Introduction and Jason Prallu2019s Background

Welcome back to the conversation. Today I have Jason Prall. Hi, Jason. Welcome. Hey, thanks for having me. Good to see. You, too. I feel like I'm a broken record player, but you're one of my favorite people, which because I realized in this project I brought all my friends on to talk to people.

And you got some pretty cool friends. So I appreciate that. I do have cool friends. Was looking I was looking around my life thinking, wow, I really have meet people.

Yeah. So thank you for being a yes. You're a health educator You're a practitioner, your author, you're filmmaker. In 2018, you created the Human Longevity Project.

I think a lot of people here watching will know you for that project. It was a nine part film series that uncovered the true nature of chronic diseases, really, in our modern world.

You have, you're a writer, you're an author. Beyond longevity, a proven plan for healing faster, feeling better, thriving at any age. When did that book come out?

In the last year or so. Almost a year now. Yeah, I can't believe it's already been. I can remember when you were saying, hey, this is coming out. So. Well, we have a very interesting topic that we're to talk about today.

And I can always count on you to really bring it when it comes to interesting things. So strap in everyone because we're going to go to places you never thought of before and it's got to be kind of out of this world.

So I'm going to paint a picture and then we're going to go from there. I'm almost like a case study. Okay, we're going to be talking about we'll just see patterns of chronic disease and it's not what you think it is.

So I want to I want you all watching.

Why Chronic Symptoms Persist After Doing Everything Right

And Jason, you imagine working with a client, working with a patient that does everything right. So we're talking someone who's done all the infection, clearing all the parasite, clearing all the bacterial, clearing their gut health is pristine.

They have done all the toxin work. They got the amalgams out of their mouth. They they worked on all the heavy metal detox protocols. They worked through mold toxins.

They worked through environmental toxins. They don't have anything dirty in their home. They're cleaning. Products are clean, their body products are clean.

They even have a home biohacking system like a biohacking room in their house. They've got a sauna, they've got red lights, they've got an ozone generator.

They've got like, what else, an ion foot bath. I mean, you name it, they're doing it right. They're eating perfect vegetarian. You know, they've tried vegetarian, they've tried carnivore.

They've done all the things they eat, clean. No matter what it is they're eating, it's clean. They've gone back and forth between different things. They've worked with multiple practitioners.

You get my drift? This is a committed person doing everything right. This is who we're going to be talking about

today. And this is the one. Even though they're doing everything right, they are stuck.

So why are they stuck? Let's hear. Yeah, this is I mean, what you're describing feels a little bit like me. Feels a little bit like many of the clients that I work with.

And honestly, people that I know right in in kind of the health and wellness circles that I hang out with. This is a very common experience. Right? And it's it's so confusing as a practitioner working with somebody like this and and going through it yourself.

And it it it tripped me up for a very long time until I was finally opened up to this reality that our biology gets stuck in these patterns. And they can be they can be biological patterns.

In other words, in the tissue, they can be mental patterns, which I think we may have some concept of, or we recognize that to some degree they can be emotional patterns. Right.

And of course, behavioral is part of the equation, too. But what happens is, is that once a traumatic event. Right, it can be a single acute traumatic event.

It can be a series of repeated traumatic events. It can be being sick for a long enough period of time that it's causing sort of this trauma in one's psyche, in one's biology.

What happens is that our entire being can get caught up in this new normal, right? So we get we literally get stuck. And so when you clear the heavy metals out of the body, great.

Or let's say somebody is even kind of along the same lines. You describe somebody in that same picture, but they can't get their thyroid to two numbers to be correct.

They can't get their cholesterol, whatever it might be. They they're constantly experiencing pain, right. And they let me let me let me tell you, because I work with a lot of people that this happens too.

So they're doing everything right. But they still have energy crashes. They're doing everything right, but they still have brain fog. And it comes and goes.

They do everything right, but they still have occasional panic attacks. Yeah, they do everything right, but they still can't tolerate all the foods that they should.

They've cleaned up their gut so much like it's just not possible. Why would they can't sleep, right? Sleep. Oh, this is the biggest one. They can't sleep at night.

They. They have migrating pain still, even though they dealt with the Lyme, they did the Lyme protocols, they did it all. But they feel like I feel I still feel like I have that or they're stuck in my cell, right?

Like they feel like they've done everything, but they still have it. Okay, so this is like if this is you, listen up, because what we're about to unpack today could change your life.

Yeah. And so oftentimes when we have somebody like that, there could be something else going on. No question. Right. So it's still a good idea to look at everything and then oftentimes you still can't find anything.

And so what what can happen is and this generally occurs at the nervous system level, could be in the brain, could be, you know, in various parts of the brain, could be the limbic system in particular.

Right. Which is more associated with survival patterns. It can be in deep in the tissues, it can be in the fascia. This can be at the level of the mitochondria.

Right. Mitochondria can get stuck in this sort of hyper inflammatory state, this defensive state. Right. So we can get

stuck in these patterns of operation. Why?

Why do we get stuck? It's because humans are the most adaptable creature on the planet. We can adapt to all different types of diets and temperatures and all kinds of conditions. Right.

And what a beautiful gift that is as a human being to be able to to be able to adapt to our environment in truly unbelievable ways Well, the downside to that is that we, we adapt and we get conditioned.

So we are naturally conditioned to what we experience on a day to day basis. So imagine you grew up in a household, right, that that involved a lot of abuse.

Right. And maybe you didn't you didn't get abused. You just saw it and you were around it. And then it was verbal abuse and neglect and all this stuff with.

Now you're going to get conditioned to that level of mind and experience. So there's going to be a certain level of danger or threat that you're going to perceive in the world.

Now, some of this is being laid down pre verbal precognitive. You don't even have a concept for for what? What's happening because it was before two or three years old you can't remember.

Right. And and are developing brains right are are literally molded to our environment. We are born into this world and we are so moldable, right. So if we are molded to a certain environment, could be mold, could be abuse, could be neglect, could be I mean, anything could be certain types of foods, right?

