A High School Teacher Accidentally Invented a Breakthrough Neurology Tool! Brad Evans | Ep. 105 Transcript

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Introduction to Brad Evans and Jukester

Today we have Brad Evans. Because the bag's unpredictable, it puts a premium on incoming data rather than making a prediction. And so that's going to build the connections in your brain.

What's happening during that point in time when we're utilizing Kukster is that your brains consistently trying to predict where that bag is going move.

That's exactly right. It's trying to predict the bag. it's not going to be able to do it. And as a result, it says, hey, we need more processing speed and then you're going get it." Brad Evans is the inventor of Jukester, the world's first unpredictable punching bag through innovative movement and reaction training.

He is redefining how athletes, patients and everyday people reconnect their minds and bodies through motion. How soon do the patients typically start seeing results neurologically when utilizing this?

I don't want to give it away, but the preliminary studies say three weeks, 10 minutes, three times a week. 80% of Americans have tried a workout program and then quit, and they quit because they're bored.

This is something new. I think getting people off the couch and getting them started, getting their heart rate up, that's where juicer can fit into making America healthy again.

Did you ever think that this was going to be a neurological disorder type of medical tool? No way. For me it was just something… Welcome to another episode of a Healthy Point of View podcast.

I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset. Today's guest, he comes all the way from Utah, all way up in the mountains.

This guy here, He's a high school social studies teacher. Well, why is he here at a healthy point of view podcast? He is the creator of a technology called Juxter.

What is Juaxter? This thing here came from something that was for martial arts, and now it's helping people with neurological disorders. This is a unique technology.

He holds many different patents. Today, we have Brad Evans. Brad, all right. Thank you, Sam, thank you. All right. Welcome to a healthy point of view podcast, brother.

How are you? It's a pleasure to be here. This place is awesome. Thank you so much for having me. Absolutely, man. Brad, social studies teacher, to now jukester, you know, your helping people.

And we're going to get into the science of all of this, but who is Brad Evans and what made you become a social-studies teacher? Well, I was doing Jukester at the time and I started as a substitute teacher just to make a little extra money and give me something to do on the side.

And I fell in love with it. You know, the kids are awesome and a lot of them remind me. When I was younger, you know, and I didn't necessarily take advantage of my education.

I wasn't always the best student I kind of was a late bloomer in the education game and so that was part of My message to the kids was you can do it, especially if you try I think with a lot of them, they don't understand or they haven't quite put their maximum effort into education.

So I tried to make education fun. I try to bring them into the fold and just got addicted to teaching and became a teacher full time. Awesome, man. Well, they're different, difficult for different reasons.

The ninth graders sometimes think they are in junior high. And so those are the behavior issues and we got to tell them, hey, we gotta be professional students.

the seniors, They know they almost done and some of them check out a little early. You gotta keep them motivated. you gotta Keep them there. Hey, listen, get this degree, put it in your, you know, Put it your back pocket.

Then if you need a break, You know we all understand that but you got a finish and so I hate to see him get so close and drop out. So that's always difficult.

Is that something that you see often? With the percentage, yeah. We have a decent amount of students. It's just a numbers game. There's going to be one to five percent that drop out every year and that is not good.

From Teacher to Inventor

So let's talk about Juicester. Before we talk, what did you go to college for? I have a degree in political science and a degrees in social studies, so it's kind of everything.

It's called a social-studies composite. You've always had that passion, you're the guy that would watch the History Channel growing up. Absolutely, and the politics.

I've been fascinated with who gets the power and who leads us, I think it was Czechoslovakia one time had a PhD in economics as their president, I don't know if we've ever had a PhD economist as a president.

We don' necessarily value that. So anyway, I've always been interested in who we pick. Absolutely. Let's talk about a few different things. You know, social studies teacher to now you're doing something where you are healing people, right?

Through the Jukester. So what got you into actually designing technology and putting things together and getting patents? So I gotta be honest, I didn't know what I was building.

I don't how far it was gonna go, how big this was going to get. It all started with my buddy and I. We both did martial arts, we both played soccer. In soccer, I was in better shape.

I could last longer and so on. But in the ring, he never got tired. He would always beat me. And I thought, what is going on here? I got to fix this. So I did some research and I came across what Bruce Lee calls neurophysiological adjustment.

