, heal, it's your hormonal aspect, you name it. Well, when you're under stress, what happens in that stress is physical, chemical and emotional. Most of us tend



to have an issue where when one side goes up, the other side goes down. And if our sympathetics go high, which is the majority of us, then our parasympathetic our brake pedal goes low and when our when our gas pedal stuck on go, Well, obviously you're gonna run out of gas fast, right? So what do you mean you're gonna be fatigue, you're gonna have brain fog. You're I'm able to think properly, focus, concentration, sleeping issues, ATD, ADHD, even autistic spectrum. And then what else happens you can't rest, you can't digest, you can't grow, he can't heal, he can't develop, your immune system goes in the tanker, you can't lose weight. I mean, metabolism goes bad. The brain has everything. So we measure through heart rate variability, sympathetic versus parasympathetic activity, every sink, every single patient that comes through, because if we don't change brain activity we'll never change body and chemical activity in the system. Is that does that make sense?

13:34

Yeah, that's perfect. Now I know that you also do something that's that's kind of now coming in vogue is doing IV therapies, doing a high dose vitamin C, maybe or some other things. Can you explain what that is? And, and I know that we have a lot of our doctors who do that use Brain Tap at the same time and I can talk a little bit about that. But tell us how you're using it and what you're seeing happening, especially when people are wondering about you know, they don't understand First of all, maybe you can share what percentage of our body is viruses. And you know what's going on like that.

14:05

Yeah, so So first of all, let's talk about the immune system first because the IVs. And by the way, the Brain Tap, all these things affect the immune response, right? So and that's really what boosting the immune system is it's improving the immune system response. Like if I were to ask most people, even most doctors tell me what the immune system is, I get probably 100 different answers. Because every organ in the body is is related to the immune system somehow, some way. So it's not just the immune system, it's the response. Now check this out. Most people don't know that the immune system and I break it down into four components. Sometimes people say six, but I break it down into four. So we have an innate immune system, which is the immune system we're born with, right? And that's, that's the immune system that's given to us from our parents, our mother, when we, you know, through the through the DNA through the genes through if it's a vaginal birth, and all that kind of stuff. I mean, that's the innate immune system. That's what we're born with. Then we have an adaptive immune system. And that's what we develop. Like when I was a kid, whenever we dropped some food on the ground, my parents said, You got five second rule, and the five second rule to pick it up and eat it because we have to get exposed to things right when I was a kid, neighbors had chickenpox, they'd send you down there to get exposed to it, because your body needs to get



exposed so that it can adapt. I mean, our bodies are in boot camp all the time. And that's why like nurses and doctors and a lot of these folks and and teachers, because they're exposed to all these kids and microbes, they just don't get sick very much, because their adaptive immune system as long as they're healthy works. Then there's the micro microbiome, the microbiome, which is the gut bacteria, which is a huge part of our of our body's immune system. If you're not talking about that, and dealing with that you're missing a huge piece of the puzzle. And then like you said, 45% of our DNA, Dr. Porter is made up of viruses. I mean, that's we have a microbiome. So we have viruses in our body that help us with an immune response. So most people and it blew my mind that most doctors didn't even know that. Didn't even didn't even know that at all. So, so that blew my mind. And then so what we use Now are we use anything we can to get the body to go back to balance. So if you're in sympathetic overload, we're going to do everything we can to stimulate the parasympathetics. Well, if I told you and in my world, thoughts, traumas and toxins are what causes sickness and disease, and I need a way to get the toxins out of the body in a way to get the nutrients in most people and I love oral vitamin C, oral vitamin therapy, but you only absorb about eight to 10% of the products you take by mouth. And that's okay for some but not not for me. I want everything done faster and better. So we developed IV vitamins, and we've been doing them now for well over a decade. I got into it because my wife got really definitely ill and nobody and I'm talking I'm working with the best doctors on the planet. George goodheart gave me some advice couldn't help Bert anakie advice couldn't help, you know all these folks. And then finally someone says, Hey, you need to go check out this IV vitamin therapy. And within a week, my wife was back to normal. And I thought, Oh my gosh, I have gotta to check this out. So now we can take mega doses of vitamin C to the tune of 60 to 70 grams, put in the bloodstream, B vitamins to the tune of 50 to 60 grams put in the bloodstream, we have all different formulas for all different divisions. But we also have things based off of blood testing as well, so that we can look at your blood and go, Oh, you need this, this and this, it's individualized for the person. And when we give that IV a vitamins, it can take anywhere between five minutes to 30 minutes, depending upon how we do it. But we're able to get megadoses and we're able to get, you know, 90 plus percent absorption with this. And the research on this is amazing. And not just to mention that the 10s of thousands of clinical results that I've seen with it, you can't unsee the things that I've seen with with IV nutrition. That's great.