Trauma, Conditioning, and the Nervous System

Could be various metals and chemicals and alcohol. Cigarettes, like all of these things are going to impact our system. And so generally speaking, if we grow up in an environment that was as a perceived threat, especially on a on a continuous basis, and we get conditioned to that level of threat.

So we walk around in the world at the nervous system level, not necessarily at the mental level. This doesn't necessarily mean I'm constantly thinking that the world is is scary.

My nervous system beliefs. Are really important because people don't. They feel like I dealt with that. I released that, I did the therapy, I did the you know, I studied how to release this.

I did the work. Yep. So nervous system. Not necessarily what you're feeling and your memories and brain and how triggered. It's not that you don't have to be triggered by something anymore.

That's right. And it's it's a software versus the hardware. Right. So oftentimes we do the therapies and we do the I've done a lot of this. I've done a lot of different therapies and they've been life changing.

So oftentimes that's some of the work that needs to be done if somebody is caught in some patterns and cycles and if we do enough of the processing, then things can clear.

But oftentimes we do the processing and the software cleanup is happening. We're getting the software upgrades, but we're not getting the hardware. The hardware is not following.

Now, sometimes it does and oftentimes it does. Right, but not always. So the hardware can get stuck in a mode of operation while the software has been upgraded.

So now you have somebody who's capable of of, let's say, managing the world, handling the world, viewing the world, in other words, are not so caught in their in their experience, right, in their trauma, in their in a processing, but they're still having to manage it.

And so the hardware is is is not it can't rest. It's not online is a restful state. Right. And in order to heal, we need to be in that parasympathetic state.

We cannot heal if we're caught in a sympathetic overdrive. Right. So if this chronic, sympathetic nature does not relax, we cannot heal effectively. We're going to be caught in these healing cycles.

And then even on kind of leaning into poly vagal theory, if we are in our sympathetic side of our nervous system, our parasympathetic side of our nervous system, which we think of as resting digest, we can be in freeze or shutdown because the system is so has been activated for so long.

It preserves energy by just shutting down. Right. So this is a big issue with the hardware that we're talking about. And one more thing I want to make sure we so right now, you just really kind of unpacked trauma, traumatic experiences, but it's more than that, right?

So it could have been an infection. It could have been so so unpack some of the other assaults on the body or the things could have been toxins, could have an infection.

It's not. So we maybe have people listening right now who are like, this doesn't apply to me. I didn't I wasn't sexually abused. I was mentally abused.

I didn't witness anybody being abused. But I'm still stuck. So yeah. Might not be your thing. So what are the other things? First of all, birth itself.

Birth is a massive trauma. Both, let's say psychologically. Do you want to say that kind of psycho emotionally, it's a trauma, but physically it's a trauma coming into this world.

The head getting squeezed. There's a lot of benefits to this process and it can be very traumatic, especially with our modern techniques of birthing. So again, this is these aren't things that can't be overcome, but it's often thing that's often overlooked.

And so it's hard to even pin down how do I know what I'm experiencing is related to that? What we don't necessarily actually know, we can't we can't draw map.

That's it, that's it. Nevertheless, they can get caught in our nervous system. These experiences can essentially wired into our experience. So that's one.

Well, this. Explains a lot. I was a Christian. They pulled me out one leg at a time. I wonder what that did to me. I mean, me too. I had I had the cord wrapped around like a lot of forceps can be very hard on babies, C-sections.

There's lots of different experiences in that sort of birth process itself, being taken away from mom in the first few minutes. Right. And not to get too deep in the in the vaccine story, but that's that's at the vaccines.

There's a lot of them now and they're all being given right away. Like that's a lot for the system to handle. Right? So regardless of how we want to address that, that's simply a lot more than when I was a child. Right.

So there's a lot of things happening in that early process. The other thing that is worth mentioning is that these things like traumatic brain injuries, concussions, little things that never get diagnosed.

I played football when I was a kid, right in sort of middle school, high school, even in college. I never got never once got diagnosed with the concussion, never once.

But I can guarantee you, I had traumatic brain injuries a handful of times. I remember blacking out on the field once for a couple of seconds. I was a kid, didn't think anything of it.

I wasn't woozy afterwards. Nothing. No other symptoms, except I did blackout. Well, now, knowing what I know,

that's unbelievable. That's an unbelievable brain trauma right there.

And then I went back and kept playing. And then this is a developing brain, right? So that's that's an issue. And that is something that can stick with you for decades, decades.

This is not something small. Right. So traumatic brain injuries, concussions, that's a big one. Any addictions, any type of addictions, and particularly with related to alcohol or substance abuse that can create lasting effects in the system without any kind of conditioning.

Right. So let's say you were a ballerina or a gymnast and you had a really difficult coach, right? That was hard on you. Right. To get you to perform well, that level of conditioning to a child can be very traumatic, not in the way we think.

We think it's making us tough, really. It's it's not allowing us to truly process emotion and to get our system to relax. So we might be hypervigilant.

You might know some of these people are that you went to medical school with who got all straight A's. They were so successful. They were they're generally hypervigilant about about reality.

They have a hard time relaxing. Everything has to be perfect. They got to be top of the class, etc.. I have a lot of friends in this. Are Asian communities very, very common in the Asian communities based on the culture, right?

So these are the types of things. These are conditionings that happen to us that create a level of reality that we're not necessarily aware of because it's we're like fish swimming in an ocean.

It's hard to be aware of the water. It's all around us. We're in it, so we're immersed that we can't even see it. So this is what's happening in our reality, that's creating a nervous system that can't just relax.

And one of the most obvious examples of this is if you just ask somebody to meditate, right? Half the people will tell you, I can't meditate. Well, that's ridiculous, right?

I mean, I understand what they're saying, but but what they're saying to me is my system can't just rest. That's literally what they're saying. Right.

