Boost Your Vibrations: How the Latest Science in Light, Sound, and Technology can Elevate Your Practice Transcript

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Summit Introduction and Speaker Bio

Welcome to the Practice Upgrade Summit. Our next guest speaker is the founder and Chief Brand Tap Officer at Brain Tap, which was created with a singular mission in mind to better a billion brains with his proprietary app and headset technology.

Brain tap enables users to tackle the challenges of today's stressful world and enhance quality of life through improved brain health. With over 800 uniquely encoded audio sessions, Brain Tap empowers users to reduce stress, sleep better, and maximize their performance.

Our speaker has been featured in The Wall Street Journal, People Magazine, entrepreneur, and Ink magazines, and on ABC, NBC, CBS, NPR, and the Discovery Channel.

He's head of mine based studies at Quantum University and is a licensed trainer of NLP. He's the author of six books, including his popular Thriving Overdrive How to Navigate Your Overloaded Lifestyle.

Please help me. Welcome to the Practice Upgrade summit. Doctor Patrick Porter. Patrick, welcome aboard, and thank you for having me. Dennis. Great to be here.

So, Patrick, we've heard all about Brain Tap. What on earth is brain tap? Well, brain tap is a way to maximize neurological function. And what we find is that through light sound of vibration, you can mimic what typically is done through meditation and relaxation techniques.

What Brain Tap Is and How It Works

But you can do it without conscious effort. So when we're talking about people doing, trying to do these things on their own, we found a way to use the different technologies that are available at the time and then maximize those over time to help people get the results they want with their nervous system.

And you can go get me going to detail with the light sound vibration if you if you choose. Oh yes. Oh I definitely want to go into detail. The lights sound the vibration.

But before we do oh how does it actually work? It's a headset that people put on headset. Our listeners haven't seen this before. Yeah, it's a headset that you put on.

You can see it in the background there. Have one on the head back there and you put it over and it's got lights in the years. Got retinal flashing. It's got sound.

And what the science shows is that when you are exposed to certain stimulus, and this is very good for the doctors out there that understand the nervous system, which every chiropractor who's on the call should understand intimately.

But, you know, our nervous system is adaptive. So there's a science called frequency following response. So it's a very gentle way to prompt the nervous system to make these changes.

And then they call it excuse me brainwave entrainment because we call it a frequency switching technology is a more adequate term I think, because we're teaching the brain to switch the frequencies from this high stress over burdened nervous system that we have, especially with, you know, the chaos that's happening in the world today when people are walking around wondering, you know, if their neighbor is going to give them, you know, something

or not, in whether real or imagined, the brain doesn't care.

The brain creates that stress. So we need a way to minimize that stress. So it's a way to do it where you basically can kick back in a chair on your bed, or in a chiropractic office as the way we've been doing it, you know, over the last since 2013.

And we've been doing it with different groups since actually 2006 and before that. So it's just a way that you can easily change the brain frequency from the state of high stress, which we call this the survivor brain, and get into the more the healing brain, which most of the doctors, of course, online knows the parasympathetic system.

So we're going to get them into that system to rest, digest and re rejuvenate the system. Fabulous, fabulous. So I want to talk a little bit about the actual technology because it's so fascinating.

Talk a little bit about how you use light in order to be able to influence people just like that. Yeah. Over in the back in the 80s, actually, when I was part of a team at Light and Sound Research out of Scottsdale, we were playing around with candles because, believe it or not, candles flicker at ten hertz frequency. That happens to be a state of alpha.

That's where people want to go and they meditate. And if you want to think of technology, back in the days before we had the what we call technology, candles would be considered a technology.

So when you when you're flickering, your brain actually matches that. That's that frequency following response that flickering. But the problem was every candle burns a little bit differently.

It's not real specific. But then the LEDs came out and what we found out was we could use the same light frequency of a candle. And we used for sending nanometer light.

For people that are wondering, you can actually watch it with your eyes open. It's used to heal the eyes. It's there's a of course, there's other blue light that people think about and it's negative.

But this is for 70 nanometer light that actually is used to remove wrinkles around the eyes and things. We're not using it for that. And we use a very low dose.

But the reason is that your eyes actually control 30% of your hearing. And for those wondering, you just heard me right. And to just clarify that if we were in if we were at an event, let's say, and we had 200 people in the room and you're in the last row and somebody with a big head sitting in front of you, the speakers up there, you might not be able to hear them.

In fact, most of the time you don't. But as soon as you adjust your vision, well, that line of sight, vision, now you can hear them. Because that primitive part of the brain that we've learned to navigate through forests and jungles and all of that.

So we don't step on a snake or whatever. We're always listening. Now our brain is interpreting everything a literally thousands of pieces of information, and our brain discerns on that information on what we hear.

And that's where your vision comes in. There's actually another piece of technology that we use in the ears with light. And what that is, is, now with since the dawn of history, in fact, recorded history, they know that we have meridians, which means energy centers in the brain.

And whether we're adjusting the spine, which which, of course, we all know is the keyboard of the brain, or we're adjusting the hand to the wrist or whatever.

We're still sending signals input into the brain. Well, in ancient times. And Chinese and Indian Vedic medicine, they have meridians. So they're using this meridian system.

Well, we know that all those meridians, there's junction points for these meridians all over the body. People can look at your eyes. They call it ideology.

They look at the ears, they call it urology. So what we did is we we were having a lot of doctors using the the brain tap in the old days was just goggles.

And you could wear whatever earphones, but some of them were using it and then they were using lasers in the years for things like, allergies or phobias or addictions and things like that.

Light, Sound, and Vibration Technology

And I got to thinking, what if we could put light in the ears and give a light dose equivalent to a three minute laser, and what would that be in low level light therapy?

Well, we did the math. We found out we could use nine LEDs in a 20 minute dose. And you're getting the light efficiency of a laser dose of two minutes.