18:00

Well, I know that my wife actually did the same thing she she was. She had a problem with chronic fatigue. And after a few, we have a group here in Raleigh, North Carolina, she went to the did the IV therapy, and we got em doing the BrTin tap at the same time and she snapped right out of it physically. We have a group in Provo, Utah, actually, that does addiction therapy. And they they find with their study that when they're relaxed, doing the Brain Tap at the same



time, they got 30% more absorption. So tell us, you know what happens with that? Why are we getting more than 10% of our nutrients from the sublingual kind of supply?

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First of all, it's because we're under too much stress. When our bodies under stress physically, chemically, and emotionally. We get that tip, that sympathetic nervous system goes crazy. So digestion goes down. And by the way, remember digestion is more than just eating food and absorbing it, you have to eat something, you have to break it down. You have to re assimilate it has to go into the system, go into the cells, detoxify it, that whole that's a big You know, it's an expensive process for the human body to go through. It expends a lot of energy and most of us mitochondria and cells aren't okay enough to do that. So and then when the body is under stress, we lose production of enzymes in our body, amylase, lipase, protease, those things. So those are the things that are needed for the body to absorb those nutrients. So if we can't, we can't absorb them. I always tell folks, hey, you may be eating all the best organic foods on the planet, you may be eating some of the healthiest, cleanest supplements on the planet, but it's kind of like gas going into the tank of your car. It's not going into the engine. So these people have really expensive urine, because they're taking all this stuff, but it's not going into their system. So we can measure for that. We measure absorbability through blood and urine testing. And then we give them the IVs. And I'll just tell you, it's amazing, and how fast like how fast the results that people are. We have a couple IVs that we use a special formula of amino acids in and it's it's for pain control, and people literally walk out of the office, and they're like oh It's like they're looking for something, they're looking for their pain. They want to know where it went, because they've had it for so long. So it's really quite amazing what the human body can do when you put the right formula together. That's why we created you know, our new putti, wellness systems and methods is all about, you know, we've got Chiropractic and medicine and nurse practitioners all this together, you know, and we're constantly looking for what's the next best thing we can add to our our recipe, if you will, to give our patients the absolute best results that they deserve to be getting.

20:32

Right now, that's great. Now one of the things it's in the news right now, which is kind of amazing to me is there's a lot of positive about vitamin D, and then the whatever, somebody put out a study that showed, if you take high dose vitamin C, that you're going to it's going to be toxic and cause amyloid plaquing in the brain and they're talking about a dose that would you know, you'd have to have a wheelbarrow full of vitamin D every day and take it for three months. But what's your what's your because of it Da. There's a lot of talk about that right now. I know they think of it as a vitamin, but I know it's a hormone. So why don't you tell us a little bit about that?