And so that's because that person's system has never been given the opportunity to just rest and be it. And when it is, it is use it as a threat. In other words, I must do something in order to find safety, security, etc..

Right. And I know this because I am this person and I've gone through. This and oh my gosh, you're described so. Totally. And so this is a common experience for many of us in the West, many of us who are success, for many of us who are good people.

Right. This is this is just our reality that we've grown up in. It's a part of our kind of Western culture. And so Scooby. Doo doo doo doo. It's exactly right.

I've been accused of doo doo doo before. Exactly. Instead of me. Right, right, right. Yeah. And so this idea of, of letting go, of stimulation, of relaxing that and when we do that A that should be easy.

But for many of us it's not very easy. And then what's even crazier is that you can, you can get some people to do it, but then if you actually measure their, let's see, their brain patterns, they actually can't relax even though their body is trying to relax.

And they're they're technically resting. Their brain is still stuck in hyper vigilance. It's still stuck in this this overdrive, this sympathetic charge, or it may even be stuck in threes.

So even though they're relaxed, their brain is telling us otherwise. And that itself is the problem. This is why healing

cannot happen where it can only happen to such a degree.

And so we're trying to do all the software stuff, we're taking all the supplements, we're looking for a problem inside of us. But the problem is our nervous system itself, so to speak, or it's in the fashion where it's at the mitochondrial level, right?

Like this stuff is so deep in the tissues that it becomes challenging to unwind what's really going on. So the assault has been removed. Theoretically, we're hopefully great, but the problem can still remain because the problem is in the patterning of the system itself.

Okay, in the last few minutes before we transition, we're almost done with this first part of our talk. This is like I feel like you just had had a mic drop Mike drop moment right there. I said, I mean, everybody watching is going, Oh, that makes sense.

Birth, Injury, and Other Hidden Stressors

What else do you want to say in these last few minutes, in the second half of this interview? We're going to get into how you fix this, but what else do you want to say right now just to, you know, leave our audience with some nuggets?

And this was the one of the biggest components as a practitioner that I had to learn until I learned this. I was chasing my tail, trying to figure out what was wrong with somebody, how I can help fix them.

Where the issues are must be something creating this issue that is left unresolved. So I just want to I want to highlight that this is as a practitioner, this is one of the biggest pieces that that was revealed to me that allowed me to understand why certain people cannot get better.

So this isn't a small thing. And I would I would I would dare to say that every single person has this to some degree, every single person, because we're all conditional.

We were all human. We've all gone through this thing. So even if you didn't have emotional trauma, you did. Even if you weren't conditioned, you were right.

Like you experienced reality in the world. And so these things are laid down in nervous system. And one of the biggest, most obvious examples of this is what's called the negativity bias.

This idea that we had, generally speaking, have four negative thoughts to every one positive thought, right? That's because we're the first and foremost for wired for safety.

So your body is going to find safety. Your mind is going to find safety. You don't feel safe sitting still. It's going to find something to do because it feels safer. Right.

So we are wired for safety. That's a critical piece to this puzzle. And it's not just in the thinking, it's not just in the emotions. It's in the tissues itself.

Everything is wired to create safety or a feeling or a perception of safety. Issues in the tissues. Yes. Okay, Jason, thank you so much for joining us today for this talk on really the patterns that prevent healing.

And to our audience, I hope you're finding this conversation insightful and helpful. If you're a summit purchaser. Stay right here, because we're about to dove in even deeper into this discussion with Jason Perel and talk about how to solve this.

If you're not a summit purchaser, click on the button on this page to get access to a continuation of this conversation and many others, and really get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Jason Carroll, thank you for being a valuable member of our community. We're going to dove right back in.

So what do we do about this problem? How do we solve this? Because I know you've got a way to solve it. I want your. I'm your next project. Okay. This is a big one.

And there's a lot of different ways to approach this depending on what's going on. Right. But if we accept the premise that there's there's something that may be stuck, a pattern that may be stuck, I think the first and foremost, it's important to remember that the mind, the mental processes, the emotions and the body itself cannot be separated.

Right. So they're all interconnected. And I know we give this lip service, but I don't think we totally buy in oftentimes. And so if we have a lot of people have, whether it's anxiety, depression, they have more of like the mental afflictions that are that are affecting them.

It could be neurological. Right. In other words, it may not be your fault. Your brain may be stuck in that pattern. So we need to get to the brain level.

We need to get to the hardware level. Right. So one of the things that because this is such a an important piece, I believe I actually invested in a company called Sara said and I actually brought one, too.

You and I are both in the Greater San Diego area, and I brought one to San Diego because there wasn't one here. And this, Sara said, actually measures the brain activity, the EEGs of the brain, and mirrors back the brain's function to itself.

Now, it's it's got a lot of research behind it. It's a patented technology. It's actually amazing. I wish I had developed this thing. It's truly remarkable.

But what I see is people come in and they have anxiety, they have depression, they have sleep issues, they have chronic ailments, all kinds of inflammatory conditions.

And when we can get the brain to actually relax and balance, rebalance itself, then the issues can resolve. Right. So it's it's remarkable. So that's that's addressing the hardware.

We're going directly to the hardware. We're actually just using these these audio tones. Basically, it's pretty wild, but it mirrors the brain's activity back to itself.

And the brain has the intelligence to naturally find refined balance. So that's one way to address the hardware, right? And that's just one example. And there's other ones like neurofeedback is another thing that that people are maybe more familiar with.

It's a little bit different than what we do at serious. That takes a little bit longer. But nevertheless and similar type of thing, we can go directly to the hardware.

We can we can address the software. So there's a beautiful technique called dynamic neural retraining system. Now was created by Annie Hopper. And this is a way to reprogram to to start to understand how thoughts and emotions and the body are all connected.

And you start to map out how your your mental processes are going. So in other words, you're starting to take bring awareness to these things and you start to remap this process.