You know, lasers are much faster. Of course you got to have a person. But what we wanted to do was we wanted to see if we could change brain frequency.

And this was basically around autism because we had, doctor with a handy and her husband, who's a chiropractor out in Orange County. They were working with a lot of autistic children.

They were finding good results with the eyes, with the high functioning autistic children. But they had another whole group of they couldn't respond. Basically, Robert Melillo calls them the, disassociated children.

You know, we have these disassociated kids and really, what it is in our vernacular of brain science, we call it, they're in theta. So but they don't have alpha.

So we had to train them to alpha. So what we did is we took these this light frequency. Now our skin is actually a big listening device. If you, you know, in Doctor Emoto is kind of showed this in his book, the The Secret Life of Water, where we can take vibratory frequencies, sound, and we can actually change the structure of water.

In fact, this has gone so far as intellectually is encoding. They have a hard drive that's crystalline structured water. They can store almost infinite energy in water.

So if you kind of think about that, we're 70 to 80% water. We have infinity. There were 99.999% space, which they say is emptiness. But now we know it's all information.

Basically we're information packets. The other thing that I need to share with everyone in just a moment after I tell you, is we started a beat frequency in the ears at a certain frequency of alpha, which happens to be between 7 and 11Hz frequency.

And we found out that the brain would respond even in an autistic brain. And we started doing research. How quickly could we move their brain? And we what joke we just found out in Doctor Handy is that they people started to talk and then they said, well, that makes sense.

She's a speech pathologist. And they started to speak because think of alpha, all the different brain wave frequencies like Wi-Fi, but healthy. Our body needs those frequencies.

And if we're not generating the frequency of alpha, the brain does not know how to articulate words. Even though we might know it, we can't get the body to do it.

So that's important. Now, the other part of the light, just so you understand in light, is we are light beings. That's not a metaphysical concept. It's a physical reality.

Now we have what they call chroma forms and every cell of our body. The reason you see me, the way that you see me right now, is I'm reflecting, or I'm not absorbing the other light frequencies, and I'm projecting that out to you.

So I'm sharing my photons with you. You, on the other hand, are sharing your photons with me now. Right now it's going through digital media. But if we were alive and in person, we would be sharing information.

They call these, photo instead of bio modulation. They're photo bio modulation. So they know that what these photons we're actually sharing information.

So now we know that there's with science is shown our DNA while we're sitting here talking right now every 40s our strands of DNA are pulsating light.

You heard me right there. Pulsating light. Instead of it being a frequency like we have here, it's a light frequency that tells the rest of the body. That's why we call it epigenetics.

That's what changing our genetics. And we know that through light, sound, vibration we can change up to 2300 gene expressions. So we're but we're using healing frequencies.

The other part of this is every part of your in my body, our cells have something called the mitochondria, which most doctors know when they're using lasers or triggering this to create the ATP production, the energy of the cell.

So we're going to actually do that now, how that works through the ears and through the eyes. The eyes are not just attached to the brain dentist. They are the brain.

So when we're looking at the brain and you see something, you go, wow, you got beautiful eyes. You're really saying, wow, you got a beautiful brain. But you're sexy, right? Yeah.

I don't think it would work in a novel, you know? But that's what we're really seeing there, right? And then also. So we're getting light right into the brain, the the blood cell.

The blood is flowing through the eyes, and the blood circulates through the body every 45 seconds through the body, except for the ears. I'm going to tell you why we chose the ears, but through the eyes.

So the hemoglobin is absorbing those photons. That's what it does. That's that's what it does out in nature. You know, in unfortunately, if we're in the house all the time or in, in our cars all the time, we're not getting what we need.

And in people that live in big cities like San Francisco, Chicago, New York, Miami, even if they're in their buildings all the time, they get what they call seasonal affective disorder.

Basically means your body's not getting enough light. And if you don't get light, you don't get some hormones like the hormone vitamin D, which is really hormone, but we call it vitamin D because it's a hormonal response in the body.

So we're going to feed the body the light it needs this way. Now the reason we chose the ears, if you've ever cut your ears or shaving or whatever. And you know, as you get older, you get here in place you don't really want to, but you might cut your skin.

You get you get your you cut your ear. It's really hard to stop that ear from bleeding because the pressure in your ear is so great. The the blood in the ear can take up to five minutes to move through it, 3 to 5 minutes.

So what you have is a lot of condensed blood in one place. Now we can blood dope. We can put the those four times. And so some people actually would tell us, hey Patrick, you're you're my ears are getting warm when I'm doing this program.

What's going on? But you listen. You feel the LEDs, there's no heat. That's because your body is absorbing those photons, and you don't have the flow through the meridians.

So we actually have a device where we can record that. We can say, here's your meridians before our brain tap, here's your meridians after. And we can show one of the studies we just did that which is exciting.

We we just had three, three studies published during this pandemic in. But one of them was with the National Institute of Health, where we showed up 30% neurological improvement.

We had a 27.5% improvement of meridian flow just with one session. And then what happens is once that flow is happening, so if you can imagine, how to fortify an adjustment, you do your adjustment, you get the hardware all set up.

Now you get the body to do it. And we're really working on hubs law, which states those neurons that fire together wire together, something they call neuroplasticity.

And most of the doctors should note that is, if not, think of it like brain speed. When we go to look for a new computer, we don't go, hey, what's last year's slower model?

You know, we want we want the model that's faster, quicker, that can process well, our brain, those neuron connections actually equate to your brain speed.

And we can actually measure that now through something called the Wahbi or through neuro infinity devices and things of that nature. So light we find, has a probably the biggest impact on brain function.

But before light we had to go to other we had other means to do it. But I think if they can kind of think of that, light is the key equivalent. That's why in the clinics, the doctors that are using it, which we now have over 2300 clinics using it in there as part of their their therapies is that they can use it there.

