# 10 27 21 Dr AlJohnson on Talk Radio WIOD broadcasting in Miami Transcript

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## Introduction to COVID Brain Fog

## What Brain Fog Feels Like

## Common Causes and Symptoms

## How Brain Function Slows Down

## Inflammation and Brain Connectivity

## Testing, Recovery, and Long-Haul Cases

## Treatment Options and Hyperbaric Oxygen

## Resources and Closing Remarks

the brian mud show is on newsradio 610 w the brian mud show is on newsradio 610 w iot iot iot speaking of side effects not of the speaking of side effects not of the vaccines but of the virus itself joining vaccines but of the virus itself joining us once again dr l johnson to talk about us once again dr l johnson to talk about this and dr johnson some information out this and dr johnson some information out there now that suggests when we're there now that suggests when we're having a hard time thinking of something having a hard time thinking of something maybe we should blame it on covet maybe we should blame it on covet exactly uh exactly uh and they're calling it brain fog and they're calling it brain fog in in in general general general it means that our brains aren't working it means that our brains aren't working quite right you're having trouble with quite right you're having trouble with uh recall where you uh recall where you didn't have that before didn't have that before you just fuzzy in your thought process you just fuzzy in your thought process and your analytical process and and your analytical process and the processor in your head is just the processor in your head is just working a little slow and it's not working a little slow and it's not working like it was before working like it was before this is not uncommon this is not uncommon in medicine we see it in medicine we see it in some people after anesthetic long in some people after anesthetic long surgeries surgeries surgeries we see it in people that have we see it in people that have infections and infections and people that have allergies or severe people that have allergies or severe allergies allergies allergies it is uh it is uh part of what they complain about is part of what they complain about is fuzzy head when the allergies flare up fuzzy head when the allergies flare up so it's a fairly common symptom but yes so it's a fairly common symptom but yes it is occurring after it is occurring after uh post covered long haulers are uh post covered long haulers are complaining of it complaining of it okay so i'm going to provide my overly okay so i'm going to provide my overly simplistic understanding of how the simplistic understanding of how the brain functions and then i'm interested brain functions and then i'm interested to hear how kevin 19 or you know some of to hear how kevin 19 or you know some of these other conditions that you're these other conditions that you're speaking of would interrupt this process speaking of would interrupt this process so so so when you when you your brain is routed for efficiency so your brain is routed for efficiency so when you're trying to accomplish a when you're trying to accomplish a particular objective it knows okay i go particular objective it knows okay i go from this cell to that cell that one to from this cell to that cell that one to get to the end game as quickly as get to the end game as quickly as possible possible possible as long as it can and where there are as long as it can and where there are issues it takes longer to complete that issues it takes longer to complete that process it becomes less efficient process it becomes less efficient especially if it has to go find other especially if it has to go find other cells that are less than optimal to cells that are less than optimal to complete the past in that particular complete the past in that particular objective so within that logistics objective so within that logistics process of our brain how is it that process of our brain how is it that the the physical dynamic creates this the the physical dynamic creates this well it's not fully understood but what well it's not fully understood but what we do see exactly as you described is is we do see exactly as you described is is the the the connectivity in the brain is not as connectivity in the brain is not as efficient as it was because of efficient as it was because of inflammatory factors and when inflammatory factors and when you have inflammation in the cells then you have inflammation in the cells then they do not function as well or the they do not function as well or the nerve tracts do

not function as well nerve tracts do not function as well and conduct as fast so you see things and conduct as fast so you see things slow down slow down you have trouble accessing as you have trouble accessing as memory areas memory areas it's not as rapid as response so it's not as rapid as response so yes your format holds true in what we're yes your format holds true in what we're experiencing what we see clinically experiencing what we see clinically and and and when we do like qegs that's digital when we do like qegs that's digital electroencephalograms looking at wave electroencephalograms looking at wave functions on these people they all functions on these people they all are altered are altered and not normal well and and so the and not normal well and and so the question is does this become permanent question is does this become permanent yeah and that's what everybody's asking yeah and that's what everybody's asking let's let's let's not uh not uh well and the long-haul people are well and the long-haul people are classified as those people who have classified as those people who have symptoms over 90 days symptoms over 90 days uh uh uh usually it clears fairly rapidly if it's usually it clears fairly rapidly if it's not clearing not clearing then the question is what do we need to then the question is what do we need to do to help it clear do to help it clear and there's all kinds of proposals out and there's all kinds of proposals out there with nutrients there with nutrients brain games puzzles everything to help brain games puzzles everything to help kind of stimulate it but the only thing kind of stimulate it but the only thing that really helps heal tissues more that really helps heal tissues more rapidly rapidly rapidly is what medicine uses like the heel is what medicine uses like the heel diabetic wounds which is hyperbaric diabetic wounds which is hyperbaric oxygen treatment and that's 100 oxygen oxygen treatment and that's 100 oxygen under pressure that you breathe in a under pressure that you breathe in a heart side chamber heart side chamber with that you increase oxygen to the with that you increase oxygen to the damaged cells and it helps them heal damaged cells and it helps them heal faster and faster and in my experience helps clear up the in my experience helps clear up the brain fog well that's good to know there brain fog well that's good to know there is is is a viable option out there to deal with a viable option out there to deal with some of this and dr john said do we know some of this and dr john said do we know at this point of asymptomatic at this point of asymptomatic cova 19 carriers if they're subjected to cova 19 carriers if they're subjected to i have not seen that i have not seen that because because because in my experience in my experience it takes those people that had a it takes those people that had a significant inflammatory type response significant inflammatory type response from the cobin 19 from the cobin 19 whether you know it involves the lungs whether you know it involves the lungs and then kind of extended to the brain and then kind of extended to the brain or whether or whether they had reactions to they had reactions to even some of the the vaccines even some of the the vaccines on the reporting side it talks about on the reporting side it talks about brain fog as a reaction to some of the brain fog as a reaction to some of the vaccines vaccines vaccines so so so anytime you get that inflammatory anytime you get that inflammatory response which response which are cytokines which are those are cytokines which are those inflammatory factors in the body that inflammatory factors in the body that are stimulated by whatever means are stimulated by whatever means then brain fog can occur then brain fog can occur after that after that well dr al johnson thank you very much well dr al johnson thank you very much again for the time and the information again for the time and the information and also the optimism that they're good and also the optimism that they're good options out there if we haven't it's options out there if we haven't it's appreciated appreciated appreciated yeah if they want more information they yeah if they want more information they go to my website go to my website johnsonmedicalassociates.com johnsonmedicalassociates.com johnsonmedicalassociates.com or hyperbariccentersontexas.com or hyperbariccentersontexas.com sounds good appreciate it talk to you sounds good appreciate it talk to you again