So you start to change your mental habits, which changes your emotional, which changes the somatic aspect. So you can use something like DNA and DNA, as has been been unbelievable for people with all kinds of chronic ailments.

Right. So something like DNA. And again, these aren't things that people that most people would say is the first tool to correct some of these issues.

So, yes, parasites exist. Yes. Heavy metals exist. Yes. Infections, all this stuff is true. And sometimes why is it hard to clear them? Well, because our system is not optimized to clear.

Right. So we can we can clear with outside techniques and also assist with insight techniques, so to speak. Right. We can assist by by upgrading the system, upgrading the software.

Right. That will allow that parasympathetic to come online, that will allow the detox functions to start naturally working better. The gut starts to work better, the brain, the sleep, everything starts to work better because we just upgraded the software using something like DNA.

How the Brain and Body Get Stuck in Survival Mode

RC which is specifically related to the limbic system and the safety system. Again, Sarah Set seem to have it down, right so we can reset the hardware to help with this detox function, with the elimination of the parasites, with the gut function, with the sleep, everything that's going to start working better in harmony.

We can use something like pain reprocessing therapy party. So this is a way to remap pain. So a lot of times pain is created in the body and pain is always a real thing.

But the signals for pain get essentially caught. This pattern of pain processing, it's caught and stuck and DNR is another one. And this is dynamic neural retraining system.

And this is this is developed by Annie Hopper as a truly beautiful technique that really focuses on kind of the software aspect of things, right? So traditionally, typically with the limbic system is what we're dealing with.

This is kind of a safety aspect of the system and it's a way to map out your current mental patterns and processing as it relates to the emotions, as it relates to the somatic or the body itself.

And when you're able to you notice your old patterns sort of discharge them. In other words, they don't become so charged. You just start to recognize them for what they are and then you start to really map your mental emotional patterns along with the physical feeling and sensations in the body.

All of a sudden, people can heal from remarkably complex conditions. I mean, some people you should hear the stories. It's part of the process of going through DNA is that you actually read about and hear about some of the people who have recovered from just these unbelievable issues.

Like some people are so severely sensitive to everything that they're living in like a the middle of the bush, like in the middle of nowhere because they can't handle anything.

So these things are not small sometimes for some people. For many people, this is the biggest piece of healing, is addressing these these patterns. So whether it's something like Sarah said on the hardware side or, you know, some neurofeedback or something that's addressing that, the hardware aspect of the system which which will then affect the software, right?

So the effect the hardware and all of a sudden the software, in other words, the mental processes, the emotional processes, the anxiety drops away. Right?

The, the, the pain can can clear up like all these things can start to shift. Or you address the software side and it'll affect the hardware itself so we can get out of our own patterns with those two techniques are great.

Another one is EMDR. So this is eye movement. These are desensitization reprocessing therapy, and this is basically primarily used for PTSD or certain traumatic memories.

And by moving the eyes back and forth while recalling some of these memories, we can we can again disassociate the charge. The the the visual perception starts to diminish.

And so these memories don't don't hold the same charge. Right. So this is another amazing way that we can unwind some of these patterns that are kind of stuck without getting into the physical. Right.

So if you've ever had a standard diet that you're on your normal diet and then you've tried to shift to something, right? Maybe it's some kind of ketogenic diet, maybe it's a water fast, maybe it's vegetarian.

Whatever the case is, it can be very, very difficult because the patterns associated with digestion, associated with your gut microbiota associated with your mitochondria, associated with the behavioral aspects of eating are now you're trying to shift them away from what's normal, right?

So any time you do something that is out of our norm is, is, is generally challenging, right? And then if you stick with it long enough, all of a sudden it becomes easy, right?

Coal plant is a good one. A good example of this, right? Most people, when they go into an ice bath or a coal plant or cold shower, they hate it. Most people that really don't like it and then eventually, if you stick with it, then you'll you'll most people will actually start to crave it.

So the body adapts, the system will eventually adapt. Now, it's not to say that everybody needs it, but these are just examples of how do we get the system out of its comfort zone?

How do we get it out of these patterns of operation? If you drive the same way to work every day, right? You don't have to think about it. It's just it's so easy to get to work that you can get there and you don't even remember driving some.

Right. But all of a sudden you start to go a different way. You actually become engaged with the directions where you're at, what's happening. This is the same thing, right?

So we need to engage a different level of environment if we want to change these these habits, these patterns, these biological patterns, these rhythms.

Same thing with with mood and mental processing, right? So again, I mentioned previously that most of us have this negativity bias that is kind of 4 to 1 is kind of about average for negative thoughts to every one positive that we can actually change that.

If we just practice happy thoughts, that will start to shift. And then our baseline becomes, let's say three negative thoughts to every one positive thought. That's fantastic, right?

And then if we keep practicing, we might get down to 2 to 1, right? So these are things that we can actually shift and their habits, their neural habits, their neural patterns, they are behavioral patterns, their mental patterns, their emotional patterns.

Right? So any time that we do this again, what I mentioned before is that everything's connected. So if we start to shift our negativity bias and you might know some people in your life that are that are highly, highly negative.

Right. Like they assume the worst in every scenario. Right? They enter a raffle and I'm not going to win.

Approaches to Rewiring the Nervous System

And then you have some other people who are like they actually think they're going to win every raffle. Right? Like this is a different level of perception, right?

And the one that's more negative is thinking, oh, this person's delusional, right? And this person that's, that's, that's

a little bit more positive think, gosh, so negative all the time, right?

So unnecessary now. So this is this is this is a reflection of reality that they've experienced in their lives. Nobody's bad or anything for feeling the way that they do or having these these patterns.

It's important just to recognize, again, we are so conditional so we develop these these these patterns based on our experience and our perceptions of our experience.

So all this is, of course, perception, but it's based in our in what we've experienced. So we have to shift that. And we we get the opportunity to actually shift these things by just choosing something different.

Gratitude is mostly not a habit that people have. It's something we can practice. And as you practice it, you can start to rest in this idea of gratitude, rest in this idea of positive.

