Introduction and Speaker Bio

Thank you, Dr. Porter, for joining me today. and, just so excited to have you, be one of our speakers on the MS and Neuroimmune Summit. and let me read your bio.

So, Dr. Patrick Porter, is a PhD at a scientist. He is the one who developed, the brain tap technology. and he is an award winning author, educator, consultant, researcher, health and wellness entrepreneur, and the really wonderful speaker.

And we're gonna learn more about the benefits of neuro training that is literally training our brains. Because all of you know that if we don't exercise our muscles, our muscles get weak.

But what if we use the same principles for our brain? What if we are exercising our brain? and that's what we're going to be talking about today. So, welcome.

Dr. Porter. And did I leave anything out in terms of your bio that you would like to make sure our listeners know? No, I think you did a great job. Well, I think they can look me up if they want to.

They can find me on the internet and get all the other details they want. So. Okay, so let's talk about, brain, neurofeedback training and how that might be useful for M. S.

symptoms. And for context, everyone who's listening. you know, the most common symptoms are anxiety, depression, insomnia and pain. Right. let's talk about, is it brain fog?

big symptom domains that drugs, you know, in the DMT do not do a good job of managing. Right. Let's start with the first. The first one that I think is important.

It knocks down two of those at the same time, which is sleep. one of the things that brainwave entrainment does using lights and vibration is we can train the brain to get back into that deep sleep cycle.

Most people don't realize because that until 2015, did the medical community actually realized we had something called the glial lymphoma system, which is our brains lymphatic system.

So when you think about the lymph system, think about it like the trash man of the of the body. And they used to, if you look, went back in time to exercise physiology books in school.

you would find that before 2015, the lymph system stopped at the neck because they didn't they didn't realize that, when you went to sleep, when you got into this level for sleep, which they started tracking because of all these biohackers and people wanting to take personal control of their health, they started realizing that this was a key factor for sleep scores.

Sleep, Brain Fog, and MS Symptoms

You know, when people wanted to get these 80s and 90s and 100 percents on their sleep scores, and they realized that once you get about an hour of deep sleep and two hours of REM sleep, your sleep score would be 85 or above.

Usually that's just standard. What happens with all these? The main reason is that when you get that deep sleep, the glial lymphoma system, which opens up these gateways.

So we know that certain supplements cannot make it into the brain because of the blood brain barrier. So the same

is true of toxins. So when you think about the brain and its function, the same thing with the body, it's either thoughts, traumas or toxins that are causing the problem in the body.

And the inflammation build up that happens. If we can get that level for sleep, which happens because we can train the brain through frequency, follow response, every cell of the body and the brain has more than others.

But we have these mirror neurons. And what they do is they go out to our environment and they're basically saying is this environment safe for me? Am I okay here? Am I okay to function?

And if it is then that vibratory frequency. And just give you an example, if you were to listen to classical music, they now know that something called the Mozart effect that people just become smarter.

Well why do they become smarter? It's because they activate the alpha brainwave and it happens just by music alone. You can just put that music in the background when your children are doing learning, and they'll be smarter.

And they they've done study after study with that. Now that's music because it's a it interacts with our biology. But the same thing is true. If we went to a river or a ocean or a lake, we're sitting beside it.

Our brain would have the response of ten hertz frequency, because the water has a ten hertz frequency evoked potential. Now the brain has evoked potential of 0.5 to 100, which means it's always.

That's how we know it's dangerous or not like it has children. Most people remember the parents may be fighting and you go in and there's just something in the air.

You just feel it. You know, they they'll say the tension. You could cut it with a knife, right? Well, that's because we are always we're always biologically, involved in our environment.

I mean, it's not like we're separated from it. So if there's stress going on, we feel it. So what happens with biofeedback, neurofeedback, and what we're talking about with brainwave in training is if we can train the brain to interact differently with those signals.

Now, do you put it into perspective for people? A lot of people, especially who are compromised with things like M. S., they have a harder time with electromagnetic frequencies.

And that's because, the sun, when we look up at the sun, it looks like it's beaming light directly to us, but in reality, it's a pole star. It's pulsing information.

And we now know since actually since 22,003. And this kind of makes sense. They're kind of the framework. So people understand what's happening. In 2003, they said, hey, we know the gene code, right?

We mapped the genome, but the reality is they only map 1% of it. And they said that other 99% was junk, right? Well, in 2018, they said, well, that's not junk DNA anymore.