And it also gives you that revitalization. For instance, one of the studies we have right now that's being done in Seminole College down in Tampa, I mean, I'm sorry, in Orlando is that, we can reclaim 80% of the energy from the morning in the afternoon.

And they we we did this because we saw a study that showed that about 80% of your you can reclaim it if you take a four hour nap in the afternoon. I don't know about you, Dennis.

Even during these times, I don't have four hours to take a nap. But what we what we say is we can compress that sleep time to 15, ten, 20 minutes. Whatever you have in your brain can go through that cycle.

And we can talk a little bit about during that cycle what's happening neurologically and also physiologically. Because we possess the most powerful pharmacy on Earth.

And if we trigger that, we can start to feel really good. We can basically get high on our own supply, which is what we want to do instead of using external sources to do that.

Fabulous. First, I can vouch for everything that you said from personal experience, because I've been using Brain Tap myself for quite a number of years, and I've been recommending to every member that they included as part of their, part of their adjusted process.

Patrick, you've talked a lot about why I want to make sure you get your comments in on sound and vibration before we start talking about what you actually say.

Okay. So in the in the sound part of it now, sound's been around for a long time actually since 1800s. And what they found out was that when we put a signal in one, in a signal in the other, our brain doesn't hear both of them.

Our brain is always kind of comparing it. When somebody says, I'm not judgmental, it's impossible not to be, because that's the way our nature is. It's part of our it's part of our innate intelligence.

It's it's always measuring and basically comparing it. That's why when Buddha says all unhappiness stems from unfavorable comparisons, that's because that's we are where our makeup is.

And some people say, oh, I got what they do is they interrupt that pattern and they say, oh, being I'm being judgmental and they change it and we get really fast for doing that.

But the brain doesn't. The brain at a, at a very on the cortical response level, which means at the deep brain level, your brain is just interpreting information.

While we're sitting here talking, our brain is taking it. Every piece of information from the rooms we're in for many sounds around. In fact, science has even shown it's even outside of the room we're in.

Our brain is so vast, and there's so much that we don't know about it. But what we do know is that if we can give it a certain stimulus to get neuroplasticity, you have to have a novel experience.

It has to be enjoyable, it has to be repeatable but changeable. So as we're doing those things, that's what we're doing with the sound and what the brain's doing, because remember, that primitive brain is always looking around its environment going, wow, am I safe here?

Is there a danger out there? Can I let my guard down? You know, and that's what happens to people. Like, if you and I were in the in the country club in the locker room, we might have a different vocabulary than we would if we were in the church, you know, because that's how our reticular activating system works, right?

And so if you're around the boys, you're going to talk one way, or if you're around your wife and the kids and whatever, it's going to be a different.

Well, we know now we can put a stimulus in and we have an algorithm we've been using since the 80s and modifying it. We we based it on Doctor Kaplan at the Moscow University.

He's the most research scientist right now in brainwave entrainment. And what he found was there's a certain time period between one stimulus and the next to get the brain to move.

It's not it's like a train. If the if you don't have more connected, you lose the caboose. And it doesn't matter if they're the VIPs in this, this car and you're you make your destination.

So we want it all to move together. So we call this, this brainwave entrainment.

Brainwave Entrainment and Sound Algorithms

We call it full spectrum brainwave training, because there's not one brainwave that's better than any other. They're all important. So what we need to do is we we built this category with the sound.

Now the binaural beats is what it's called in science, but it's also called hemi sync or hole tone. Somebody might you might know it by that. It's just their terms for it of course, we call ours the brain tap neuro algorithm because it's our it's like a music.

You know, if you have an orchestra, you can play an infinite number of songs from it, but it's still an orchestra, you know. So we're using this stimulus, what we did, because not everybody has perfect hearing. If you have perfect hearing, binaural beats work like a champ, your brain does it.

But what happened to me a few years ago, actually, now it's been over ten years. It seems like yesterday, but over ten years ago I blew out my eardrum on a flight on the airplane, and so I had to have surgery to repair a hole in my

eardrum because every time we went swimming, of course, that's not a that's not a nice thing.

So when I when it was done, I only had 30%. I had 30% less hearing in this year when I did the tracking with the minerals. Just a lung, just to see if it did anything.

I found, that I wasn't able to do it. It was it wasn't keeping up. So what I did was I then went out research something called isotropic tones. So what a nice Socratic tone is.

And this is something everyone on the summit can go and look up on YouTube, look up synchronizing metronomes. And what you'll find is there's there's one video I really love to show people.

It's 200 metronomes. They start them all at different times, and within three minutes they're all synchronized. You can also do this with grandfather clocks.

You know, they have the swinging thing. We live in a synchronized, synchronized universe, even though at times it doesn't seem that way. You know, there's always that outlier thing.

But at the very core of our nature, we have this. They actually sometimes call it the golden ratio or, you know, the fractal geometry that goes behind all of creation.

But this synchronizing universe, our brain does the same thing. And what we found out was in nature, there's these frequency responses that happen. So get us if you and I were in Miami, let's say we go down to the beach and we're sitting there talking and you go, man, I'm getting a little tired.

Well, and you might really feel good because what happens is you're there by the ocean. That's an iconic tone generator. It's generating waves and energy and ions and all of that in your body's responding to your nervous system, I should say, is responding to it.

Now your brain says, hey, I should be an alpha. I should create a C. The calling. I feel really good now when people say they love the ocean. That's because those are the neurochemicals that are created when you're around there. It's just the way it works.

And that's for survival. Again, most of our population, even still today, 90% of our population lives near water. You know, if you look at the population, United States, East coast, West Coast, and there's a lot of space in between, that's because we we naturally gravitate gravitate toward water.

Well, we can put that B frequency in there. So what we did is we we have our B frequency that's binaural. We layered that in with the isotonic tones. Then we layer it in with something called no j frequencies.