Right. And that will change your your chronic disease. There are unbelievable circuits related to various neurochemistry that that is highly, highly related to your ability to relax.

Right. That is highly related to the inflammatory processes in your body, the tightly related to the pain signals that you send to your body. Right. So somebody says they're complaining of knee pain.

Well, I'm. Practicing these happy thoughts. Doing something like DNR is changing. These mental emotional patterns will change your biology. 100%. Now, it may not be the only thing.

There may be some other things, too, but it is a piece of the puzzle for a lot of people. And again, generous of Sarah, said EMDR, pain reprocessing therapy.

And this is another one I mentioned. This is unbelievable. It has to do with neural plastic pain. Some people may be familiar with John Sarno. He he was kind of made popular a number of years ago, relating specifically to back pain.

And what he noticed with back pain is that he did X-rays to backs and they were basically the same exact X-ray, same exact imaging. And one person was running marathons, the other one couldn't get out of bed.

And he asked himself, What's going on? This doesn't make sense. It does not align with my training. And what he realized was there was a mental aspect to what was going on to the pain.

And so he's got amazing books, pain, reprocessing therapies, a little bit different, a very new type of, I guess, technique, but but similar, which is it's related to this idea that pain can be neural plastic.

In other words, conditional pain. We've been conditioned because of other a reality. Whatever the reality might be, it might be physical imbalances that created pain and dysfunction on the physical level.

And the pain was associated with that. Well, that pain signal can get conditioned and that that pain is known as neural plastic pain. We can actually condition that pain so that the pain signals aren't sent so strongly. They're not sent so frequently.

So we can unconditioned pain itself. Right. And so there's remarkable testimony to something like pain reprocessing therapy. So hopefully you're going to get the idea here.

It's it's oftentimes these conditional patterns we have to do something different. We have to take a different approach. We can't just assume that the body is going to respond because the threat was removed.

Now the body may be conditioned to that. And then we've got to actually take a concerted effort, make a concerted effort to change our environment, whether that's our physical environment, whether it's our mental environment.

Right to to start to inflict a new pattern. And we can lay down these new neural pathways. And actually, this is what

I see on a day to day with Sarah said, I see these new neural patterns get laid down.

And at the beginning, the fragile right. It's like it's like blazing a new trail in the woods. Right. It'll grow over, grow very quickly. And the old trail, which is worn through like for decades.

Right. It's going to remain for a while. So these new neural pathways, they need to be become habitual, they need to be practiced. And as they are practiced, as they are conditioned in this new way of operation, in this new way of rest, in this new way of balance and this new way of of ease, they can become the new norm.

Right. But those old patterns, they've been laid down for decades. And a lot of them will literally go through the various levels in tissues of the brain.

So they will go through they will deepen in the brain, these groups, these these neural pathways. So some of them are very, very old. So it's not necessarily a quick fix.

Sometimes it's it's a month, two months, six months, a year of doing some of these techniques. But when you have somebody that's dealt with chronic pain, that's dealt with any kind of chronic condition for for decades, this is nothing.

And it gets better and better. Right. So that's the cool thing is that you start to see results and especially if you're doing some of the things and I know you guys are talking about in this in this summit, now you're off to the races. Right.

And and oftentimes what I see is this piece is missing. And those people that are doing all the right stuff, they can't get to the other side because something is stuck in their nervous system.

Something is stuck in their mental emotional patterns. Something is stuck in the tissues. What occurs to me here is that you mentioned that probably all of us have some element of this so everyone can benefit.

But what occurs to me is that this is probably a great thing to layer in to any work you're doing with any practitioner. You don't have to be the person that we used as an example who's done everything right and still has the symptoms, still has the brain fog, still has a little energy.

What if you're at the beginning of your, you know, discovery process? There's people watching right now who are like, what's this whole functional medicine thing?

This is really interesting. And I think there's something here. And then there's people who have tried many different types of therapies and have studied quite a bit and they're serial summit watchers.

Yeah, we have people like that here too, where they're just like, Give me the next summit, give me the next summit. I'm getting my education here. And so it occurs to me that this could be layered in with anything you're doing and you're probably going to get better and faster results if you're working on this nervous system.

Reprogram me. I'll tell you that 100% agree. Yes. And it goes so far. This is such a fundamental aspect of who we are that it starts to ripple out into everything.

Your relationship starts to change, your sleep starts to change your ability to to to to attract and the resources and the opportunities that you want in your life start to happen.

And I don't want to go too far down this manifestation route, but the reality is, is that when your system is relaxed, when you are able to, to, to stay centered in yourself because your system can finally chill, even despite what's going on in the world and what's happening and and what food you're eating and all these things, there's a way that you carry yourself into the world that magic starts to happen.

I mean, it's it's not short of anything spiritual. I mean, this is it's wild to watch this unfold. And again, I see this with

the technology that I'm using with Sarah.

It happens very quickly for people. You know, it's five sessions, it's 30 days, and literally their entire reality shifts and it's wild to watch. It's go while.

It's energy to right because you know, we all have an energetic field and you know, there's talks about this on this summit and we emit an energy and we attract you know, we are attracted to certain energies.

And when your energy that you're emitting and the frequency that you're operating is healed, you're going to attract people to you who want to work with you, be in relationship with you, help you, you know, have fun with you, all of it.

This is right. This is right. And and there's an inspiration that comes right. You feel inspired to be in the world when you're in chronic issues. And I know this because I've been caught in chronic issues, my for most of my life and there's almost so much of your of your life force, energy is focused on the issue.

It's focused on trying to get out of this mess. Right. And everything else is kind of just managed. Right. And we get to flip that. So as we and we don't have to wait to the issues resolved, it's kind of a chicken and the egg type of situation.

Right. It's actually important to identify your dream what you really want to do while you're sick. But but the point is, is that as we start to come out of this this malaise, this chaos that we've been in all of a sudden the world looks different.