21:06

Well, I mean, if you just if anybody would just look at the work that Dr. Michael Holick has done that Dr. Holick is who I studied from, and he's the world's leading expert when it comes to vitamin D. And there are, this is the thing that's crazy. And again, just because your doctors don't know about it doesn't mean it doesn't exist. There literally are 10s of thousands of studies that show vitamin D improves immune system response, vitamin B's, anti aging, vitamin D's, anti cancer, there's there's studies that show that the average adult, anyone that lives basically in the United States north of Nashville, they need to be taking 10,000 I use a day of vitamin D. By the way, I've been doing high dose vitamin D with my patients for over 15 years. I've never had a problem with it ever with anything. So you know, I hate to say this, but you know, you got 10,000 plus studies that show positives and one study that shows that Negative which that said that study, by the way is very suspect to begin with. It's funny how everybody focuses on the one, when there's 10,000. That that are great, which by the way, totally goes back to human psychology and you know, this, we may have a million things happening great in our life. And one thing goes bad we focus on that one thing. So I we use it all the time, I will tell you, my experiences, vitamin D is low, you cannot heal the body, vitamin D is low, you'll never get the hormones balanced. Vitamin D is low, you'll never get the brain to balance vitamin D is low. You'll never get type two diabetes to reverse. D is low. You'll never get an autistic kid to start talking again. I mean, there's all these things that I've seen. And people say, Well, those are just anecdotal experiences. Well, guess what? I'm a clinician, and that's all I care about. Is the patient getting a positive result in front of me? And right now I'm in Missouri, it's the show me state. You can't You can't show me what I've seen. You know what I mean? So vitamin D is essential, but I will say this, because of the fact that most people have trouble absorbing vitamins, especially vitamin D, d3, not D to d3, not to say that you should take either an emulsified d3 or have a lipase enzyme with that, so that you can absorb it. Because I know a lot of folks that will go buy some vitamin D online that's cheaper, or go buy some vitamin D from, you know, Walmart or wherever that doesn't absorb, and they don't get the benefits of it, it can actually become more toxic than good. And by the way, that's what that study really was looking at was taking inferior quality vitamin D, that essentially could become toxic because the body can't process synthetic vitamins. Yeah, that's

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what I was gonna say most of the studies that don't prove out, right, if you really research it, they're not really using vitamin C because the drug companies can't patent natural substances. So they they have a synthetic version. And then they say, well, it's less toxic to begin with, because it's not the way the body does it. But I want to hear in plus that most people don't understand the machine behind those kind of stuff. Or even the medical world. When I read just recently 57% of our money, excuse me, made in the medical curriculum in the medical world is



pharmacology. That means 57% of all money made in this, excuse me in this multibillion dollar industry. In the sad thing is our tax dollars are paying for their research, our tax dollars are protecting them, and then they make all the profit there. So there's a problem with that equation. One of the things that for the listeners, we're going to have Joe quite handy on the call. If you go to her talk, but she she found out in her study and she did studies and we need to talk to you about getting some of our because we have some now remote study materials we can get with you and get some of these studies. So it's not just a show me state, but with with Joe quite. She found that as long as people were on these are autistic children, as long as they were on the medicines, their brain would not change, the brain became dependent upon the medicine. So but he found out as soon as they got him off the medicine got him on natural remedies. And she does some IV therapy too. And she does some. She Of course she does. Brain Tap but she also does neurofeedback, a different version where it feeds energy into the body and gets the body's basically innate nervous system to respond to cortical responses. But what is your opinion of that? Because people look at this and they think a lot of people think, Oh, well, the government if the if the government doesn't approve it, or if the government like on the bottom of almost all natural remedies or medicines, it says this hasn't been evaluated by the FDA, and people think that's a negative. Jimmy, what do you think,

25:40

buddy? I could do a whole talk on this with just just about this with you. So the reality of is this. The FDA, the CDC, these organizations that most people look towards and look at the World Health Organization as of late we've decided as a country not to participate with that anymore because of the corruption because of the middle information because of the truthful deceit. And I'm not saying that every person involved in those organizations are bad, I'm just saying as a whole, that we've been led down the path of, you know, if they say it's good for you that it must be great. Well, these are the same people that approved opioids, let's remember that these are which, by the way, killed 60 to 70,000 Americans every year for the past 15 to 20 years. Let's remember that these are the these are the people that have have approved drugs that have killed hundreds of thousands of people every year, let's just be aware of that. Right. According to most people's research, the third leading cause of death on the planet is pharmaceuticals and that system. That's just a fact. And so, you know, what I'm telling people to do is they need to get there, they need to understand that that the FDA is not this great, amazing if they say it's great, they're protecting you and they don't you know, they've got your best interests in hand. You know, I remember years ago, you know, you got to remember I'm a son of a pig farmer, right. I'm a I'm from Central Illinois and we were taught that you're supposed to drink milk every day. You should get milk, milk, milk, milk milk? Well, I now am testing people and have been testing people the past 15 years. And I find a milk allergen and toxicity almost on every one of our patients. And my patients when I tell them this milk is bad for you, they said, Well, no, that