This is a doctor. No. Who did the ears analogy. So we're broadcasting it with light sound and we say vibration. But it's all coming through that one headset and it's all triggered by an app.

So the then user doesn't really need to know all that. But a lot of the doctors like to know there's some science behind it. And the nice thing is now we've because of the years we've been doing it in groups like like the Master Circle group we've been working with, we have clinics that can actually prove it out.

So when you have, you know, thousands of clinics doing it, we say, hey, that worked. That didn't work too well. Let's change that. Let's figure out what works.

Yes. And, again, I can say that we have hundreds of doctors who are using this technology to great advantage. In fact, how do you have a told us that the 20 minutes immediately following the adjustment is the time when the brain is most plastic.

So we've been recommending that doctors put their patients into the brain tap room immediately after the adjustment so that they utilize that post adjustment.

Neuroplasticity. Patrick, many people don't realize that you're also an expert at neuro linguistic programing and hypnosis, and anybody who's ever listened to any of your brain tap programs recognizes that there's an artistry and elegance to that.

Could you talk a little bit about how you choose the language and what you're actually trying to accomplish with your inductions? Yeah, sure. That's great.

Yeah. What we found was when we first invented the technology in the 80s, we didn't have words, although I did what I was trained in, I was actually just training with Richard Bandler, John Render, when they were still together, and they were bringing in teachers like Charles Faulkner into, you know, I was very fortunate.

I trained with probably 20 of the top presenters at that time and teachers, and what we found out was people got bored with just listening to the pink noise or the lights and know that.

And so one of them is, remember, it has to be novel. If you have something that's great, but nobody wants to do it, it's not any good. So we did this, I but I went through my practitioner's training.

It trained me. You know, I was going there obviously to help my, my clients. But what happened was I got changed by being a part of this experience of learning these techniques.

And so what I did is, and it's outlined in my book Discover the Language of the mind is I have 13 core techniques that I took out. Now, there's a lot more techniques than that.

That's why we have 1000 over 1000 sessions now. And they're all different. But the core techniques are very similar. So the first thing, Dennis, that we do, I tell people, I don't want to teach you what to think.

I want to teach your brain how to think. And that's a lost art in not with the doctors. But, you know, most doctors have been through challenges. They're entrepreneurs now.

They've got to be business, or they're being coached by somebody who's helping them to think things through. But the average person out there, you know, they're not thinking.

They're basically whatever the TV tells them to do, whatever their doctor tells them to do is good. If it's good, that's great. Whatever somebody else, they're being driven like the herd or some people call the sheeple, you know, they're they're basically being they're basically being heard it.

So we want to do is the first thing we do in psychology and we use only positive psychology, not negative psychology, because there is a branch of hypnosis let's say that does that.

We do more of guided imagery rather than and there are some techniques that that can be used that way. Some people listen to my thing said, oh, that's not an that's not hypnosis because my dad was a silver instructor.

Something called the silver method. I first learned through a meditation process. So I kind of came through the back door, which a lot of people do the other way, though, they'll go and learn the other.

So what we do with the words, we know what I said earlier in verse, Lipton confirmed with epigenetics is we can change when you combine these things. 2300 different epigenetic markers with words alone.

It's over a thousand. And there's a lot of studies that show that maybe we can get into one of those that are important. But what we do with the words, the first thing we need to do and all change personal change in transformation is we need to teach them how to disassociate from the identity of who they think they were, because people think they're their issue.

In the psychology stage, you can never be a behavior, but people get up every day in meetings all over the world. I'm an alcoholic. I'm a I'm overweight.

I'm I'm an addiction. I'm an addict. I'm no, you're none of those things. You are somebody experiencing those things, but you are not. You've been conditioned and those behaviors have been ingrained like a rate like like a track on a like one of these little joke tracks.

It has a little piece of the car can't get off the track. You just have. So we need to disrupt that pattern. That's where the neuron, the the neuroplasticity comes in.

So we start with that. We go then to we believe and I think you're you're in this camp to everyone already possesses all the resources they need. They just don't have access to them when they need them the most.

Which is because the main thing is stress, right?

Language, Hypnosis, and Behavior Change

So when you're when you have this overriding, stress that happens in your body, think of it as electrical interference. Your body can't send the right signals to your body and it shows up as pain, discomfort, anxiety, all negative emotions in some people.

Simplify it and say, we can say it's all down to your breath because we know if you're deep breathing, that's one part of it. If you teach somebody how to deep red, teach them how to think.

That's why meditation has been so profound for centuries. I mean, since recorded time. But now we need people. We call this a resource generator. So we need to teach them how to do that.

I'm not going to go through all of them because we'd be here all day, but I'll go through the next one. So the next step is, remember we have the disassociation technique.

We have the association technique. Now we need we call this mind linking. We need to link those two so that when a stimuli happens in the world their brain this powerful computer, we have this 100 billion neural processor says, you know what?

We have another option. We're not conditioned by our past any longer. We have this infinite field of possibility. Let's let's think about it differently.

I always tell people it's better to make a mistake in here than out here in the world. But so many people don't do that now. Every professional athlete, there's not an actor or actress that goes and does a movie or a live sitcom that doesn't rehearse, practice and do those things.

But people do this every day in their own life. That's why I think what, like when you're talking about the chiropractors, when the chiropractors done all this great work, got their neurology going, but then just sends them out to their car, they tweak it when they get back in their car.

They didn't give that. They didn't give that neurological conditioning that needs to happen. And I heard that Dr. Palmer used to have his people laugh for an hour afterwards, just now, today's busy schedule, that'd be like, no way.

I'm not going for an hour. I want to be. And so you have to kind of measure that. So that's why we have the neurologically based ones we did with with the master circle that are neurologically based chiropractic.

So there the doctors can just have them listen to something that's reinforcing the chiropractic lifestyle. And actually what's really happening because there's a there's a lot going on in that adjustment that we now know through science that you don't get to explain because it's over their head.