We now know that it changes and it changes every 40 seconds. That means everyone listening to my voice right now, your biological every DNA pair has changed.

Every 40s since we began talking. And what it's doing, it's it's using those mirror neurons. It's using its intelligence, the body's natural intelligence to say, hey, is this a safe place for me?

Am I okay? And if it is, the body regulates up to its highest level potential. If it's not that it downgrades in that epigenetic system, which means beyond genetics, we actually our genetics on is important really in reality, as everything else from the foods we consume, the environment we're in, the thoughts we think, those have more to do with our everyday life environment now doesn't change the color of our hair, or if we have hair or not, our color of our eyes and things like that.

Those are the things that we're able to map, but those other things are changing. So what? Neurofeedback, biofeedback, light, sound, vibration do is it trains the body to interact with these environments because as as biological creatures as we are, they our bodies haven't really changed.

But what has changed is our environment has changed a great deal. But our biological system has it. Our body still. And just as an example, I'm going to give you two examples.

2:00 in the afternoon, everyone listening to my voice. You probably find you have a low in energy. Well, that's because your body drops in temperature two degrees.

Everybody on the planet, if your body's regulating correctly, that's because it's a time for the body to reboot at night, at 2:00 in the in the evening at 2 a.m., wherever you're at in the planet, your body will increase in temperature two degrees.

This is part of the cycling system. And we're all set to cycle with the sun. So it's telling our bodies, hey, what to do? What does that mean for the people with sleeping?

If you don't get in bed before 10:00 at night and start sleeping and get into the sleep cycle, you don't make as much melatonin because you make twice as much melatonin between 10 and 12.

If you don't get to bed before 11, between 11 and 12 is when your liver cleanses and your liver does a lot more than just clean your blood. You know, there's a lot of other biological factors that happen there.

And it's directly linked to brain function. So when you think about all these different things. So that's why I said let's hit sleep first. Sleep is where you incubate those superpowers.

And when your body does all of its healing. So if somebody was to ask me, what's the one thing if I had to do just one thing to improve the body's function, the brain function, I'd say first focus on sleep function.

If you can get your sleeping well, then your next step would be work on your diet because, you know, eliminate sugars and you know all the what we call landmines.

There's a lot of foods that that do that. So, you. Know, I'm gonna stop you for a moment. So all of my life I've struggled with sleep ever since I was adolescent.

You know, I had a lot to do in life. I had big plans, big ambition. And so I thought, you know, if I only need four hours of sleep at night, good for me, because I can be more effective with everything going on now.

Fortunately, I did eventually, and I'm embarrassed to say it was not that long ago that I realized sleep is super important. And I started working at get into bed by 9:00, reading a little bit and making sure my head was on the pillow by 930.

And I will occasionally, sleep until ten. So be careful to read only nonfiction at night, because otherwise I get too activated. I want to read the next chapter, and that's made all the difference in the world.

Yeah. So now read it back. So everyone is listening. Sleep is so important. So, so important to managing all of your MS Related, symptoms. And I'll hand it back to Dr. Porter Yeah, yeah.

So when you think about that sleep, what you're doing is you're setting your body up to go through more sleep cycles because the later you go to sleep, the less sleep cycles you have.

And then when you get that deep delta sleep, which only happens in burst, that little Informix system only opens up in microburst. So, some people, it takes up to four hours for them to go to sleep because they're so agitated.

And I mean, they're they're in bed, but they're not sleeping. So when the US government said and they did actually

publish a study with the, with the government, with the army that said they only needed four hours of sleep for the GI's, but these are 18, 19, 20 year old kids.

And if you remember college, we got away with a lot less sleep than that sometimes, you know, so you can it's like you have to pay the piper eventually.

So when you get to sleep and your body starts to do that cycle, I always say there's a reason to, by the way, that in yoga, like when I study with Yogi Bhajan, you would get up and do yoga at 330 in the morning.

He wanted to go to bed at 9:00 and get up at 330. So you're only getting 6.5 hours sleep in. The studies show that's 6.5 hours sleep. If done well at the right time, right?

That's the longevity secret. Some people think they need eight hours sleep, which if they do, they do. But you don't know that too. You measure it, right?

So you have to measure. Are you getting the deep sleep you need? Are you, do you feel energized during the day? One sign, if you're not getting right sleep is do you have to have coffee first thing in the morning?

