Dive Into The GyroKinetic Expansion System Transcript

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Introduction to Alex Kerten

I'm Dr. Ken. Sharlin, welcome again to the Parkinson's Solutions Summit. I have a very special guest today all the way from the other side of the globe, the state of Israel.

Alex Kerten, the author of the Amazon book entitled Goodbye Parkinson's Hello Life. He is the developer of the Gyro Tonics, which are Kinetics my my apologies, the Gyro- Kinetics method, which we will be learning about.

Alex Kerten Welcome to the Parkinson's Solutions Summit. Thank you so much. Thank you for inviting me. Alex, tell us a little bit about how you became passionate about Parkinson's disease, your background, and ultimately wrote your book and developed the GyroKinetics method.

What It all started many, many years ago. Today, I am in the age of 70%, meaning 78. And before, when I finished our military service, so I had to center in Israel, where we taught special units.

From Martial Arts to Parkinson's Work

And it was a kind of a dojo because I traveled to Japan and I traveled all around different countries to work and learn martial arts and I got seven different degrees.

And then a black belt in martial arts, which are very high degrees. And I had my center where I thought martial arts, arts of movement and the effects of music upon our nervous system with time that came, people that did not have solutions in their in their problems, in their neurologic problems.

They came with multiple sclerosis. Parkinson and concentration problems, expression problems. And they had something in common sphere worry and stress.

So when I began to work, I worked through the arts of movement and I saw that there's something that I understood and they didn't understand. But because I didn't understand Parkinson's. Yes.

And the doctor said that there's a problem in the dopamine within the basal ganglia, etc., etc., with a sense. So I thought it was a problem that you can solve with medication.

But these people and I'm telling it on purpose, these people continue to come to me and they said, You know something? But I see that we do not have the contact with the doctors.

They say something else and you say something else. Well, I decided that I'm going to start to investigate what is actually Parkinson's. I worked in a hospital for about three years.

I investigated as much as possible upon the disease and I came to a conclusion that Parkinson's actually is a chronic disease. Hmm. And if it's a chronic disease, it is a disease that is being programed into one's nervous system as a behavior pattern.

So it's if it's a behavior pattern and the brain, I'm coming now to the present and then I'll go back to the past. The brain has neuroplasticity and science codes.

It's a placebo effect, and the brain can do so many things that can bring you to the moon. The brain can do anything that the human brain has 125 billion synopses in it, etc., etc..

So I said that in this stage I think that's the real problem is not the mean because the medication did not solve and does not solve the problem. It gives even side effects.

Mm hmm. So why don't we enter into the neuro programing within the brain and through the body Mind. Body, mind the direction or mind body direction and see what happens if a person changes his words and sentences because a word and a sentence actually is also a neutral pathway. Hmm.

So now we go back. So I said, if I can change the behavior patterns and I will not let the programing take over by understanding and I called it to make your staff meeting.

I stopped meeting. I meant that the person with Parkinson enters into himself, speaks with himself, speaks with different body systems, and tries to make a situation of synergy that the different systems work together.

And I began to have more and more and more people coming to. People came from all over the world. And I saw that I'm working more and more with Parkinson's.

Reprogramming Behavior and Neuroplasticity

I decided to leave the other neuropathic problems like multiple sclerosis and then I worked with them all and I said, okay, we're going to reprogram ourselves.

How do we reprogram ourselves? First of all, we have to be aware what's happening, and when do I really enter that erroneous zone? The beginning, the name, the Parkinson's.

The name. Hmm. So if I enter the Parkinson Lane, I will behave. Parkinson But what happens if I thank you and you played basketball or you're playing ping pong, you don't have to leave time to enter the park and suddenly you enter an automatic behavior pattern that has another name, and all of a sudden you don't have Parkinson's.

Right. All right. It was something very interesting. I was in New Jersey and they opened the center there with doctors and and therapists, etc.. And I showed them that through behavior patterns, the people even being in a wheelchair can get up.

If I change their lane and they enter into that lane, something happens to their body. And it worked. Works. So we began to make a boxing center and dancing center and they put all the things together.