Why would they? They don't need to know. They just need to know. They they feel good and and it's working well. The beauty of this is that it is that transparent that you can deliver this service. The adjustment plus brain tap and

the person's brain, it responds magnificently.

Patrick, this is a very challenging time for our practitioners, for everybody, because of the craziness going on with coronavirus, etc. and this is a constant negative input, between TV, between the chatter, between friends, just the, pure fear and hysteria that people deal with.

What is the brain tab orientation? What can somebody use brain tap in order to be able to counteract some of the negative effects? The biggest thing that is to something called psycho immunology.

What this means is there's a science now. It's been around for a long time. In the 70s, it kind of came out, became coined. But your psychology affects your immune response.

So if you're fearful, anxious, all those things, you're not getting enough sleep. Those are things that are going to directly impact your nervous systems function, which again, is going to influence the immune system function.

So what we what we do is we tell people, start prepare your day in the morning, get up. Whether it's brain tap or whatever. You've got to do some breathing exercises.

Relax. Brain tap just makes it very easy. You get up and we call it digital coffee just as a joke because it's going to stimulate these brain waves that we know.

And Doctor Barnwell, who's one of our friends, we both know he talks about that brainwave and now we know it wasn't even aware of it ten years ago. But now, because of his help and what's happening in the chiropractic field, we know that smarter has to do with distributor system balance.

Resetting the vagus nerve, all those things that chiropractors love and gets them all giddy. We know that we can stimulate that and it works even better.

Of course, as we said, if you do the adjustment first or whatever the therapies are so we find in the morning, get kick starting. Also turn off the television.

You know, what we light is very important to us. But at night think about this. This a hundred years ago, the average person slept 12 hours a day. You know, that doesn't happen.

I mean, even when I try to do that, I don't do that. I'll still get maybe seven hours and then I'm up. But the the key thing is that in the 80s, it went to eight hours every.

So we need eight hours in, in the 90s it went to seven hours. The average person gets less than six hours sleep a night nap. So the biggest thing break up does is get you better sleep, more clarity, more energy, as we talked about.

And when you have that energy field, you know, when you're when you're there's a reason, you know, when you think about some people, why are doctors getting sick from this now?

Some have of course, if they if they're dealing with their true person who has it, it could be just the flu. But you know, who knows. But there but the reason is that they go into this attitude that they're immortal.

They're superheroes right now. They're telling us they were in capes, you know, all know this stuff. So it's, you know, the reality is that it's an attitude.

So the first thing is that you are over 50% viral anyway, so make friends with it. You know, we're a community of cells. We're not. There's there that happens every year.

You know that my biggest thing I tell people is, why are you so afraid? I mean, they talk about when Michael Jordan was in the playoffs and they were winning one of their world championships, he had the flu.

They didn't stop the game, didn't make everybody wear mask. It's just a flu, you know. And maybe it's I don't I don't think it's nearly what they thought it was going to be.

And of course it's a vicious flu. I mean if somebody gets it it's bad, you know. But if you have a good immune function and you don't have high blood sugar and you, you've taken care of yourself, what they're finding out is those people that took the the bank loans out on their body, you know, that that aren't really functioning.

They didn't they didn't put the money in. They didn't get their body ready to go. Now the bank loans are being due. They're being called, you know, and that's the what I tell people is you gotta fortify your system before you need it.

I live in North Carolina, so we know we're going to get a hurricane at some point. I have my generator down there. I my gasoline down here. I have my my water down there, I have my food down there.

And every year before hurricane season, I'm going to do that. Now, if I didn't have all that hurricane come, I go. I can't believe this. Jesus, I've got a hurricane came.

I don't have any power. I don't have any water. I, you know, it's like. What do you mean? These things happen every year. It's not like it's a big surprise.

It's not like the first time it happened.

Stress, Immunity, and Pandemic Resilience

And now we're just being hoodwinked into a lot of different things that I don't think are very efficient. But I do think if you have any of those conditions, you shouldn't be out there.

You know, that's that's true. Every winter, though, not just this one. You know, if you're if you're why would you want to go out? If you're contagious of anything, you know, you want to take care.

You want to self-quarantine. If that's the case. Indeed. It's quite clear that the people who are most seriously affected by, by Covid 19 are those who have comorbidities, diabetes, obesity, heart disease, respiratory problems, cancer, etc.

those people who make an effort to stay healthy or to get healthy, are less susceptible. Obviously this is points off the curve, but this is the reason why integrating chiropractic care and good nutrition and brain tap as a regular habit makes so much more sense than just trying to treat conditions with it.

So, Patrick, you have been a thought leader in brain science for, you know, three plus decades. What are some of the most miraculous things that you've seen, some of the most extraordinary changes you've seen in people using brain to.

Well, the the one that I like to tell people was when we were featured in people magazine. And since it was back in 22,006, where because weight loss is it's a mind game, really.

I mean, it's not what it's not really what you eat, but what's eating you. You know, we always say that, stress is more fattening than chocolate because we can prove that we now know stress causes the liver to produce sugar.

You can get diabetes and not eat any candy bars, but because your body produces more sugar, because the stress, your muscles need that to run and do things.

So I think within that field, and that's really where a lot of our doctors are using it to the they put in weight loss programs. They already know the nutrition.

We know that a lot of chiropractors have really sound nutrition, but they don't have the mental side of it. So that's really big. We've had people go through Payless surgeries.

One of the studies we did with a group in in Plano, Texas, which was incredible. Probably our our best research project ever was we took people that had botched surgeries and they did have chiropractors on staff, had medical doctors, dogs.

But what they they couldn't do anything. They couldn't give them pain medicine. Now pain only happens then. It's in the beta brain. That's our wide awake brain.

That's why they don't really know how this works in the hospital. When they put you up for a surgery, they have no idea. They just know that you're not there. Right?