it's good for me, I learned that it's good. It's in the it's in the food pyramid. It's got to be good for me. The government says it's good for me. And I said, Well, guess who paid for that to happen. The lobbyists paid that were with the dairy farmers paid that to be part of their marketing. It's just like, it's just like Dr. Porter, I just got asked to be in St. Louis magazine out, they want to put me in as as one of the doctors of the year. And I was like, Oh, this is amazing. But then they told me that I can do that it would only cost me \$7,000 to be known as the best doctor of the year. And I could have that from now until this time next year until someone else had to pay the same fee for it. So perception is reality, and most people don't realize that you're being marketed to non stop. That's what you are. You're a consumer. And and and man, you're just plugged into this giant matrix and the story Do you realize that the sooner you can actually step back and start not just reading the titles of things, but looking at the subtitles, really reading the articles, looking and seeing who funds these things? I mean, there's so much corruption that's out there. It's absolutely not even funny. And and the last thing I'll say is this is look at all the people that were in politics, right? We're heads of the FDA heads of the CDC. They were senators or congressmen or women that were in charge of, you know, helping pass laws for the FDA, CDC, and now they work for them. And let's think about that. Let's think about what's really going on here. And by the way, these people when they started their political careers, went into office being thousand heirs, and when they left they were millionaires. How does that work out on a 50 to \$60,000 a year salary? Somebody please show me the math on that because I want to learn it. You know, it just doesn't make sense to me. So lots and lots of corruption, wake up and make your own decisions.

28:57

Right. God gave us the ability to heal was Is our topic here and people don't understand that. So let's, let's shift just for a moment to something called inflammation. Because a lot of people don't understand that and they're taking statin drugs. And they're finding out what they're finding out is it's a real, it's a case for dementia, really. I mean, there's stripping out the amyloid plaque in the wrong way and doing these things. But tell me, what's your opinion of statin drugs? Because that's one of the things right now almost, they've lowered the cholesterol numbers. So you get more people on these statin drugs. What is your opinion of that?

29:28

Well, I mean, here's the facts behind it. Guidance physiology textbook tells every doctor the same thing, that cholesterol is a stress hormone. Let me say that again. Cholesterol is a stress hormone is a hormone that is produced when our body is under stress. And there's many things that cause that. So again, it goes back to that teeter totter. If your body's sympathetically overloaded, you're going to be more apt to be producing cholesterol. It's a it's a stress mechanism because cholesterol feeds the brain cholesterol is the outside lining of the nerves.



Cholesterol is a necessary aspect of health life repair and development. By the way, not just for adults, but for children. I can't tell you how many countless number of autistic children that were selectively mute, we tested their cholesterol, their cholesterol levels were below a 140 we start getting them on some cholesterol boosting products and they start talking again and again I don't have a study on that I just have 200 plus kids that I've seen that happen with so cholesterol also it think about this when our bodies under stress and what as we get older, what happens as we get older, a lot of things right. But one of them is our hormone function goes down. Well, it's a natural regression. Once we hit 30 to 35, estrogen, progesterone and testosterone go down. Well, the brain sends signals to the liver going, Hey, I need some cholesterol to try to boost this up. So what happens our liver makes cholesterol the try to innately bring up our hormones and our healing process of our body. And then with all of our wisdom that we have, we know better than the human body does we go we must stop that. We must give you a That drug to stop the production and absorption of cholesterol. And most people, this just shows how idiotic most doctors are. And no offense to any of you idiots throughout there, I used to be an idiot. But here's the deal once I learned that, that when I take a cholesterol lowering drug that it does not reduce the risk of heart disease, it does not reduce the risk of all the things that we say that it does. And there was only one study, it was the Jupiter study that they talked about, and that that study's been been rebuked and rebuttals so many times, it's not even funny. And there's been multiple books and studies written on the cholesterol myth. I'm not a fan of it. And I will tell you that I work diligently to get our patients off of their statins because I find it almost difficult, if not impossible, to get a true correction and healing in the body whenever the body cannot make its own cholesterol, which is part of the repair process of every tissue in our body, period. So that's kind of my two cents on that I could go deeper but right.