Because what coffee does, it's going to shut off brain function because our body naturally creates its own narrow in its own dopamine, it's own cortisol.

But it's like if you drink a cup of coffee first thing in the morning. I'm not against coffee. I love coffee, but I don't drink it till till 2 hours to 3 hours after I'm awake.

So I guess my body time to use its own neurological functions to wake me up. All of these play into a role of how the biological system works. There's three systems of the body, and I want everyone to understand this.

There's not just two in the nervous system. The the one is the sympathetic system in which most people know is the, the fight or flight response. And a lot of that is overreacted like the the body becomes overreactive, especially during stressful events when you're under care.

I mean, just having a mess in general is going to put you into a state of fight or flight, because you've got to be more concerned about things where other people aren't thinking about those things.

and then you have your parasympathetic system, which is your rest, relax and digest system. But most people don't put enough attention on their biological system because those three have to work together.

When those three with those three don't work together, what happens if you're not using the electrical system, which is your parasympathetic and sympathetic system?

That's what the neurophysiologist will tell you. In working with, biofeedback and neurofeedback. You're working, you're exercising your nervous system, and we'll give some tips here before I leave so that they can they don't buy anything.

They can. You owe me. we'll give some tips, but the if you're always using your biological system to do it, and that's like coffee in the morning to wake you up.

a sedative to put you to sleep. you know, sugar during the day to stimulate you. Then what's going to happen is eventually your body is going to give out because the physical system is is finite, right?

You it's got a it's got a shelf life. But the electrical system does it. I mean, we've all seen people and I love when Wayne Dyer said, never let an old person inhabit your body because we have people that I know that are, you know, 70, 80 years old that have more energy than a 30 year old because they're they're in there, they're thin, they're healthy, they're or they're, you know, they're fit, they're moving.

They're up and moving and breathing. They're not sitting around playing video games, looking at television for, you know, 4 to 5 hours a day. You know, there's certain things we have to do to get our body.

These bodies were designed to move and breathe during the day with the sun's out. We were designed to be out. You know, we didn't hang out in the cave.

And, you know, of course they did paint on the caves occasionally, but they didn't spend all their time, you know, looking at cave drawings like we look at the TV all day long, you know, they get up and move in.

This biological system needs that movement. So breathing is key. So when I, when I taught, when I teach people. So one of the things you can do and then we'll move on to the next question is if you want to exercise your nervous system, it's there's a lot of breathing techniques.

I'm just going to give you one. And I recommend that anybody listening that has a problem sleeping. You do this tonight before you go to sleep. You breathe into the count of four.

This is going to trigger your sympathetic system. So you might actually feel a little anxiety when you do it. Because when you breathe in, you're actually triggering that simple, that sympathetic system number.

You breathe into four. Then you breathe out to eight. And when you breathe out to eight, you just kind of learn to let go. And as you let go, you're now you're exercising your parasympathetic system.

So think of it as a breathing brain exercise. But it's done through breathing. So you're breathing in to four, breathing out to eight. When you get good at that you can add in maybe a gratitude, something you're grateful for, even if your day was terrible.

Studies have shown if you can just focus on 2 or 3 things to be grateful for, your subconscious will take whatever your last thoughts were. That's why you, like you said, when you're reading, you don't want to read something that's stimulating because your brain doesn't want to go to sleep.

But if you if you give it something, like when you're thinking about what you're grateful for, maybe it's even just getting a text from somebody or somebody saying hello to you in the store, or that you made the red lights, you know, you made all the green lights coming home, whatever it was, or you got the parking spot, you know, whatever it was, you think about those things, what it does, it sets up in the brain the expectation of more things to be grateful about.

And that creates something called psycho immunology. In what psycho immunology means is that we have a thinking immune system. Our psychology affects our immune system.

So when you think about these autoimmune disorders like M. S. and things like that, we need to do everything we can in our power to keep our immune system functioning at its highest level.

And so positive thinking there's there's something there's a group of people out there, of course, that run around in their pessimist. Everything is they never know when the sky is going to fall.

Everything's bad news. They never know if you ask them, how are you doing? Okay. So far, you know, in you know so they're they're expecting something bad to happen.

You know, they just don't know when. And so the brain sets that up. We want to do the opposite. We want to be optimistic. You know, the you know what's happening.

Oh everything's wonderful. It's great. Sometimes you have to kind of fake it til you make it. But that's what that gratitude exercise can do for you. You'll get up in the morning with more optimistic thinking.