And they got somebody there messing with the gas, you know, but they don't know really what's happening there. Because consciously, people still remember what happened doing the surgery.

They don't they, they, they're like puzzled how does this happen. So there's more. But what they did with these people that they, they had surgeries that were botched, whether it was their wrist or whatever, and no pain medicine would help them.

This was at, in Plano, Texas, at American Pain and Wellness, and we took 30 of their difficult cases, and we gave them brain taps. And their their job was to do three times a day for ten weeks.

During that time, we expand 50% of them within three weeks were pain free between their brain. Jeff Sessions, which means they're doing it within the ten week time period, 93% of them were pain free between their brain tap sessions.

The other seven were actually pain free during their sessions, but couldn't get it to last. And and the nice thing was, at the end of the study, we said, hey, if you want to buy the equipment, we sold it to them at wholesale every one of them bought the equipment, so that showed us they were getting some value on it, even if it's stress reduction.

The other study we did with the chiropractor, which is which is pretty incredible. It's just now being taken to a bigger study down in San Paolo, University down in Brazil.

We have five universities now that are partners with us in Brazil doing studies with us. And they took a study that Doctor Kelly Miller did in a he's and wrote a book called Saving Your Brain, which I recommend every chiropractor read because he puts together the package to help with dementia.

So what we did is we took five of his people that were there were already the medical community had already diagnosed them. You have dementia. They took the test, the Cambridge science test.

If you have dementia, then we measured their brains. There's something unique about the brain that most people don't know, but we now know now because we have the science to prove it.

When you start to get dementia, what we showed and it's been proven across the board now, is that your left hemisphere slows down before you're right.

So the synchronization we're talking about, dementia doesn't mean you don't remember. It means you can't reap present. Right. And in a way they say we represent things.

So we ask somebody to think of a fire truck. You have to represent that in your mind. Well, that that process can take up to nine places in the brain to light up to make that happen.

So if there's even a nanosecond between that information, that interruption can cause fear, frustration, anxiety, depression, all of those things because we're used to having it.

You know, there's something called the speed of thought, right? There's the speed of light, but the speed of thought is I'm I'm including I'm there by thought.

You know, I'm there. The speed of light takes 144,000 miles an hour, you know. So what we what we found was this. So we developed a program in Brain Tap called New Mind.

And that's after it's really the Kelly Miller protocol because he told us how quickly do we need to speed up the left brain house? How can we slow down the right brain?

Well, we thought it was in six weeks. We can measure neuroplasticity now. We can't. But somebody might be going, how can you do that? How can you get a neuron?

We can't do a neuron at a time. That would be we might in the future. That would be because they're still trying to map the brain. Right. But the reality is that we can take energy from the brain, we can measure voltage.

And there's a there's a saying voltage is life. So a lot of if your brain in a dementia brain, unfortunately because the information isn't there, the brain's always looking for ways to shortcut power down in, let's say the to try something 3 or 4 times and it doesn't work.

It's going to say those circuits are no good and then it just continues to slide. What we found was we measured their neuroplasticity before the study.

We measured it afterwards 64% on average neuro magical neuroplasticity. They went back to their doctors. Their doctors said, you know what, if we had to do the intervention today or do the diagnosis today, we would say you didn't have dementia, but since we've already diagnosed you, you know, we can't just take that away because six weeks you've been laying down, relaxing, doing this like something.

Clinical Results and Research Outcomes

But they said this is very promising. And they they contacted Doctor Miller. The testing, the scoring showed that they no longer scored on the dementia scale.

All of this in as little as six weeks. That's probably our most promising thing. The one that we did for, the study we did with 100 participants. When we go to shows, like when we actually going to shows like The Master Circle and that and we do a measurement, we took 100 of those one time and we, we put together a biological study of 100 pre and post one time sessions.

And what we found was that 27.3% neurological function across the board with people their age, with neurological age, because we all have a yeah, I love what Wayne Dyer said.

He said, never let an old person you have in your body. So we know that because those people that do in in India, they say you're only as young as your spine is flexible.

So it all plays into the chiropractic story, keeping those people to the brain active. So if you're if those things aren't working, you're going to age, you know, stress is going to cause you to age all of these things.

And we all know that the toxins around us, all these different things that happen, but we showed was that the brain can be regulated. So one of the most exciting things with what's going on, the Dan, the band who wrote the book Radiation Nation, they they found out that a on average in a community about 20 to 25% of that community has EMF exposure disorders, which means that this regulates the brain function and that then it just regulates the nervous system function.

Their first line of defense, which is super cool. And when they reissue their book, they're going to give us a chapter about brain tap because we can reregulate what we call frequency switching technology.

And by the way, the brain tech has zero EMF zero. We actually mitigated all electronic. So it's like a carbon footprint of zero, but we're talking about EMF here.

And so the brain, they use it now for people who are sensitive. Now not everybody's sensitive. Although when you read some news things out there, some people they're saying it is.

I don't think so. I think like my nervous system is like a brick. I mean, I like to get adjusted in here, the cracking the bones. But Cynthia, on the other hand, which, you know, my wife, she likes like the corn specific, you know, where I it's like spooky action at a distance.

But she gets really great results with me. Like, I feel anything. I, you know, I think it's because I played linebacker, you know? So you want to get that.

You are thinking, yeah, I want I want to hear the Pats. You know, in the rush. But everyone's a little bit different right. In what what's nice is now we have technology that says what what does this nervous system need.

How can we do that? How can. And then we see the results. And so I think the when we see it with, with people might be asking what is the results when you do a chiropractic adjustment and a brain dump adjustment.

We found that each one does really similar things. So it's not like if you have to have brain down, you know, for those doctors out there, I'm not saying that.

But what we found was there's a synergistic effect, especially after the adjustment where we can take that gain and we can amplify it. And we found that we get about a 70% kicker.