It's just a fancy word for your nervous system and your brain controls all your muscles. And I thought, okay, this is awesome. How do we train this? And, I remember thinking about it, and I had that flux capacitor moment where I though, hey, there's punching bags you hit hard, There's Punching Bags you Hit Rhythmically, but there is not a punching bag that will move out of the way.

That's really, truly unpredictable. And so it became a labor of love. We use different foams and different weights. And I took it to a lot of pro fighters that I knew and they said, oh, we want it heavier.

Or we wanted to move like this or move that. So that's how Jukester was invented. Wow. It was an MMA tool for years and I was taking it to the American conference on sports medicine.

And I had a bunch of doctors come to me and say, yo, you need to use this for Parkinson's patients. Have you heard of rock steady boxing? Which I hadn't at the time.

What's that? So rock, steady, boxing is the largest. Parkinson's boxing group in the country. And we are now an

official partner with Rocksteady Boxing.

So from these doctors, I sent it to them and they tried it out and and loved it. They said this thing works. That's how it went from an idea to the hospitals.

What a pivot. I mean, did you ever think that this was going to be a neurological disorder type of medical tool? No way. For me, it was just something fun to hit and something really to help me compete with my buddy.

And I had no idea some of the foundational principles that were happening in your brain underneath and how this was helping. The science behind this is this The product is new, but the science is not necessarily new.

It's kind of, it's almost like a child's mobile. You see, think, react. We know how to build coordination. you get it for your kid and they're reaching up and looking at it.

And so that's what this is, is it just the next level of that type of training. So is this considered a medical device officially or not as of yet? It is NOT FDA approved, But it is in over a hundred hospitals.

So what process do you have to go through to get it approved that's like a medical device where maybe even assurance pays out on it? There's other type of devices that help people with neurological diseases and disorders.

that have those type of approvals and are considered a medical device where insurance can actually pay out for the utilization of it if it's at a physical therapy center or something like that.

Do you still need to do actual controlled clinical studies behind it to get there? So I've looked into it and that's sort of the next road. Again, you rolled the clock back three years ago.

It was 80-90% this is being used for MMA martial arts boxing and you know 10% it's being use for physical therapy now that those numbers have changed now it 60% martial art 40% physical So it's time to look into getting that FDA designation.

As far as studies, we're part of the largest, it is called the green light study. It's the large study on speed and reaction time in the whole country.

And that's being done out of University of Chicago at Illinois. That's happening as we speak. So I look forward to the results coming sometime in summer.

Nice, nice. How long have you guys been doing that study for? They started it at the end of last spring, sometime over the summer. So they called me. They found out about it somehow through boxing, I believe.

USA Boxing told him about it or something. And it was a perfect marriage because the professor, he understands the brain and he understand what's happening and then he understood boxing and so he loved it and said, would you mind if we put this into the study?

How Jukester Was Created

And I said no, I can't wait. This is gonna be awesome. What a great feeling that must be to see so many people with neurological disorders utilizing your device that you've created and how it's helping them.

I love it. It was always great that they were using it for boxing, but honestly, I'm more excited about helping people than I am helping someone knock someone out necessarily.

I've been to a few of these hospitals. They, in Utah, they had such good luck with it or they enjoyed it so much. They said, come on down. You gotta see what's going on.

And so to see the people's faces and, and to them and have them tell me, yeah, you know, I couldn't I had poor

balance or I could walk and this thing helped me.

get some mobility back and get stability back. It's great. Tell me more about the process of how these patients are utilizing this. Let's go through it.

Where I want to go with this conversation right now is what type of results are they really getting as they utilize this through once a day, twice a days, whatever it is.

Just for the viewers and listeners to understand how Juxta even works. Okay, so there's some layers to this question. Let's start at the beginning part.

And I'm gonna kinda take us on a wind about. Fitness in general is focused on your body. Your muscle skeletal system. and your nervous system is just kind of along for the ride.

If I could make an analogy, it would be iPhone 7 versus iPhone 17. if you look at them, they look very similar. Well, what's changed? They've upgraded the memory.

They increased the processing speed. they've changed the cameras. Okay. So what Juxtor is doing is it's training your nervous system. And I think that this is a fundamental shift that's happening in the fitness industry in general.

When you're going to work out, you should expect to have better visual processing, better memory, a better processing. Speed. So to answer your original question, now that we're going to the hospital, these are older patients that either have Parkinson's or other neurological disorders.