We approach the world differently. We approach relationships differently. Right. And when you do that, then things just kind of happen. They start to unfold for you in the way that you really want it.

Right. So honestly, it's, it's it's one of the most important things. Right. And I you mentioned sleep and I'll kind of hit on this briefly, but sleep is another one of these things that is very conditional.

And you know this if you've ever traveled across time zones, right? So we call it jetlag, but you fly across five or six time zones and you're a mess because your sleep, your body was conditioned to a light cycle that has now shifted dramatically within just a few hours.

And your body takes days just to catch up and recondition right to that that proper lighting environment. So this is something that that that we can condition with light.

So getting up in the morning and getting that light in our eyes and and making sure we have darkness at night, that's really, really important to set this biological cycle, which is everything in your body is dependent on this cycle.

By the way, every single cell has clock genes and period genes that are related to the signals that we're receiving primarily through light, right? So we would get that wrong.

Then our biology is out of sync. It's not going to be operating in the right way, right. But even beyond that, even if we get that right, sometimes the neurological patterns can get stuck in such a way that don't allow us to actually rest and fall into deep sleep.

So again, this is something I see day to day with, Sarah said. We fix that and people can start sleeping again, right? So it's not a one or the other.

Oftentimes for some people it's both. They got to address. But these are the patterns that when you get somebody sleeping, their mood, look, if you've ever had a child or been around a newborn and you're not sleeping for months at a time, you'll know you're not as friendly, you're not as motivated, you're not as energized.

You generally make poor choices with food. Your decision making overall goes down like everything starts to fall

apart. Generally, most people gain a little bit of weight, right?

Like all this stuff starts to happen because you're not sleeping, right? So these are fundamental aspects of who we are. And when we start sleeping, when our system relaxes and I can sit here and my nervous system is actually at rest, most people think they're at rest, their relative rest.

Right. So for for me, I might be rest here and excited here. Well, my rest here your rest might actually be down here. In other words, you might actually be able to drop lower into ease and restful state than I am because my my system was more excitable and conditioned to this level of sort of baseline.

So when we can drop that baseline and we can get that into real rest, recovery, sleep, relationships, inflammation, immune regulation, right Treg cells, everything to function better.

The microbiome starts to become into balance, right? So somebody with gut issues may actually be because the nervous system is is out of whack. Right.

And you could be chasing gut symptoms and and trying to get balance and diversity. And, you know, all these things, all these inflammatory markers trying to get them all perfect.

Right. But the reality is, is the underlying system is out of whack.

Case Study: Resolving Severe Sensitivities

Right. So this is a really, really important piece because I've chased it. I've chased it for so much of my practitioner career with my health. With my own health.

I wasn't aware of this stuff. Right. So it's it's huge. It is. Okay. So in the time we have left, I'd love it if you could take us through a case study, if you will.

I mean, I know you've been, you know, supporting and helping people locally here in San Diego. So can you take us through like a transformation of somebody?

Tell us. Yeah. Yeah. So A good friend of mine, actually, he was going through a really horrendous, inflammatory condition kind of out of nowhere. Right. And he didn't know what was going on.

He would develop this unbelievable rash and welts and things on his on his whole body, primarily triggered by food, but also by chemicals and other things.

So in other words, he had just this unbelievable sensitivity to the world. Right. And so, you know, he went through a ton of different practitioners. He tried a ton of different things. Right.

And and there was two components. Right. One is, I want to understand what this is. Right. And B, what are the some of the therapies that are going to help?

But generally, the two aspects of that health crisis that people try to figure out what's happening. And even if I don't know what's happening, what the heck is going to actually help me, right?

So they don't need to come together. But generally you like to figure out both what the answers he was getting was kind of nasal activation, you know, histamine, right?

So when you start to understand functional medicine to a degree, you start to recognize that, yes, nasal activation syndrome is a thing. It's a problem, but there's an underlying etiology.

There's something going on in the system that is driving this massive activation. Mass cells are important, right? The whole degradation, there's all these processes that we might view as bad in a certain case are actually good if

kept in balance.

And if the system is operating in such a way. So he couldn't figure out what the heck was going on, but he was trying all these things. He tried DNA first and he noticed some resolution.

He was a little bit better that foods weren't causing as much of a sensitivity. He wasn't reacting as much. He thought, well, this is amazing, right? We tried exercise right to vitamin K sleep.

We're basically trying to improve regulatory T, cell function, vitamin D, right. And happy thoughts. Right. Dopamine, these type of things. These are all very good for immune regulation.

So we're doing all those things. And then the other thing that that that finally landed for him was Sara said and and Sara said doesn't even really claim to address mass activation.

I mean, but he kind of got an intuitive hit for it and heard a lot of success stories and he tried it. And that's the thing that put him over the edge.

And he doesn't react to the world like he does now. And this and this and this, this. And this is a good friend. And it was because of that, coupled with a bunch of other stories that I had heard about Sara's.

That was the reason we actually invested and became partners company. You didn't even help him. It was before you. It was. It was both. I was helping him a bit, but it was I didn't do it with.

Sara said. That was the reason that we got into Sara's, that I was helping him as a practitioner. How long did it take for him to feel better? When he started it.

I would say at before we started, before I even got involved, he was kind of trying to figure this out for probably a year. He was down to a handful of foods.

You know, it was it was kind of a pretty classic process. And then from there, I would say another six months of kind of starting to get a feel for what's going to help and what's what's bad and what's good.

And he was he was it's almost like he was he was navigating a new reality like this. He was he was settling into his reality of this this thing, whatever this was.

And then probably another three or four months of doing the next six months, maybe of doing drugs. And because it worked so well, he was committed to it.

Right. He was like, oh, my gosh, this is working. I'm going to commit to this. And it got him to a certain point, but he couldn't get any further. And then probably two months or so, two months of Sara said, and that was it.