So let's say we get 23%. We were getting 40% neurological improvement on average when we did the chiropractic. And we put that in the book I wrote with with Bob, the Your Flourishing Brain book.

Yeah. In your practice, we put those statistics in there so people can understand that. Yes. One of the ways that our doctors are monitoring the positive benefits is by, analyzing, heart rate variability.

Could you comment a little bit on hrb? Yeah. Most people think we have one brain, right? We have this brain and it's pretty powerful. But the reality is it's not even in control.

What's in controls the brain. We have right here in our heart. We have 40,000 neutrino cells in our heart, in heart math, which I know you've worked a lot with as well.

They've done a masterful job explaining it, but we wanted to do is this heart communicates twice as much to the brain as the brain does to the heart. So if your heart's not in it, your body's not going to be in it, right?

So what we found was we loved that. But heart math is good as it is in great science, great videos. But when you show that to a patient, it's like they didn't do it.

So what we did is we went out to a group in Russia that has the patents on HIV and we said, hey, we want to have a test using GSR, which is called GFP galvanic in response.

For those who don't know, we can run a low level current through the body and we're measuring resistance. So resistance, if you don't have resistance then your body's working properly. You know.

But you have resistance like when you get stressed or you're not breathing those things cause resisting the body, we can measure it through the heart.

So your your heart in the communication when you're under stress, your heart feels it right. We can we can make our heart beat faster just by watching a scary movie.

We're not doing anything but sitting in a chair, you know, or being bombarded by news media. You know, when someone says, what should you do about Covid?

It's a turn off the news. That's the best thing because it's not good for you. I mean, you want to know what's going out out there, obviously, but find a way that doesn't impact your nervous system so much and never watch it in the evening because you don't want to take that with you into sleep.

You want you want to have these. You want to have something inspirational, positive. Get your get your brain thinking of possibilities and healing while you sleep.

But the heart is. It's so important that what we found was with this test, and this was almost by accident, because we had another gentleman when I first found out about it in Mexico, it was one of those things where he had a booth beside me and he had a different machine.

It was a lot more expensive. It was $10,000 a machine. But he was using Hrb and people were going with light therapy pads and lasers and going over, getting tested.

So I said, hey, would you mind if I send one of my people over there? He said, no, no, let's do it. So we said, what? First a staff person, because they had it didn't turn out, I'm not going to use this thing.

So I put one of our staff people over there. They did the HIV. They came back. They went back and he goes, wow, that's the best I've ever seen with the therapy in HIV.

And I said, really? So we started doing that and we formed a partnership and I got one of these machines. And then of course, people are like to pay $10,000.

So we have a big group of doctors. So I was able to buy them in bulk and we lowered that price down. So we have a really good, good price on those now through through your program and things like that.

But in the, in the program, what we found was it also because it's going to be different every day, of course, depending upon your sleep and eating patterns, what's going on your life.

But we can show over time. So it's really cool. It's got an eight page report that shows everything from energy centers of the body to meridians to, what's going on with the parasympathetic sympathetic and the neuro hormonal, which a lot of people don't know about.

They think parasympathetic and sympathetic, but your backup system is your neuro hormonal. And that's why everybody's got this adrenal burnout, because they're using the chemical system to control the system, which is like, that's your backup generator.

If you use your backup generator all the time, then when you really need it, you don't have any gas for it because it's been being used all the time. It's much better.

That's why the adjustment is so powerful too, is because we're regulating through the electrical system, which is infinite. We can basically energy. And I tell people, what do you mean by that?

I said, have you ever we're really so hungry and I'm so tired and you didn't. And then you go eat something and like five minutes later you have all this energy that's not real energy.

It didn't come from the food you ate. It came from the psychological benefit of knowing, hey, I've been fed in that that alarm bell that was going off that said, hey, we're in starvation mode, just went off.

You know, the hypothalamus was was sending out this bell, but it was a little, you know, and and so when you turn those things off, we get this almost Pavlovian kind of response.

It says, okay, all I need is do is eat something. And that can be good and bad, right? Because today it's bad because 93% of America wants to lose weight.

And, you know, I don't know if you can tell, but during Covid I've lost 30 pounds already. And and that's because I'm not traveling and I there's no excuses anymore.

I don't I can't tell Cynthia. Oh, I had to eat that steak and a couple of glasses of wine, you know. But you know, the those are nothing. You know, I tell people like yourself and saying, let's go to this great steakhouse because I'm visiting with you or this great restaurant.

I know this place down the road, you know, when you're when you're when you have all these doctors and every city you go to, they all want to show you their best place and show you the best foods.

And I'm going to learn to say no a little bit better than is. But that's, that's, you know, it's easy to do, right if you're traveling and and you get it's easy to make excuses.

But the reality is that when you make a commitment and you do the things like you're saying, we have a we of course we live in a small town, but we've made friends with our local chiropractor.

I mean, we have them over and go to his place, but we get adjusted by him once a week because we know that that's a crucial part of the solution. And, I mean, you just have to go back in time.

I'm sure most of the doctors know, back in 1917, when the chiropractors were called upon to help with the last big pandemic that was actually going on.

So we get this immune system functioning.

Heart Rate Variability and Practice Integration

We we stay healthy. Indeed. Well, Patrick, I have one more question for you. But before I ask it, you may say that. Oh, well, you don't have to have brain tap.

I think everybody should have brain dead. And, you know, I feel that way because I've been telling people about this for a decade. And I do believe it's a vital part of everybody's practice.

You can find out more about it by contacting us, Master circle. Or if you want to give you a contact information, that's perfectly fine. Right? I think best if they go through Master Circle, but if they want to try a free link here, they can go to Brain Tap Dot Pro.

But Bob Bob's our go to person. You are you and Bob and your coaching program. You've put together some really good programs for us together. Even chiropractors are going through and finding great results.

Because you have the you have the experience, you know, just like just like doing what we're doing right now. You've got to tap into expertise. And I'm a big one for mentoring.