They don't have the processing speed. So they come in, they train on this, and it's going to help them with their footwork, with the hand-eye coordination.

And as a result, you're less likely to fall, or you are more likely, to be able to have the mobility to take care of yourself, so on and so forth. So that's what is going on, it is actually building your brain.

Wow, wow. Are people able to use it if they're on a wheelchair? Absolutely. I've seen multiple patients in a wheel chair using it without a problem. Now obviously they don't get the footwork element, but they get hand-eye coordination element.

So we talked about Parkinson's. Any other neurological disorders that this helps? Yeah, so in St. George, they told me they're using it for people that had stroke, people who had concussions, any type of vestibular or balance issues.

It's just part of their program down there. You know, it's one of the first things they use. So do five or 10 minutes on the juke stir, and then they'll go through whatever their regular rehabilitation protocol is.

And this is just adding a nervous system component. In some ways, it's like stretching. It's just going to warm you up and get everything going and moving.

And and so. Yeah, you know, in the medical field, everyone always kind of leans towards a pill or an injection, right? As medicine, sure. But now we're talking about movement in recognized as true medicine.

Well, I think everybody, like you're right about the pills and that they prescribe those quite a bit. But I, feel like most people know exercise helps you feel better.

Exercise is going to, is the path to victory. And so what this is is exercise, but you just adding your brain and challenging your. Brain and your nervous system.

So I'm going make the argument that that's the best form of exercise. Yeah. Again, it's a revolutionary, It seems so logical. It seemed so simple, but it is actually a revolution.

How soon do the patients typically start seeing results neurologically when utilizing this? Well, I look forward to getting the studies, the early, I don't wanna give it away, but the preliminary studies say three weeks, 10 minutes, three times a week.

So you start to see some improvements. Yes. Wow. So are they actually hitting the bag? Absolutely. There's different ways to do it. You can just have the people tap it and go after it, which is what they're doing for a lot of the stroke patients and so on.

But at the Parkinson's boxing level, they got boxing gloves on, man. They're duking it out. Go for it! You don't want a 90-year-old person hitting it too hard.

All of a sudden you fix a neurological issue, but now their hand's broken. So, okay, so I'm understanding a little bit more, I am learning here. So as you're developing this and putting it together, what are some of the lessons that you are learning as your improving the technology?

Sure, well I'd like to talk about brain and motion and all the stuff that I've learned. I don't want to pretend that like I a neurosurgeon or a brain doctor.

Again I created this, and the doctors love it so much they've come to me and I have learned all this stuff. So a good analogy is, you know, I want to talk about why do people get juked?

I was watching the game. It was Chiefs versus the Lions and Patrick Mahomes takes the ball and he fakes it and the linebacker bites on the fake and then Mahome just walks in for the touchdown.

What's happening in that line backers mind is he's actually trying to predict the bowl. Your brain will come up with about 10 different scenarios. Prepping you, getting you ready so when the ball leaves his hands, you can react the same way when you catch a ball.

You're always in prediction mode because the bag's unpredictable. you can't predict it. And so your brain, it's like lifting weights. Your brain doesn't know what to do.

It puts a premium on incoming data rather than making a prediction.

From Martial Arts Tool to Medical Use

So that's gonna build more synapses. That's going to build the connections in your brains. In the same way, when you have a typical weight and it is hard to lift, you get bigger muscles.

Because you cannot predict this and you need to process faster, You are going build your neurons. And so it's just been awesome to. You know, to be a part of it.

So OK, so you're going through that process, and I like how you created that analogy with the football player, you know juking people because you try to predict that.

so so is that what what's happening during that point in time when we're utilizing juke stir is, that your brain is consistently trying to, predict where that bag is going to move.

And that's what's getting your mind where it needs to be. That's exactly right. It's trying to predict the bag. it's not going to able to do it. And as a result, it says, hey, we need more processing speed, and then you're going get it, you are going see the world the way it really is.

Your brain is designed to keep you alive, not necessarily show you the truth. And so there's a lot of different tricks that the brain has. Again, we talked about prediction, but even with colors and stuff, it'll make things pop out on different backgrounds.

It's trying to figure out shortcuts to process all this information. There's is a difference between sensation, and then actual processing. And so that's what's happened with Jukester is it's going to it.

It's gonna put the premium on incoming data and that it can help you with your hand eye coordination and help. You in sports and really help, you in life.