31:57

That's wonderful. What what I'm finding is That if somebody has neuropathy, and then a statin drug, and we had doctors working in our clinics, and we were doing it with the peripheral neuropathy, if they were on statin drugs, we had to get with their doctor and say, Look, we need to get them off of these because all the work we're trying to do, you're stripping away that like you said, the myelin sheath and all that on the nerves. So what do you have a natural way that you work with people to rebuild their neuropathy? Because we're, we're going to have a guest speaker for that. But I think maybe you have some insights into that. Absolutely.

32:30

We do. Okay, so So first of all, you're right, if you don't have it, to me, it all starts with the biochemistry. If I don't have the chemistry inside the body, right, balancing the hormones, the right nutrients, the liver in the body really working together because the liver is a big key with



neuropathy. And by the way, so is the pancreas because if you have too much insulin in your system, your your cholesterol is going to have issues as well. And so you can't repair those tissues. But so we get the biochemistry done. First, we really work on that biochemistry through our metabolic reset process. grams through supplementation, changing the way they eat, giving them more on a keto type of a diet just as long as everybody's individualized. But that's foundation. Number one. We're really big fans. Because of the chiropractic work that we do. I have never found anyone with neuropathy that didn't have some type of nerve root impingement at the genesis of it, like for example, the nerves that come out of L four and I five in the lumbar spine in your back, those nerves go all the way down to your feet. Well, I've never seen a patient that had neuropathy in their feet that did not have a problem that I four I five area in the spine. And same thing is true with C five, six and seven in the neck. That's what controls the hands and fingers. So I've never seen a person with neuropathy in their hands that didn't have issues in the cervical spine. So we got to get the structure right. And then I love to use technology. I'm a big fan of technology. So I love laser therapy. I love vibrational therapy, all these things that we can do to stimulate the cells p EMF which is pulsed electromagnetic field therapy. Using all those things to really to stimulate and shock the body, but what I find is those things don't work, which is to me, it's like step three and four, unless I have step one and step two working at first, but we have a, we're phenomenally successful in neuropathy. And it blows people's minds, because they've been told by their doctors that, well, you're just gonna have to have this the rest of your life. And that is not the case, especially with the vast majority of people.

34:24

Right, and you were talking a little earlier about how this uptick in, you know, statins, and all these things going on. There's more people getting dementia in 20 and 30 years old than ever before. Some people have called it type three diabetes. So tell us how you work with the brain. I know you work a lot with the brain because you have the brain, but you also have other modalities, other things you do. So what do you recommend people do that are having onset dementia or are having problems with their memory?

34:51

Well, first of all, you've got to get the chemistry balanced out and like you just said there's type one diabetes, type two diabetes and type three which is early onset Alzheimer's and dementia. And then we also look at it as well as the cholesterol levels are too low. That's also going to lead to early onset dementia, even Parkinson's and Alzheimer's, that kind of stuff, at least the symptoms of it. So what we do is again, we first we get that chemistry to work like it's supposed to, then we start feeding the body what it needs, so we're going to feed the nutrients in it like it's supposed to, but then we're going to feed the brain with the Brain Tap and the neurofeedback



work that we do, and exercises. I mean, you'd be surprised. There's some very simple neuro kinetic exercises that people can do by just doing breathing exercises by walking, heck, laying down on your bed, doing some cross crawl patterning can get that brain to fire again. And here's what I found. At first, it seems like when someone comes in and they they're where they're at, because they've been told that they've got these problems, these diseases, they're going to deal with the rest of their life. Most people have accepted that to some level, which by the way, is not okay. So step one is we got to get them to have some hope again, and understanding that there is an opportunity they can to improve. So once we deal with that, then we start measuring their physiology to get a baseline of where they're at. I tell all my patients when I first meet them, when you come see me, you're gonna tell me what your goals are. Right? Then I'm gonna measure where your physiology is my job and my team's job is to bridge the gap between the two of these. And using any modality that we deem fit. That safe and effective is what we're going to do to get that person to that to that goal of that of that wellness.