You know, this reminds me, you know, when I first got my wheelchair, I was, chief of infantry care at the VA. and

I'm now rolling around, the VA, and I have to make a decision.

Breathing, Gratitude, and Positive Thinking

Do I want to retire? Resigned from my leadership position, or am I going to pretend to be optimistic that everything's going to be fine? And, like, well, I didn't feel like retiring, so.

And in my heart, I was terrified. But I kept saying out loud with confidence again and again that everything's going to be fine. This just makes my job easier to manage.

And you know what I discovered? Doctor Porter, was that by the end of the day, in fact, I was optimistic that I felt much more, calm and that everything, in fact, was going to be okay.

and so if everyone who's listening. This is so true, so incredibly powerful, keep saying, that's the power of the positive affirmations, the power of these gratitude statements, particularly before you go to bed.

Very powerful. and if you're upright throughout the day saying these things out loud with confidence because your body will hear it, even if you don't quite believe it yet, your body will absolutely hear it.

Yeah. There's a there's a really good book called Your Body Keep Score. And so even though you don't know it's listening, your body is always listening.

And it's respond to those messages. So when you when you give it those positive affirmations, like you said with confidence. So it's it's really the emotion that drives the behavior.

So you want to have that emotion there. And that's why it's so nice to do it in bed. When you don't have anything else to think about or worry about, you know, just.

It's it. Just takes. You know, and I personally do that in the evening. I love falling asleep. I go through this gratitude practice where I visualize, and it might be, you know, people in my life occasionally it's the pets and animals of my life.

Occasionally I'm talking to my Appaloosa horse. and sometimes I'm just talking to, our childhood home, which was a 220 acre farm in northeast Iowa. and so it may be people.

It may be pets and animals, it may be places that you are grateful for. but it it's certainly a lovely way, to fall asleep. Yeah. Where my grandma, she lived to be 93, and she had a great memory all the way up to the time she passed.

And I remember I was with her in Albuquerque. She was 91, and I went out golfing. I came back and I here in her room talking, and I. I thought she was on the phone with somebody.

And I said, so she finally comes out and she says, how long you been here? I said, I've been here for about a half hour or so, but you you're on the phone.

So I didn't want to disturb you since I wasn't on the phone thinking, oh, no, grandma's, you know, something's going on here. And she said, no. Every day at 2:00, I recite all of my favorite vacations and she had a great memory.

She was just like, yeah. That's it. For sure. So, I mean, it's kind of similar to you. So everybody, if you certain people find these coping mechanisms and I think the, the main thing to do is to find something that works for you that's going to bring more joy, more peace of mind, more happiness, because those you can't buy those neurotransmitters, you have to produce them, you know, in our brain produces them.

Like one happy event would be $30,000 worth of neurochemicals on the on the shelf. You just couldn't afford it. But your body can dump those into the system and in you shift your.

When you start to be creative and optimistic, you trigger that alpha brainwave wave. And because you're going to be more harmonious and that is going to it's going to pay dividends in your body, is going to start to anticipate those positive experiences instead of the negative ones.

I mean, unfortunately, life can be difficult, you know, so we have ways to make it more enjoyable and more, more attainable for peace in, in, in. For many of us, with children, we're watching our young children sometimes engage in tremendously negative toxic self-talk like, oh my goodness.

It's, was always very challenging to redirect, my young, younger children into a more positive self-talk in which is it's like, oh my gosh, that is such, a challenge.

Now, can we talk a little bit about light sound vibration therapy? as a, tool? Yeah, sure. So when you think about light, there's a reason that when the sun goes down, we get tired.

I mean, when you think about that in the. If we were in ancient culture, what we would do is we would start a fire. We would maybe talk around it, we would talk through our stresses.

The fire would go out. We wouldn't go get another log and and binge watch the fire. We have to the fire goes out, you know, we go to bed. We don't go. Well, that last log was exciting.

I'm going to go get another log and watch it burn, you know. So but what was happening there, that log while it was burning was it was emitting ten hertz frequency because a fire burns at ten hertz.

I still remember doing some research with, Ames Paul, which I do a lot with them. Last year we were voted researchers of the year in India because of some of the studies we did where we took ancient traditions and made modern technology out of them.

And so what what happens with that fire? And this is one of the ways we created Brain Tap, was that fire at the end of the night would down regulate the nervous system because it would get the anxiety.