I love that I can only imagine as you as your developing and growing this, there's got to be some people out there that are challenging what you're doing.

But let's talk about some of that. Sure. You know, let's stick, there's two levels. One is boxing, but they've come along pretty quickly. You've got the double-ended bag and they'll say, okay, well, this is just another double ended bag.

Double ended back is a great tool for building rhythm. But to build rhythm, rhythm by definition means you're hitting at the same place and at same time.

With a double in the bag, it can move all over the place, But you really only hitting it in one spot. you are not thinking. When this bag comes at you, you might be on offense, You might have to move out of the way.

You're constantly having to change your strategy. So it's a different paradigm. And MMA was the first to adopt it. The next level is sports performance.

I think that's where the greatest challenge is. They're going to say, it is not sports specific. Why will a basketball player, for example, benefit from a punching bag?

They'll say we don't want that. But Cal Dietz, who's a Olympic coach, I think he said it best. He said, you know, Jukester improves brain speed and brainspeed helps you at everything.

And so from the sports performance perspective, the best athlete that we've had that's used this, her name is Taylor Townsend. And she was number five ranked doubles player, and now she's number one, she recently won Wimbledon.

I gotta go to the quote, gotta to go the card here so I get the quotes right. This is from her coach, John Williams, I think the juke stir is an effective tool.

The combination of visual, vestibular and muscular systems being used simultaneously is a potent combination. And so he, you know, again, I don't want to take full credit, but he's a great coach.

He recognizes that brain speed is game speed. he gets the jukester in there. She was number five. Now she's number one. now she won Wimbledon. And she is a tennis player, not a boxer.

And so I'm going to push back against it being sports specific. When you've got these neurons and you're growing your brain to process, and again, I am putting the premium on incoming data, you are going be a better football player, a baseball player.

You are gonna have that hand-eye coordination. Right. I can see that. So, Brad, what are some of the misconceptions when it comes to brain-body coordination that you've come across throughout developing Jukester?

Yeah, there's definitely levels in this game. A lot of people like to bounce a ball and catch it, or they've got the colored bean bags and they'll move it around, and those are good exercises.

I'm definitely not knocking that. But it's better when you can go to failure, meaning you fail and then you quickly recover. You need that variable reward schedule.

And that's unique so far to my knowledge with Jukester is that you'll hit it, you hit and you miss, but you just turn that into another hit. It's gonna take you to your comfort level and push you past that.

Right. How often do you use jukester yourself? Almost every day. It's down in my basement. I would say six times a week basement Yeah, I got it hung in the basement We live in Florida.

We don't have a basement No, yeah, you guys got the water table too high here. Um, Yeah We I get the treadmill down on the basement and um, i got my juxtor hung up That's something else.

Is it you know? A lot of exercises to different people, they're fun, maybe they are not fun. I think most people like to hit something. Okay? I deal with high school students all the time.

Every once in a while, I got to come home, let some steam off. You know, you got your kids getting you energetic. It's fun to it. So I like it to do it So, okay, so we're utilizing the bag.

How Jukester Trains the Brain

Do kids use this as well too? Funny you mentioned that. I use it in my classes sometimes to increase focus. You know, you just tell kids to focus, hey, I need you to focused.

Oh yeah, that's one thing. How about you train them to focuses? And this is teaching them focus on something that moving. Your not gonna hit it unless you're watching it.

And so if you focused on this for 10 minutes that might be the most intense Focus 10 minutes you've had all day. It's gonna get them off the screen and get him on the bag and There's some science behind it that says that's going to help them in school.

I'm gonna go off memory here. it said exercise that was novel goal oriented, where elements are constantly changing and involved executive functions was the best exercise for kids and brain function.

Wow. It's almost like you're rewiring the brain in a different way. That's exactly what you do. And and so the kids love it. I use it when I can in my class and it's fun.

Yeah, so you know right now there's a big movement happening with the new administration, Make America Healthy Again. And seems like you're kind of making people healthier, right?

So let's talk about first, what is your input on the movement that's happening, make America healthy again? What do you think about this movement? I think it's great.

Obviously you want to get healthy. I did not know the difference of color dyes before they started this. They come out with the different fruit loops and they show you one looks like it is neon lit up and the other one is made with beet juice or something.