And now I'm coming to the present about two years ago, they called me up again from New Jersey in the States, and they said, Alex, what is the secret that these people are doing their work?

Well, when they box, when they do arts of movement, when they dance, when they play tennis, where they play ping pong, but why don't they get rid of Parkinson's?

Why do your clients succeed? And they do the same thing in the stage and they don't succeed. Hmm. I said one secret because you don't program it. Meaning?

When I work with my clients and let's say we box or we do different movements, which I'm going to show or conduct, that's why I want to do music. Once you can do it, close your eyes.

Like in Go to observe, Feel what's happening. Feel your heartbeat, feel your breathing, feel your brainwaves. Feel your expression. And if you say that's the right thing, say yes.

Singing Save it any time you feel that something wrong is happening, say delete, delete and save it. That's what I do. I teach them to program themselves when they do something that is anti Parkinson.

Okay. Now comes the question. Maybe it's a philosophic question, but for me it's not a philosophic question. I asked What is life? I get nonstop answers.

I see life insurance. Life is movement. Life is rhythm. Life is expression. And life is energy. That's life. Hmm. So you're aware to the movement and the rhythm within your movement and you know how to express yourself at the

same time.

And you feel the energy that is brought about by the way you express yourself and you are aware of the words you use under a certain lane that you are building and you new interactions within the synapses.

And actually, we call that neuroplasticity. Yeah. So this is the difference between what you need to do. Now, I mean, Portugal and what they did, let's say in New Jersey or in Copenhagen or in England, they did not continue to program themselves after they do the correct thing.

Well, Parkinson people do. They are addicted to worry, to being fear and to being stressed. It's an addiction. It's a familiar zone. Hmm. So what happens instead of saying I got it, I can change.

They change, and then they go back home. Back home is. You see, that's what's happening to me. Yeah, right. If you are addicted to a big amount of medication, the medication that side effects, and because you're addicted, you blame the medication you say all the time.

You see, I need the medication. You take more medication, but it doesn't solve your problem. So what I'm doing now, yesterday also with the big group, I'm teaching them to enter the brain to speak with themselves internally and feel the different body systems and to know how to bring about the synergy within the system.

Because a synergy is always stronger than one by one. Right. So I have more control. So actually, we begin again when I say movement, this is movement, but it's not rhythmic.

This is part is a movement, a rhythmic movement. But if I learn to speak rhythmically and I move rhythmically, I build new neural pathways until I say, okay, now saving.

David June If I express myself. So let's see what is expressing myself. I'll take a couple of seconds. Get a better. Guys, are going to clear up and put on a happy face.

Or brush off those clouds and cheer. Up. You got it. Put on a happy face and take off that gloomy mask casually. Now. It's not your style. It's not your style.

You look so good that you're glad you. Decided to smile. Don't get out of bed and out of the game. Stick out that noble chin. You know how to tell him.

Why, boss, that's full of doubt. Look, now, this is expressing yourself. Let us say I don't want to express myself. I want to be the conductor. Okay, So this same.

I'll continue with the same song. Slapped on a happy. Grin and spread sunshine. All over the place to put on a happy face. Take it to put on a happy face.

Just put on a happy face. Okay I can also do it dancing. I've never done it. I'm done. I'm gonna hide. Yes, yes, yes, yes. No. But I know I've made. Skies are going.

To clear up Put on a happy face or. A show the clouds and cheer up Cheer up Put on me. I built conducting, acting, expressing and dancing. But this is actually physiology behavior.

Yeah, because I'm using different neural pathways. So what happens now? Goes a secret. People as Parkinson's first in meanings start like this when they will.

You like this? Yeah. So I say lift your head. So at least the head run. If you want to lift your head, then your body's move. Then your hands are what your rights are down, your feet are together, and you watch like this.

So I had to build a different thing. It's called a triangle from a foot to sort problem to flirt with your buttocks.

Movement, Rhythm, and Expressive Exercises

What do you see above your head? A straight. When you move from side to side, you don't follow. So we built a new way of walking, a new way of programing myself.