It would, you know, and that's what a lot of people use television for. The problem is they don't watch the correct. They correct looking out the right books to read and things books are much better.

But if you take on, I'm going to stop for a moment because I want to thank everyone for joining us, today. And I hope you found this conversation to be insightful and engaging.

Now, if you're a summit purchaser, please stay right here because we're about to dive deeper into the power of light, sound, vibration technology and training our brain.

so we're going to learn more from this wonderful conversation with Doctor Porter. If you're not, click on the button below, to the side and get access to the world of information.

Get ready to reclaim your health. Now, if you're watching this, thank you for being a valuable member of our community. Doctor Porter, let's dive right in and continue that conversation about light, sound and vibration therapy and Braintree.

Sure. So we're going to pick up where we left off there with the fire. When you think of a fire when when I first went to Amesbury Hall, we took a guru.

We measured his brain, and I took a person out of the audience that had never meditated. And I showed them that in 20 minutes I could have that same brain profile as a guru who had meditated for 30 years.

And he said, he said, well, that's cheating. And I said, vroom, Doctor Rooney? I said, what do you mean it's cheating? He goes, well, this guy has meditated for 30 years now.

You've brought somebody up here, and in 20 minutes they got the same brain state. I said, well, have you ever meditated to a candle? And he said, yeah.

I said, well, you know, that's cheating. He goes, what do you mean that's cheating? I said, well, a candle flickers at frequency, so the mirror neurons in your brain are going to basically use that as a feedback mechanism, and it's going to configure that response.

So when people go I relax, I burn candles to relax, like when people take baths or whatever they might burn a candle, they might even bring in their house those candles in a fire.

You know, if we're on a romantic getaway, we start a fire. Things can get a little frisky. A little Jimmy can arrive nine months later. You know, those kind of things happen because we're in that a see of coding that happens.

That's the the feel good neurotransmitter that's released. So light does this in the right frequency. So what we're talking about is light frequency can change brain function.

And we can actually increase that brain function up to gamma levels. When we're working with people with dementia and Alzheimer's. Or we can reduce it down to Delta if we want to help somebody get into deep sleep.

Now, when we use light, the reason we use light in the brain is when you use the optic nerve and we're not using, your eyes aren't open. So it's not the way we see the world.

It's basically triggering the nervous system to keep the brain awake. Because when your brain has light activation, 100% of the brain has to stay vigilant.

When we turn, if we close our eyes and just regular meditation, what we find is up to 30% of the brain will shut down. Because the brain is an energy hog, it's always looking for ways to conserve energy.

So but when we feed it light in the form of what we're talking about, 650 and, 810 and, 470 nanometer light, these are light frequencies that our body wants and our mitochondria desires, because our mitochondria wants light energy.

So what we're going to do is we're going to use something called bio cake exchange, which means when we subject this body to that light, the cells will absorb that light.

And when they're full, they'll pass it on. It's called photo bio modulation as well. So we want to get light into the brain to keep it awake, because most people don't know how to meditate because they fall asleep or their monkey mind takes over.

Light, Sound, and Vibration Therapy

So they either go get too hyperactive or they get they fall asleep. Which meditation is that place? Right in between there. And I was fortunate. My dad was a silver method instructor, so I grew up with something called the Silver Sound. So we started with sound.

There was no LEDs back then. This was back in the 70s, so we didn't have the like we have today. I mean, we didn't even have monitors, you know, when when I went to a college, we had a computer. We didn't have a screen to look at.

I mean, we were looking at, you know, data printed out on a piece of paper. So but when we talk about light and sound, what happens when we mirror it with sound is we can do the same thing that binaural are doing.

And for those that have never heard of or experienced what's called binaural beats, what a binary OBD is, if I want to get you to ten hertz frequency, which is ten, that's an alpha frequency.

Or if I want to get you to 77.8Hz frequency, which is a theta frequency, I'm going to put as alpha just as example, I might put a 300Hz frequency in one ear in a three ten hertz frequency in the other, the brain in the.

It's so amazing that the brain does not hear the 300 or the 310. It only hears a phantom sound of ten hertz. And the amazing part that most people don't realize is we're doing this all the time.

That's why we have what we call stick to us. Or we have blind spots and things like that, or we don't hear something. Somebody could be right behind us, talking to us, but we don't hear them until they get our attention, because our visual field actually has 30% of our hearing.