Okay, I'll take the beetjuice one. So I've been educated by that. And then there's so much to the health game the micro plastics and the different chemicals in the food and and so it's hard to keep up with and i'm glad that You know, if nothing else, i'M glad they're bringing attention to it.

I think everybody you only get one life Let's live our best life and let's be as healthy as we can. And so iIm glad. They're bring attention Yeah, I mean, obviously awareness is important and you as an educator, you know the importance of education.

You know, it's one thing where people don't know. Right. And then they're being exposed to it. But when they do know and then make that decision to go out and do it, then it is kind of on them at that point.

It's like cigarettes. We all know cigarettes are bad. So if you go to the gas station and buy a cigarette, that's on you.

That's going to cause cancer potentially.

Sure. I appreciate that. How is jukester feeding into this make America healthy again? Get up and get moving and you're going to feel better. People, they just some people have trouble getting off the couch.

I think I read a statistic. It was 80% of Americans have tried a workout program and then quit and they quit because they're bored. They quit. Because it's repetitive.

This is something new. The same concept behind a slot machine. Variable reward easily repeatable and so on you get up. It's a human cat toy You punch it because you use it it works and I think getting people off the couch and getting them started getting their heart rate up That's where juicester can fit in to make making America healthy again.

Absolutely So, you know with any new technology and especially fitness equipment and whatnot There's usually a lot of hype behind it. How do you maintain that scientific integrity throughout this whole process?

My mentor says I've got a get rich slow program. We've just been slowly going through it and I'm not lying when I say it wasn't designed to go this far, but it's gone this on its own merit.

So again, it was just made to be a martial arts product. But the doctors came to me and said, you don't know what you got. You've gotta nervous system trainer here.

And they've educated me about it. There's a lot of subtle design cues in this thing. There's something called first off the main idea here. It's called triple pendulum theory and it's the unpredictability and then all three of them look the same, but they're all different densities and different weights that's designed to throw your mind off.

There is a custom shape involved the way the end caps are sunken in all these cues were designed by neuroscientists and Different doctors that I've met on my journey to make it The best product I could and to train your brain the best that I Could and so it's just been chugging along and as I learned from these doctors I do more with the bag and I implement the improvements into the Bag and and that's how we've gotten where we're at.

I love that. So, you know, I think it's time for us to actually mess around with the bag before we sit down and talk more. Let's go ahead and bring the bags in here.

All right, let's do it. And I want you to show me this bag and what I can do with it, hopefully it doesn't beat me up. Oh, see, keep your guard up, seeing is believing, so let us test it out.

Alright, cool, lets do. All right, Brad. So we got the juicer set up here, man. This is definitely a nice piece of interesting technology you've developed here.

Tell us, what do we get? Yeah, so it's the triple pendulum. Like I was telling you, each one of these looks identical, but there's different weights. The different ways are going to keep it moving in a different way.

There's a flat space and sort of around space. It's not quite a square. Not quite the circle. So it's harder to process. Everything's sunken in so that it moves and your brain has trouble tracking it.

So we're going to go over some drills. We're gonna go with the rehab, then we'll do a fitness and then I'll show you some boxing drills and rehab. They're just using it like a target.

That's kind of important just to touch up on that because what they're doing a rehab is not what the MMA guys are doing.

Rehab, Sports, and Real-World Results

that's true yeah you're not going to see the the leg check or the knee strike in a rehab facility they use it for targets

just you know left right left-right type thing just to get your tracking going i've seen them on uh balance balls iIve seen him on one leg just going back and forth but you just switching levels and you switching hands so you going left and right let's try it see how see if you think it's easy to hit go left, right and go up and down Oh, now it's dancing.

All right, so let's take it to the next level. Instead of going left right on the same one, try to switch it up. So you go on left, right left. Right, left Right.

And let see how fast you can do it and see if you mix them up and all. I'm just going to move around on you. It's something to track again like a child's mold.

Should I do the one leg? Yeah, let's go like the karate kid. Come on, Mr. Biagi, Let's Go. I like it. All right. I think you're doing great. You know, they're dealing this with people that have rotator cuff injuries and you just, you know you, just going back and forth just using your shoulder and whatnot.

So I mean, um, You It's just a target, making the exercise fun. The other thing you can do with this is you could add it to your typical exercise. So again, you do a push-up with your eyes closed or a sit-ups with eyes close.