So he has no more cell activation. He can eat food. He doesn't have the rashes that are gone. Yeah. And he had he experienced basically a near-death experience years ago, ten, ten years ago.

So got hit in the head by a surfboard when he was surfing, knocked it out cold. So there was a concussion that was a key part of his residual. He also had trauma when he was growing up. Right. So these things seem independent.

They seem separated, but they're not. They all played a role in his brain, in his system, perceiving threats in the world. Right. So it's again, it's hard to say what caused what and how it all unfolded.

But if you if you do a proper case, a history with somebody, you can see all these things start to add up. And it made for some people maybe Lyme and then they got heavy metals, right?

And then like for me, I actually had mold in my house when, when we were having our first child and I wasn't sleeping very well. So I had horrible sleep because a new baby and then there was modern house and that set me

up from Archons, just multi antibody resistant coagulation, negative staph infection in the nasal passage area.

Why did he get mark ons? Because the mold was present. Why did he get more and mark as well? Because I wasn't getting good sleep so my immune system was was downregulate it wasn't was an effective rate.

So all these things can kind of create this perfect storm and create issues, right? So it's it's hard to map out sometimes, but. Questions to. Question. Yeah.

How long does it last? Maybe forever. I'm hoping you say. And who shouldn't do it. When it comes to things like DNR, as Sarah said, pain, reprocessing, therapy, my feeling is anybody can do it.

That's a little different because we're actually going to the hardware itself. So if you have like, you know, deep brain stimulation implant and some other things and not a good idea, but 99.9% of the people have no problem, you know, neurofeedback, same type of thing.

Building New Habits and Supporting Recovery

Right? So there's there's nobody that really shouldn't do it, especially when it comes to something like arrest. This is I mean, it's a couple hundred dollar program online and you do it yourself and you just have to be committed, right?

Like that's the that's the deal with some of the stuff. So some of the stuff's a little bit more expensive and some people don't have the they can't afford it, right?

They don't have the means to to to to commit. Some of the stuff is not expensive at all. A gratitude practice is pretty cheap the most people don't want to do it.

Meditation pretty cheap. They don't want to do it right. So some of this stuff and what I'm hoping to try to do here is to impregnate you with this idea that some of this stuff is so important to your recovery and to your well-being that it's worth putting in the effort, even if it's free even if it's expensive, whatever you can do, whatever you can afford, it's not small.

Changing this stuff on the nervous system level, on the mental level, being having the ability to change your negative thoughts to your positive thoughts and have that be its work at first and then it's just your reality, right?

So this is really worth it because it's not just helping you become a happier person. It's literally changing the neurochemistry. It's changing the the nervous system itself.

It's changing everything about what's happening in your body, your hormonal patterns. Right. This is it's all connected, right? And so sometimes we just we don't want to look at it.

We want to look at hormone replacement therapy. We don't want look at going to these supplements. Right. And I'm not saying don't do that stuff. I think that's just fantastic, if done correctly.

And the power that you have to shift this this internal state, these patterns is tremendous. And what's cool is that we live in the 21st century. We have this amazing technology that we can use to so everybody should do it.

Everybody should look into what's right for them. Again, pain, reprocessing therapy. Simple. It's remapping the pain semantically and understanding what what not pain is like.

So instead of yeah, right. So, so what it feels like to not be in pain and to recognize that and to recognize what the pain is. So you're just mapping what pain is.

I was in a of a positive meditation retreat for ten days. Silent meditation. Right. So you don't talk for ten days, you meditate like 8 hours a day, right?

You sleep for six. And and in that that that process of just basically you kind of map the body semantically with your awareness and my knee pain, I was taught to view it for what it is.

It's sharp, it's hot, it's, you know, it's prickly, right? You just kind of name what you're feeling instead of thinking, Oh, my God, my pain is getting worse.

I'm going to have to move my you just map it and you start to shift the neural patterns associated with the pain, very similar to pain reprocessing therapy.

Right. So that was my first sort of big hint at this idea of neural plastic pain, right? So this stuff is powerful. Your mind is powerful, your biology, your hardwiring is powerful.

And all we going to do is figure out how to to unwind some of these patterns that I've been with us for, for decades. And it lasts once you unwinds. This is not this is not a this is coming back in a month.

It can let me put it this way. So some of the excesses that I see all the time, we're laying these new neural patterns, these new neural pathways, they're fragile.

They're delicate. So we got to be mindful. We can't throw ourselves into a highly stressful situation and expect those fragile neural neural pathways to to maintain.

Now, we're going to dip back into the old ones. So we need to relax. We need to chill out a little bit. We're not not to ourselves in these, you know, traumatic experiences.

You know, don't keep getting concussions at the boxing gym, right? You can't just keep abusing yourself. It's important to nourish. Right. So so it's it's really about developing these new neural patterns, developing these new this new hardware and then nourishing it, feeding it, continuing to feed it.

Right. This idea of changing this sort of negativity, bias and more positivity takes practice. And the more you do it, the the more stable it gets, the more sturdy it gets, the more centered it gets.

Right? So it's not like you just do it and then set it and forget it. And now it's gone. Now you can literally fall back into negative patterns because the world around you, I don't know if you checked full of a lot of negativity if you buy into it, right.

So, so it's about maintaining and but, but eventually if you establish a new baseline, then it stays right. And then you don't have to work so hard. But at the beginning, changing patterns is hard work.

For most of us, it's certainly hard for me. I can tell you that. Changing eating habits, changing my exercise habits, changing my bedtime habits, changing my mental habits.

It's all difficult at first. Yes, they make it easy. I need an accountability body that's not to show up for somebody. I've been doing this like one of my business partners and I have this new project going and we have to we have no time in our schedule to do it.

So we are getting up at 530 in the morning and at 6 a.m. we're on Zoom and we're working on this Monday through Friday every day. I would never get up and get to work at 6 a.m.

if she relying on me to be there. I mean, creating new habits is not easy, easy, easy. But if you want it bad enough and you start to see results. So now I'm seeing results from this.