36:23

Right? What's your belief in when people come in, or they've been told? You've already mentioned two things that when they go to their medical doctors, unfortunately, they're told, you've got dementia for life, you got diabetes for life, you've got neuropathy for life. There's no solutions out there in the medical world, they just Medicaid. So what's the difference between I always say you either take a pill or you take responsibility. So what do you what do you what are your thoughts on that?

36:49

Well, there's a lot there. And the first thing that we need to do is we need to stop comparing medicine to healthcare, there are two different things. Medicine is the is the management of diseases. That's what What it is through drugs and surgery? That's what it is. If you can you break it down in simplest form, it's the management of diseases and symptoms. That's it. Healthcare is getting people healthy. So when people say I need some medical advice, well, if you want medical advice, you're going to get those answers. And the answers that the doctors should say instead of saying, there's nothing else that can be done for you, they should say the medical world says, there's nothing else that we can do for you. There's a big difference there. A big difference. And but what happens is, most people don't even know because of what you said before 57% of all money made in this world which blows my mind is all from pharmaceutical and the medical world. So they control the messages. They control the media, they control, like, they control what doctors say, you know, listen to one of my videos that we did about two months ago, went viral. 50 million people saw that video. It was amazing. By the way. 300 million should have seen it by now, except for a social media got pressure from a couple of years. Government agencies that says you need to pull those videos down. Now all of



our videos, it's like clockwork, I literally set my watch to it. Once 2.5 million people see a video it gets pulled down. And I mean, because of the suppression of the truth. I mean, that's just, that's just what happens and that's not okay. So we need to understand that that's what's happening. So we need to stop thinking that our body is just, you know, this weak little sack of whatever that can't heal because it can. I've seen, I've seen autistic kids that couldn't talk talk again. I've seen patients that have dementia that have drool coming out of their mouth, get their life back again. I've had so many people come to me say, I got my mama back because I did what you told me to do. So So again, I appreciate what these doctors are saying. But that's only because of what they're seeing and what they know. That's the medical paradigm. Medicine is not the same as health. There's a big difference. Health is what we want to achieve. And there's many ways to get to it and I will tell you that more drugs and more surgery is not the answer to that never has been never will be.

39:01

Right. Well said, and I think people need to know about the cyber kind of economy that's out there. And who runs these businesses? The pharmaceutical company actually is the biggest owner of these social media companies. And so in there, they don't have there's no vested interest in getting people healthy. When somebody gets diagnosed with diseases like dementia, diabetes, neuropathy, they've got a cash cow autism, these are unfortunately people go well, they wouldn't do that then. These are people that do not understand. Unfortunately, there's a good there's a good documentary called the corporation in corporations are psychotic in nature, because they have to keep pulling in they have to keep making money. You know, that's the whole thing. Are you said it best I think people need to do a little research behind what's going on because hopefully, our president is going to pull their rights. They think they have the right to pull only certain data. They should be It should be open to anybody. And I think somebody is going to come out with the like the truth network, a lot of people are using roku. Now, like the the child's network like Robert Kennedy Jr, he, he put all of his videos on Roku. And they're starting to promote it that way, because then you can have a link back to another, another platform. So I agree, I think right now more than anything else, we need to take better care of ourselves. So we're about wrapping up and you've given us so much information you've you've packed this thing full of great information, but can you tell us with what's going on? What do you recommend like when your patients once you get these things you're talking about like their chemistry, right? their structure, right? All of these things? What are you telling your patients they can do from at home perspective that can help them through anything? I mean, really, what is this disease or whatever this whatever has been going on here? They're telling us it's it's it's affecting people with these diseases, right? Nueropathy, diabetes, all these people that they've their medicines are just Join them and now they're theirs. They're fighting. And by the way, this was happening before COVID. It was happening with every flu shot. I know to



personal friends that were older, that I told him not to do the flu shot. You're compromised. And they go, what do you mean you have you have ocpd in both of them died within two months of having one did never leave the hospital. They got the shot, boom admitted, died right away. The other one, it took a little bit of time. So what are you telling people because the best health insurance is not a medicine.