I like a bodyweight squat. Again, I could do that with my eyes. Closed, i want to add the nervous system. i wanna add my brain, the most powerful part of my body.

So now when I squat I come up and I just give it a kick and i've got to try to time it. A little bit it's slowing me down and. I'm just going to kick it and if you're feeling good about it you can do different levels as you doing it, and If you really feel good.

About it because I don't know how limber you are but you. Can kind of come. Up with the crescent kick you know. Have some fun yeah you, know have some.

Fun with it all right let's do it little squat a little and this would be a warm-up drill so you it's squat day you'd come up here you stretch you're stretching your nervous system with this type of drill and then you doing your regular exercise all right so now it time for prime time this is what it was originally let's box it okay so It's going to move and once it starts moving out of the way you don't know where it's gonna go.

So you're gonna as it comes at you you want to sidestep it or if it Comes at, you might want, to block it so you got a switch between offense and defense you Don't, know you know once.

It''s in motion like right there it was a body shot Maybe this time it wasn't the body, wasn''t open if you do an mma leg check elbow a clinch throw a knee so you just you're going over all your different techniques and you tracking it and it's going to the more you hit it the harder it is going get it.

And right there I missed that's okay what I want to do is take that miss and turn it into a new strike. So you know in fighting missing is a natural part of fighting but if I miss I wanna make sure I block it I make I protect myself.

Can two people use this at once? That is not in the instructions. We're gonna go with one person, just in case. I mean, you could as long as you didn't get hurt, right?

But in instructions officially, no. All right, it's coming at me. Oh. That should probably start off a little bit slower, Right? You do what you want.

Go for it. You tell the audience, how is it? I'm mean you can be honest. Yeah, it's good. It makes me like double cross-sided when I do it, you know, because I got to like really focus in.

I think I need to use this a little bit more often. You can switch levels. you can move your feet. We can. Move in and out. Yeah. Okay. yeah, I like it.

Let's get some other people in here. Come on. let's I can't be the only one being embarrassed out here what's going on? What's That's okay man when you you missed but you know what that's what it takes to build your brain you got an extra synapse now Yeah, this is always a different spot You can't go too low.

I love right there. You went for the body and you missed, but you got your hand back up high real quick. That was a great recovery. It really, it really just pops up anywhere.

Yeah. All right. Look at the head movement. Oh, oh. No kid. you did good so blocking them maybe if it comes back at you it looks like it's coming you know all right who knew man don't don's mess with these guys there you go I love it.

I think this is definitely a technology. It's completely different. Nothing that I'm used to, but I need a little bit of practice on this one. So do I get a trophy?

Oh yeah, man, you did great. You guys all did better than I thought. And you're doing awesome. Yes. Well coordinated people. Amazing. Wow. So. That was a little bit of a workout there, but I got to drink a bit water for that one.

Hands-On Demo and Training Drills

Oh, that was fun. It was great to see you guys smiling and just getting your workout in and getting a heart rate up. You know, Brad, I've seen the videos online.

I see it here in front of my face. But when you actually put your hands on this thing, it's a whole nother ballpark. You know what I'm saying? People have to try this.

This is something that you have have at your home. It's a whole different type of exercise. Yeah, it's not the same exercise as hitting a regular boxing bag.

And this is different. To hit it is to love it. You know, and it's always something different. It's it. That's the part that I love the most about it You go out there.

Sometimes you're working your footwork. sometimes you blocking it sometimes, you know You're hitting it and you just feel like spider-man You just getting you getting in the the swing of things and You have to adjust and react and move your body and and that's great.

Yeah, man Yeah So so the name juxta Where did you even come up with that name? Well, it's kind of hard to figure out what is this thing doing? What do we call it?

And to juke means to move out of the way deceptively. Like we alluded to that earlier, these football players. And so jukey, that's what it does. It jukes you.

and and then stir just means To move around and to combine things. You're stirring, you know, You moving around, your combining your brain and your body.

Wallah, It's jukester. Wow. So that what we came up With the name. Amazing stuff, man. So Brad, the next question I'm gonna ask you, I want this question to come from the heart, all right?

I wanna you to let us know, take the couple of minutes and let's us what you want the world to know about you and Juicester. Is that camera facing perfectly?

Because it looks like it's changed. Okay, just making sure. I want the world to know that your dreams can become reality. That you can do hard things and that you CAN do great things.