So it's all part of our primitive brain. So we need to keep that brain awake. So now can you hear the messages. It can then change brain function. And we have frequency.

So we can we can basically create a response in the brain that triggers different regions of the brain. Because there's more than one region, you know, like we have the frontal lobe that has to do with executive function, but we also have others in each one of those brain functions.

Really, all brain waves are in all the different brain. regions. But certain brain functions have more to do with different activities, like frontal lobe is more to do with executive functioning, decision making, things of that nature.

So when we're when we're working with the brain in this way, we're going to train the brain. And like you said at the beginning, like physical fitness, as we grow and learn, a lot of people misunderstand the way their brain is actually working.

They think we're actually connecting the brain up like we learn something in the brain rewires itself. No, we're we're unwise in our cells. When we're born, we're fully wired.

That's why we can learn a language so quickly. And if you don't speak more than one language, by the time you're seven, that circuit goes dormant. And that's why it's so hard to learn a language after seven.

But like my science officer, when I took him to, India to one of our tours, by the end of three weeks, he's speaking Hindi and I said, Francisco, when did you learn Hindi?

Said, we've been here for three weeks. But he speaks seven languages. So his his language skills are way beyond. And we didn't learn our language by going to a textbook when we were kids.

We absorb that language. So our brain is a 100 billion neural processor. What it can do is amazing if properly motivated. But what happens is it becomes rather lazy because it likes patterns.

So it says these are the patterns we've had in our life and usually where we're at right now. When you think about your life and your experience right at this moment, it's a series of patterns that brought you here.

And if we can find that one or 2 or 3 patterns that needs to change, we can impact our life in ways you wouldn't even imagine. And most of those patterns are disrupted by stress.

So if we can if we can lower the stress when we're talking about stress levels, just having the experience is going to cause problems. So, you know, I'm sure that everyone listening knows, hey, if you're in a good mood, everything's going right and you're woke up on the right side of the bed, your symptoms are minimized.

But if you have a stressful day and maybe the alarm went off or a siren went by, you didn't sleep very well, then your symptoms are worse. That's because the the negative effect of stress exacerbates those problems.

While when you're in those that what we call flow states is probably the best way to say it, then your body creates those neurotransmitters that make you feel good.

You make better decisions. You can you can get through. You might have those same negative things happen to you, but you basically adapt, improvise and overcome what's ever happening to you.

And that's all part of that brain management. Something called neuro pruning happens, and that neuro pruning is what is actually a problem because your negative patterns, whatever you're doing that you want to change, if you continue to do it, you don't get neuro pruning.

So a lot of people will say, I want to make this change. I want to make this change. But they they haven't done it. So I do a little metaphor, a little story about that.

I say, if you were to when I was a kid, we used to have fields that grow up all over the place. My family's from Iowa as well. So the, you know, you, you know, you might want to walk through a field and if there's a path already to the field to get to the other side, if you take that path, it's very easy.

But let's say when you're a kid and you want to run through the path that isn't broken down, it's very difficult to get through that, that field. But if you continue to go down that new path, you'll be down that path and the old path will grow up and it'll be difficult to get through.

That's kind of the way the brain works and what they call neuro pruning and neuroplasticity. In. The nice thing is that they now know that our brain can rewire itself at any age.

I mean, we've done brain scans on women. one group of women, they were all over 100 years old, and we got a 19% neurological improvement in six weeks.

And, you know, because the brain. Think about it. How many ancient cultures do you know? They kept the wisdom of the tribe with the youngsters. I've never heard of that.

They keep them with the elders. Right. But but we don't treat our elders right. And there's only one way we're all going. We're all going to age. You know, the the downside of that is you're not going to age at all and you're going to die.

So we should be treating people better and cultivating that wisdom like they used to in the ancient days. And so we have to figure out a way to do that.

Like my grandma sitting there, she's cultivating her wisdom of her vacations by recalling them. They call that river vacation. So we want to we want to.

So so I want to, come back to the brain tap technology. So we have a device that I'm wearing, it's sort of like a helmet. and so I can hear a little different right ear left here, and there's something that comes down over the eyes.

My eyes are closed, and there's LEDs that will show some lights, and some sound at the same time. And that is changing. So I could be an alpha, pattern, deeply relaxed.

if I have more, this is improving my sleep so I could get better sleep. What is it going to do for anxiety and depression? Right. Anxiety and depression only happen in one brainwave state.