I use the master circle myself. And somebody is wondering, so my coach is a master circle coach. So we believe in that. And so, and and you've been helping us because when I first got involved, when I sold my other business and got into working with chiropractors through Carl Parker when he was still alive, and then when we started doing the Master Circle events, you and Bob started helped me to figure out how to do this with chiropractors because I was doing freestanding locations, you know, and it's much easier to work with clinics that already have, the brick and mortar and already have the clients.

So that's what we're doing. And it it's also can generate not only generate great results, but you can you can earn a little bit of income and become, you know, you can offer things that you weren't thinking about offering before with your I always tell people you have this doctor degree.

It's not just to hang on the wall, and it's not just to adjust people. You have expertise in other areas. You don't have to do it. A lot of people, and I think that's what Master Circle does better than A is show them that you can leverage

your professionalism and your, basically your cash with your with your clients by saying, this is what I recommend, this is what I do.

And what we do know is that the doctors love doing brain taps, so why wouldn't they share it with their patients? So I couldn't agree more. I couldn't agree more.

And thank you for the kind words. Patrick. My last question for you. You have been involved in brain science as I said, for 35 years, and you've also been involved with chiropractors for many years.

What do you see coming down the pike? What do you think the future is for chiropractors in practice? Not only through the brain tap lens, right through the lens of natural healing.

Yeah. Well, I think first of all, we're we're realizing it's an emerging truth that chiropractors are neurological physicians. Yeah. So they're not just back crackers, you know, or pain doctors as they've been.

And it's it's been more and more evidence. So I think what's going to happen and people are showing this like Doctor Barwell and what you're doing at Master Circle and this brain based kind of practice.

I think that that's the field that most people don't know about, because what we see happen with the adjustment, that's magical and it happens so quickly.

We can't do that that quickly with brain cap, you know, it's it's a slower process. So I think what's going to happen is as we as we keep researching, documenting this, there's this preponderance of evidence as we see in the courtroom that they can argue with it anymore if it's not just that it works like it used to be, it just works.

Just go do it. It works in in. The nice thing is, with most chiropractic adjustments, you don't even have to do it right. The body knows how to do it right if you get the body into the right place.

Or what I'm saying by right is one chiropractor says I do it this way. This is the only way I do it this way. This year, what we're finding is that's really almost irrelevant.

It's the intention of the practitioner and then getting that person in the right state and letting you need intelligence. And I think even though ten years ago, even 20 years ago, that was spooky to everybody.

And of course, 100 years ago it was really spooky. Right. So but now science is proving it's not spooky. This is what's happening. The brains being based.

And once the brain is being reorganized, if it's done over time, that new organization produces a tangible, visceral response that that it's supposed to stress, which I don't think that's going away anytime soon.

So this is something that basically people need. It's not a it's not a want to have. It's a must have. You know, it's not like, oh, I think I might do it and I'll, I'll, I usually tell people if they don't know what they think I've done, gone to a chiropractor before even doing brain damage.

So just do it for a while, start doing it, go back and see how you feel. Because once you start feeling good, you start getting cocky. You know that I feel I could do this on my own.

I could just exercise you. I know there's something to it. You know there's more to it than just somebody laying their hands on you or doing an a manipulation or an adjustment there.

Future of Chiropractic and Closing Remarks

There's something more to it. And I know that people like Heidi Harvick and Doctor Barwell and others and, and ourselves, we're we're proving that out.

That and I think chiropractors are going to take their they're going to step up in and really come out of the shadows. They don't have to hide anymore. They're getting great results.

People are going to they're what I'm seeing with doctors who we're working with is they're becoming the primary care physician because people want wellness care now.

They don't want sickness care. You know, we have a really good sickness care system. I mean, if you get a broken leg, right, go get it done if you need a surgery because it's life threatening, great.

But what nobody was looking at until today, because our health care system is going to go in the toilet, it's already going bankrupt. Is that if we stay?

Well, that's the best insurance policy. And chiropractors are right there front and center. And I'm I'm very pleased to say that, like when I go to places like India that has very few chiropractors, we have it now in five universities.

When I went there, because we have we have relationships with Ames, which is the All Indian Institute, medical Sciences gyms, the Government center, medical science in Nima, which is the world's largest psychological hospital.

Each one of them. Now, I've got them engaged with the chiropractor because they've asked me, how would you work with this man? I said, well, I would use a chiropractor. What's chiropractic?

This is a big country of a billion people there. You know, in chiropractic it's not even there. Brazil to with, with the help of our science officer, Doctor Francisco Central, we they usually do it through physical therapy.

Now we're talking to the chiropractor. We're talking about bringing chiropractic into those colleges where they're teaching physical therapy. They're already going through the schooling in the classes.

They just don't know the techniques that are. It's like America's kept all these secrets in Canada, of course, but we're going to spread this around the world because I think it's going to be a global phenomenon.

People don't even realize there's not enough chiropractors. There's over 200,000, family practitioners of medicine. There's only about 45,000 chiropractors in America practicing.

That's not enough, you know? So we need to spread the word and get people trained and move them up to the position they really need to be. It's not a question if they're a doctor anymore, like people were doing.

The question is, wow, how much can they really do with this adjustment? And they're proving it out in science. And that's what's the nice thing. Well, Patrick, thank you so much for this incredibly generous and abundant presentation.

I know that our viewers got a tremendous amount out of it, and, I also want to personally thank you. You've been an incredible friend to chiropractic, incredible friends of the master circle for all these years.

And, everybody viewing, please check out brain Tab if you're not already using it. It will revolutionize your practice. It will change your results for the better, but most important, it will contribute to the vibrational greater good that we all need right now.

Doctor Patrick Porter, thanks for being on the practice upgrades. We really appreciate you. Well, thanks for having me. It's always great to support what you're doing. A master circle.