41:29

So tell us what's going on. Now. I think that's great. And very well said. And so the way that I would say it is this is it's really simple. We need more people less sick. I can't make it any simpler than that. If you look at the risk factors that are out there. Obesity, by the way, if obesity is the number one factor of heart disease, cancer, diabetes, stroke, now they're saying Parkinson's, dementia, Alzheimer's, I mean, and that then contributes to inflammation, obesity does, you know obesity is our big culprit. And if we We can get rid of obesity and we can get rid of stress so we can minimize stress and maximize how our body handles the stress, then, then that's going to be the key. So I preach to everyone that we need to get more people less sick. And I, I know that's not proper English, but people understand it when I say that. And so we need to get them out of that camp of sickness and disease and into the camp of health, wellness, get them out of those risk factors, because if they're out of those risk factors, guess what, they don't have to fear. They don't have to fear this stuff. The next thing that comes down the pipe, or like you said, they don't have to fear the flu shot because they're healthy, they won't need one. So, you know, I tell folks that we have got to first understand what health really is. And that's really I'm a crusader for truth. I want people to know the truth, the whole truth and nothing but the truth. That's what I want them to know. What they do with that truth is up to them, right? But knowledge and wisdom are two different things. I want people to get knowledge, you know, knowledge is learning something right. But wisdom is applying it to their life. So when I say hey, we got to get your Brain Tap to use at home. Okay, great. I'll get one but you got to use it. Three, four days a week, okay, you got it, you got to use it regularly, hey, we need some nutrients. This is how you're going to eat the rest of your life. But you got to eat that way. This is what you're going to need Chiropractic and exercise wise the rest of your life. But you got to do it. Like if there's a difference between knowledge and wisdom, wisdom is applying it to life. And once you apply these principles to life, what I've found is just 90 days of applying these to your life, your life can be completely changed and turned around. And Bruce Lipton's work even shows that every 90 days, those genes that we talked about at the beginning of our talk today, those epi genes can actually turn back on which is, which is what we need to do and we can get people healthier, but we first have to let them understand what health really is. And then we have got to collectively as a whole make sure that we educate not just ourselves, but our friends, our family, our loved ones and our legislators, our decision makers out there that are out there making decisions about health because they are misinformed as



well. They're getting paid off by pharma and then they don't know there's another way because no one else is teaching them that so you know, those are Things that I tell them at home to do. I'm just such a big fan of the Brain Tap, home nutrition, exercise, you know, things of that nature.

44:08

Eric you've shared with us such great information. I mean, this has been fantastic. And I hope everyone understands that you are, as we say, a unicorn which means you there's very few people who can do what you do, which means you can help people tap into their God given healing potential, teach them, educate them, and then empower them, like you said, using wisdom, the the application of knowledge, which is incredible. So we have a lot to they have a lot to digest, they can unpack this, they could take this one hour and probably unpack it for the next month or two or three and really get what they need. But your core message right now because we're in a time when people are uncertain. We call it the fog principle fear uncertainty and doubt is reign supreme. So tell us a little bit about you've told us what your your patients can do. But what can they do like right now? What do you think that everyone who's listening can prepare them to For because we might be in this. Hopefully we're done with this by the time you know they do this, but they couldn't be, you know, this thing gets like they're going to try to read us head again and just keep having these these different experiences?