It's called beta. And if you have an overactive beta brain, you're not going to be able to avoid that. So we have to include we have to increase. We have a symphony of brainwaves.

So when I'm talking about brainwaves, you don't ever have just one. If you only have one, you have a problem. For instance, if you don't have any alpha, you'd probably be in the autism spectrum.

If you don't have any theta, you're going to have a sleep disorder. So we need about 45% beta. That's it. So 30% should be alpha, about 20% theta in 5% gamma.

And then the rest will be delta. Yeah that would be the perfect brainwave. Now when we do the training it's not just alpha we're going to take people through.

We're going to take them from beta down to alpha down into theta. Maybe if they're going to do one of our state programs, we're going to take you into Delta.

So the reason it's going to train, we're going to train the brain to it's almost like training wheels for the brain. We're going to train it. It's not going to force it.

But what happens? It's like a dance in the brain loves that dance. So it's used to doing this out in nature all the time. You know, we can't help it. You know, when people say, I love the ocean, it's usually because they love the feeling the ocean gives them when they're bored.

Absolutely. And one of the other things I told doctor, Varun was, I said, do you ever wonder why the gurus go to the Himalayas to meditate? And he said, he said, because it's beautiful.

I said, no, they're cheating. He goes, what do you mean they're cheating? I said, The Himalayas resonate at 7.8Hz frequency. That's gamma. I mean, that's theta.

And when you have high theta you trigger gamma, which is those spiritual experiences, those kind of what they call mountaintop experiences. When people have those, there's a reason they call them mountaintop experiences.

That's part of our brain activity. Now, when you when you produce theta you, that's how you produce Gaba, which is a precursor to DMT. So that's why they have these experiences.

Now you can go do DMT ceremonies or whatever. But the reality is that our brain is the greatest pharmacy on earth. And everyone who's listening DMT is a, hallucinogen that the body can make, by the way, in certain states. So.

Yeah, they say, that we have the most, that's when it's released into the system or something. So that's why they're they're trying to figure out what's going on with these near-death experiences, because they're we have these kind of psychedelic, kind of like people who have had these, you know, go to these ceremonies, you know, there's a lot out there with, different psychedelic medicines now, which we're brain tapped typically as an integration tool for those because you I mean, you have one experience.

It's not really going to change your life. You need to do something over time. So really improve your life. But, you know, get it back to the brain tap experience for people who are listening.

So I, I'm, I'm wearing this device. I can use it to, improve my sleep, to reduce my anxiety, reduce my depression. Now, if I'm, and I get brain fog, very common problem for people with M. S..

Brain Tap Use, Results, and Access

tell me with your. Brain today when you want to do this brain fitness. So think of it like, like going to the gym, but you can do it at home. So in the morning, we need to we need to activate our brain.

We've called Asmr sensory motor rhythm. And this has to do with your distributor system. So when you lose your balance I can tell you anybody that doesn't have balance and distributor problems, they have a problem with their smart brainwave.

And that's right between beta and alpha. And when we increase that your balance improves. Also your cognition improves. And the reason is is you're activating the brain.

We think of it like a Wi-Fi network. You could be inside somebody's home with a Wi-Fi network, and you can't get on the internet. But as soon as they give you the code you can get on the internet, you have on the internet.

So those brainwaves are kind of like that. And how long, would you know if I got one of these, brain tap, devices? How long would I need to be using this?

So how many how many minutes is the session. To the session in the morning is ten minutes. Because you shouldn't need to relax in the morning. It's just basically to engage, get the brain to engage and get your cognitive processes going in the middle.

I'm doing this instead of morning coffee, but I'm too sensitive. I can never do coffee, so I just do green tea. So I do my brain tap for ten minutes. so. We a digital coffee.

Some people we at first we want you to do it three times a day to find out when is the best time for you in the afternoon. If you have that physical low which most people get, you could do a 20 minute session.

We have over 2000 sessions, so we have a brain fitness series, which if you have M. S., I would recommend that one because it also engages that smart brain wave.

But it's okay. So I'm doing ten knots in the morning and then I'm doing 20 minutes in the afternoon. And then you you put it on at night and go to sleep.

You don't have to take any time. You just put it on. You can even use it in the room without putting on earphones or anything. Just put it on in the room.

It's a 2020 to 30 minute session which will train the brain to go into Delta. Now, if you're already. Wearing it, you. Don't have to. Some people sit by the head of the bed.