And now the other day when we didn't meet, guess who got up at 6 a.m. and did and use that time to get productive and get stuff done, start my day. So I mean, it can be done right.

Like you start to see the benefit. You're like, Oh, it's so bad. I created a new pathway and now I'm doing it. And now

my body's waking up at 530 without an alarm.

That's right. Yeah. And the consistency is key, right? Like it really is all about that consistency. And and one thing I didn't mention to you that's been actually pretty critical in my recovery process or my healing process, my awakening process was and this isn't for everybody, but it's the plant medicines, things, ayahuasca.

And this is something I was drawn to in my search to understand trauma and a search to understand deeper meanings of myself and the universe and God and all these things.

And I was led to some pretty amazing teachers. And those are some of the benefits of those. And this is what the research has shown with things like, you know, psilocybin, mushrooms and some of these other things.

They actually start to rewire aspects of the brain. And and so it's creating this sort of neural plastic change in the brain. And the other aspect of it subjectively is you actually can you view your problems differently, you view the reality differently.

And so when you can view reality differently now you can begin to understand and change and shift, right? So sometimes it's like it's like we're caught it again.

It's the fish in the ocean who doesn't understand what water is. But as soon as he jumps out of the water now, okay, this is this is water that's it's different than air. Right? So it's kind of that experience.

So there's another one that's maybe just worth mentioning because it's it's, you know, ketamine and psilocybin and MDMA and ayahuasca. And these things are kind of more in the conversation.

They don't I wouldn't say that they're the for some people, but not the best. And I wouldn't say that's the first thing I would recommend for a lot of people.

But for those who are drawn to it and who have a maybe a good way to to do some of that stuff, that can be pretty life altering when it comes to these patterns.

But even within those, like the traditional medicine men that I've sat with, they say after the experiences that I've sat with, they say, you know, you need to be practicing healthy habits for at least 21 days.

How do they know neuroscience? Neuroscience says it takes 21 days to form a new habit. Right. So they they intuitively know through their experience that, there's this integration period of whenever you go through something, they give it 30 days to in to implement these good changes, implement these habits.

They call them spiritual payments. And some of the traditions of fasting, intermittent fasting, praying, communing with nature, meditation, yoga, even weaving in some of these things.

Right.

Resources, Upcoming Releases, and Closing

And when you when you include these things for the next few weeks, after this life changing experience, that's what's going to solidify the changes. But if you don't if you go back to your old ways and you go back to your Western world and you get back into your hamster wheel and you get back online, you get caught in your same behaviors, same people, same all the same stuff.

Then you're going to get caught in the same loops that you've been in, even though you now you've seen them differently. You're, you're now reengaging those same patterns, right?

So hopefully you can see what I mean. Like this is why sometimes going on vacation, sometimes moving, you know, changing locations, this can shift everything about you. Right.

This one of the things, one of the reasons that people won't because. It's a pattern break people I hear and my gosh, I hear it all the time. I went on vacation and all my pains went away.

I slept my I my it didn't hurt me to eat food. My brain didn't feel foggy and came back home and everything. And of course the first were like, well, is there mold in your house?

Like what? We're looking for checks out, right? There's no mold in the house. There's there's nothing in there. No, they're not like sleeping under EMF, you know, tower.

There's good. They're good, right. And yeah, we hear it all the time. I mean, I know people listening right now are like, Oh yeah, that happens to me when I go on vacation.

It's like. So it's just obviously we can't ask people to totally change their environment, right? That's not realistic, but it's a good indication, it's a good thing to bring awareness to that sometimes just changing up your habits, changing up the way you drive to work.

I mean, these are small things, but as you start to change your environment and change your habits and change your routines, things can start to unfold in different ways.

Right. It's really remarkable. So so I encourage people to to to do different things. You are not living in the same house for 30 years and change it up.

Yeah, well, just change up your routine, you know, bring something new. We get caught in all kinds of habits, right? With food and with. With people, with stuff.

No, I'm in all around, all my habits. So this is then really fun and enlightening. And as always, you're so you're so you're fun to listen to because you're so passionate.

It you're so passionate and so your passion and passion shows through anytime we've had a talk and you always bring some really fun subject that nobody else is talking about.

So thank you for that. Where can our audience find you, find your work, learn more from you, find your books, your documentaries, all the things you do.

Yeah, yeah. So we find my book on Amazon or any bookstore. It's called Beyond Longevity. You can find a lot of the work that I've done throughout the years and I've had a it's called Awakened Health Academy.

It's kind of a Netflix for health, but it's for those people who really like to learn. So this isn't like entertainment health. This is like we're going to teach you some stuff so you can go to awakenedhealthacademy.com for that.

And then I've got a summit coming up I'm sorry, a launch of the docu series and the Human Longevity Project. So we're going to be releasing that for free March 8, April 2nd, I believe April 2nd.

So, you know, hopefully we can get you to share that with your audience. But there'll be a lot of people, I think, hopefully sharing that it's a big launch every year that we do.

So that's. Two months. That's two months after this summit airs. So I would suggest to people, if you want to make sure you don't miss this, and I would suggest you don't miss anything, Jason does go to his main website.

I'm sure there's a way for them to get on your email list and then you'll let them know when it comes out. Right. How do people get on your email list?

Actually, if they want go to awakenedhealthacademy.com you can sign up for a seven day free trial and you can preview all the content we have, the courses, all the perks that we have behind there.

And that will put you on our list and give you some free stuff while you're at it. Yeah. And then if you if that's all you do, you'll just get notified when when the Human Longevity Project comes out again.

Okay, I could keep going, but alas, we need to stop. But thank you so much, Jason, for just being so much fun and and digging in and being curious. I think I want to acknowledge you for your curiosity.

Like that is one of your best superpowers is your curiosity. And you are relentless in your pursuit of understanding. So thank you. And until next time, everyone take care.

bye now.