45:14

Well, I think that's a great question. And I think the first thing I don't think I know, the first thing that everybody really needs to understand is that and I know this is a phrase that people really are hearing and some people get sick to hearing it. But I think about it in a different way. We are in this together, maybe not the whole system is in this together, because I know that there's one or 2% of the population that wants to perpetuate this thing that wants to keep it going. That's just a fact. And if you can't handle that, then that's fine. But the 98% of us that are really in this together, there are resources for you and resources like this, you need to go back and become inspired and become empowered and become motivated, that you need to know that you have control over your body. And when I don't just mean from a legal standpoint From a physiological standpoint, once you understand that you can tap into the healing potential of your body that God gave you, your Creator gave you to heal, then it becomes such a freeing experience, right once that just that knowing is such a great thing. And it's kind of like it says in the Bible, you know, you ask and it shall be answered. Right. So then you got to ask the questions. All right, what do I need to do to get myself healthier? The quality of your life is in direct proportion to the quality and the quantity of the questions you ask yourself. So start asking yourself quality questions. Where am I at from a health standpoint now? What can I do to improve my health now? What five or six action steps can I take? Do I need to get a Brain Tap? Do I need to get



scanned to see where my health is? Can I get plugged into providers that really truly understand the health and wellness? Those are things that they need to be doing but some simple, easy action steps, easy action steps to get more people less sick? Number one, stop eating the standard American diet. People need to start utilizing intermittent fasting having two meals a day Those meals need to be four to six ounces of lean meat four to six ounces of veggies and a little bit of fruit, they need to start getting around 70 to 100 ounces of good, healthy, clean water every day. The number the nutrients that are the most efficient in our country, they need to get assessed by their doctor. But zinc, vitamin D and vitamin C are huge. There's so deficient folks, get yourself on a good probiotic or start eating fermented foods. Get outside at least 15 to 20 minutes every day, start exercising deep breathing and go and get get some sunshine and then get around friends and family and loved ones. You know, the longevity studies which I know you're familiar with the things that the number one thing that showed people that have longevity in their life and have a fulfilled life was relationships with other people, social distancing is one of those things that I just have a very, very big problem with from a health and wellness standpoint. And so those things and more I would encourage them to do that. But just know that they are in control. Know that this too shall pass. But they've got to get themselves prepared in case and if and when something happens for the next time, because there will be something again, whether it's this year, four years from now, four years after that, whatever that may be something else will rear its head. And you need to be physically chemically and neuro emotionally balanced so that you're ready to handle that fight when it comes.

48:22

That's well setting great tips there. I'm going to put you on the spot because I know you had videos taken down. But hopefully you'll put those up somewhere where people can get access to them and give us a something we can get to our VIP guests where they can go there to those links, because what you share on some of those, those podcasts. We don't have time to go into it now. But what you've seen here today with Dr. Eric is just the tip of the iceberg. He's a wealth of information you want to get out you want to go find him go be one of those 5 million people or 50 million people or 10 20 million people that are watching his videos, and let's help share the message. The number one remember you Gotta God given ability, we got to get rid of the interference. Let's get the health in there. And that comes with those three T's would you break that nation has heard many times before. So we got to work on the trauma, the toxins and the thoughts. So let's all work together. Dr. Eric Nepute, thank you for being on the Optimal Performance Summit. You are one of the top Doc's in the country. You got to pay me \$7,000 to say that, and I do take checks and money orders. So it's been great in what you share. I mean, you excel where other people fail because your belief system. So I think that's key for any practitioner out there. It has to start with you too. It has to start with your head. If you get a



chance to talk to Dr. Eric Nepute. Or you get to hear him speak somewhere getting his energy field, you're going to find out this is somebody that doesn't just talk to talk. He does it. He when he when I first met him, he came up to me he didn't even try. He says I want to buy this I understand it. There's my chakra Wait a minute, you got to check. No. I know it's gonna work. I mean, this is the way people do it. When they are successful. They understand what Tapping. So you've heard from a master, somebody who's learning and developing, he's willing to share his knowledge. That's very congratulations because a lot of people want to live in a silo and talk about how great they are. They don't share these concepts. So, again, Dr. Nepute, thanks for being on the summit, your gift to us all. And we look forward to help promoting your message and in helping us to spread the message of brain wellness as well. Thank you.

50:21

Thank you, Dr. Porter. I appreciate that.