You just listen to it with your phone or your device. You just put it in the room and you, you always listen to these without your phone being on or your device.

So you can download them to your device. And then you listen to them through your player. Okay, so I could I put put them on my phone and I put have, have my phone play it by the head.

Of the bed. Yeah. Most people 90% of our people will listen to it at night even with their headset. But I always say you have to find out if that works for you.

Because some people go deep to sleep. They wake up in the headsets. All you know, Kitty is in the, you know, it's not too comfortable to wake up, isn't it, like that?

You don't really do. If you do it during the day, your your brain will follow the algorithm because the sound is there. And we use something called isotropic tones, which is model.

Yeah. So you don't have to wear it on the, on the head, on the head to do that headset. And then so we've got potentially three times a day that we're using this and how quickly.

So if, if someone decides like, you know what, I'm going to try this device. how quickly would they see let's go with with my nemesis sleep. So and that's very common.

Let's say the majority of folks with MS have, some type of sleep pathology. We did. We did a sleep. Fix it overnight. Or does it take a few, a few weeks?

People 90% of people will have a better sleep that first night when we did our sleep study with we did it with, we decided to do a sleep study with people that have no circadian rhythm.

They work in the coal mines of Australia, so we took this group of people and we had a group of them do it with just the app alone, which means people listening to this summit can actually download the app.

I think if they're part of the special promotion that they have going in, they can listen to you tonight and they'll they'll find a benefit with just the app.

And then it took six weeks to get them to 70% sleep improvement. The group that used the headset did it in three weeks, but they started immediately getting better sleep.

That's impressive. Just, again, insomnia and sleep problems are so, so prevalent for people with them. That's, very, very impressive. Now, let's say a person is struggling with anxiety or depression.

how soon might they notice some improvement? And then what's the time? Course there. It's going to be accumulative because think of the body like electric current that holds a charge like a capacitor.

And then a certain point of discharge is so whatever they're using to discharge their stress and anxiety, hopefully it's something healthy, but whatever that usually leads to behaviors that need to change, you know, like are they going are they going to sugar?

Are they going to alcohol? Whatever. If it's a negative thing, then they should start to see those results happening almost immediately. They'll start thinking about it, maybe making different choices, but usually it takes anywhere between 21 days to six weeks, depending upon, the severity of their addiction to.

It's not the addiction to the anxiety, to the stress, it's the addiction to where they're going because they want to escape that negative pain. Yeah, what they're doing.

So we have to tell we have to teach them. And what the sessions will do is it'll teach them techniques that will they're all natural. Once you learn them, you can do them without the brain tap even, you know, like whether they're breathing, what techniques we call them, thought experiments like Einstein would, would use, you know.

Yeah, yeah. Basically you got to give the energy something to do. So it's it's kind of like the little kid that runs up to you and they're angry and upset, and you tell them to breathe and they just get angrier because they know as soon as they start breathing, they won't be angry anymore, you know?

So they they hold on to it and sometimes the subconscious kind of acts like that because your subconscious is like a fourth grader. So we have to train it in once it realizes that there is a better way.

I like to tell my clients anyway, that you're always doing the best that you have available to you at this moment in time. We just need to present new information so you can make better choices.

You know, once you have that better information, you'll make those better choices, but you don't know what those are right now. And that's where the creative thinking and the relaxation comes in.

And be so helpful. Now probably the most important question is so for everyone who's listening like, oh my goodness, that sounds like, a really useful technology.

I'd like to use this. So how would people be able to access, brain tap technology? Do they have to go to their physician, get a prescription? What's what's. The.

Oh, no. They can go, I think in the in the help of, in the, doctor summit, wherever they go when they bought the program, there's going to be a link there where.

They're. Like, yeah, they're going to be there. There's also going to be a link for free for my book Thrive in Overdrive. So if they didn't get all question, their questions answered here, if they're listening this far into it, they get access to them.

They get access to that stuff too. Okay, well, Dr. Porter, this was amazing. I am so impressed. I completely, believe, in neuro training. it is, and I was just looking at the research, on, noninvasive, brain training.

it is a very useful, technique for anxiety, depression, insomnia. We didn't go into detail, but it's also very good for, cognitive impairment, brain fog as well.

this is fabulous. Thank you so much for being part of the MS and neuroimmune summit. Well, thanks for having me.