But you gotta go for it. Those dreams won't knock on your door. You gotta chase them down. I started with this in

my garage as a just a prototype and just something to play with and something that helped me get better at karate and Muay Thai.

And it's taken me places that I never thought I would go. By following my path and by doing the best I can, I've met these doctors, professional athletes, UFC fighters.

I'm here on this show. That's great for me, but if you can hear the sound of my voice, It's there for you too, it's the same formula. You do your best, you follow your dream, You don't give up and you're going to have a life that you look back on and that You enjoy and That you love.

And that's what I want for people. I Want them to love their life and to feel that they made a difference and they lived their dream and They went for it.

This, I've gone for 50 times and 49 times it didn't work out but this time it did work and so don' give Up and follow you dreams. Powerful man, powerful.

Brad, we're gonna have a little bit of fun now. All right. So one of my favorite podcasters, Steven Barlet. Oh yeah. With the diary of a CEO. He came out with these conversation cards.

What I want you to do is open it up, pick a couple cards out of the mix. You're going to read the question and you're go to answer it. Okay. Make sure I'm not looking here.

I like that one. And how many want three? Two is good. Two's good, all right. First question. Is it ever appropriate to hurt someone's feelings? Well, in my opinion, I want the truth.

You know, you can't handle the true. I can handle that. Okay. And if it hurts my feelings, think in the long run, it's going to hurt your feelings more, not telling the person the.

So I'm going say, yes, You can hurt someone's feelings. If you got to tell them, we got keep it real. Right. This one's not a real card. We got to go back to the deck.

Going back. I picked the Joker. What have you done recently for someone else? Well. I, there's probably a better answer, but on the top of my head is teaching.

Um, before I came here, I graded, um, a hundred PowerPoints and I think 60 essays and they gave them all the best feedback I could to help them become a writer and to them with their presentations.

You know, chat GPT is out there and I think if these kids can learn to write, it's going to be more valuable. Everyone's gonna go to the lowest common denominator.

Use chat. GP T. I Think writing is going be a little bit of a lost art. But there's a connection between writing and thinking.

Brad's Message and Closing Thoughts

And so I tell them, look, there is a time for AI, but there are a couple of essays I want them to do by hand and to their very best, and then I match that.

I use no AI in the assignment and I don't grade with AI. It takes a while, But, There's quality in that, so, I'm going to go with that Amazing, man. That's what a true passionate teacher should do.

So, appreciate hearing that So Brad, you know, as we wrap up here, if someone's watching this podcast or listening to this podcasts and resonates with today's message, meaning that they might have a family member that has a neurological disorder that this potentially might help them with, or they may be suffering from something.

Or it might be an athlete doing MMA. What is one thing you can leave them off with? It all starts with your brain and training, and you can get better.

And I have seen results. So for the athlete, the difference isn't usually an inch or even a couple seconds. It's a tenth of a second. In the Olympics, you know, The difference between first place and third place, two tenths of second, this is going to give you that edge, especially for that athlete that's right on the edge of making the team or maybe you're on a practice squad and want to be on real team.

Uh, this is going to help you with that leap for someone that's got Parkinson's, you know, try it out, see if it makes a difference, because it has with so many there's again, rock steady boxing, the largest Parkinson organization.

They love it. And I love that too, as far as getting messages from the people and emails that we receive. Um, so I would just tell them to go for it and, uh, and fight back.

Absolutely. And if people want to find you, where can they find? Jukester.com. It's J-U-K-E-S-T-I-R. That's the website. We'll include all those links down below.

Awesome. Brad, it was a pleasure to have you on a Healthy Point of View podcast. This is better than I ever could have imagined. You guys have been wonderful.

Thank you so much. Amazing, brother. Guys, you heard Brad. Right, you saw us go through this process with the hand, eye, brain coordination here. Movement is everything.

You need to move your body. It's not just about moving your to lose a couple pounds. This has a direct impact neurologically with your cognitive health, how you perform on a day-to-day basis.

Getting old doesn't have to just be getting old. You can manage the way you age. When we talk about this all the time on different podcasts about people that are suffering from chronic illnesses, acute illnesses as well, people who are dealing with neurological disorders, there are solutions.

This is one out of many. Guys, make sure to share this podcast. There might be someone out there that this can really benefit. Share it with your friends, your family.

Make sure you leave all the comments and we'll see you for the next one.