And this is the way you must walk with a triangle. I'm marking it down the triangle, sure, but buttocks. So what happens? People begin to walk foot for the buttocks start falling. Hmm.

Now I have a professor in mathematics. She used to fall every three or 4 minutes. Today she's ice skating with our daughter in law. Granddaughter now, daughter in little story.

Granddaughter. She's walking. She's doing. So they asked me, how come How does a person like her do it? And we continue, I say, because you continued to first thing they think Parkinson's.

It's very clear. You close your feet, you walk for them to foot, you move forward your buttocks, go back, your headphones forward, and you start to run in the order not to fall.

Right. If you're aware of that and you build that program, walking so wonderfully, keeping your buttocks and your head high and you continue to practice, and then you say, that's what I won't close your eyes and say, Yes, yes, that's it.

That's it. You see, I'm talking now with myself. And if that voice within the mind continue saying, yes, but. But what will happen is. Yes, but the doctor said it's the voice you have in you.

You have to control it. You have to confront it and say like in lie, as if you're talking with another person. I know that you were brainwashed. I know that when you met the neurologist, he said it's a progressive disease and it will always progress.

You'll get medication, but you'll have to take more medication. But I didn't move to you. It doesn't have to be that way. Right? Right. And that's the work we do. Wow.

So much there. So much there. We have to be back in the driver's seat. Who's in control? The disease or the person with the disease. Right. Remember that you have this big for brain, your conscious awareness brain and those movements that Alex is showing us said we all recognizes the Parkinson's gait, the Parkinson's movement, the Parkinson's facial expression or the Parkinson's speech.

They are all just saved into a hard drive. But you can erase your hard drive. You can reprogram your hard drive. And you have to remember, as he says, to save it to the hard drive, right.

So that the movements become automatic once again. But there are the movements that you want to have. So tell me about the title. Yes, sir. You have to be aware and you have to be conscious because when you build an automatic behavior pattern, you're unconscious and it becomes automatic.

It's like feeling guilty conscience. It's like feeling inferiority complex. It's like losing your confidence. When you're a conscience, you can speak directly to your body and you say, I feel that I'm going back 20, 30 years when I was a kid and that's the way my parents behaved with me, or that's the traumatic situation I got.

But it's 20, 30 years ago. I know that Parkinson's progressed during these years. It's not. Parkinson came one day. It's the stress and it's the fear that continued for for so many years that it programed itself as Parkinson.

Parkinson cannot live without fear and stress. Parkinson has a language. What will happen? What will happen is what if I won't be able to and you become addicted?

Yes, but what will happen is people see what happened before. But when you are aware and your conscience, you see that you continue to progress the Parkinson's.

Once you're aware, you can change it. And once you change it, program it. But it's not easy because it's much easier to take the tablets and say, okay, to do the work now I don't feel good.

I take it another time. It's wrong. It's a message. If your foot is telling you unstuck and your hand doesn't move, it's an information. It's not saying, you see, I can't move.

You see my hand, I can't. You see my foot. I can't. I know an information me If I start like this and I walk like that. I was in Parkinson way. No way.

If I walk, I'm not to move internally. It's a different way of walking. It's not walk like this. It's more like that. I'm tell you, Reprogram yourself.

Now, let's see what happens. I let go of my shoulder, my elbow and my hand. Now, in a more drastic duration, we call it shaking it out. And this is the hardest exercise.

Shaking out is when you stand on your feet and you start to shake and you shake out, Look at my hands, a snap, I see nothing. You see a shaking my mouth, snapping.

I put music and then I shake it out. Slapping. Hmm. And then I shake it out, as I call it, a stick. A stick. So now I will try to show you something different.

You'll get the AMA call for siesta time for siesta, time for siesta. That's the better. The perfect time for loving you. That's it. You know what I'm saying?

God frees us. That's what leads nothing. I dreamt up something wrong.

Walking Patterns and Anti-Fall Training

Just like I'm never going. I knew the song Young. You got it? Yeah. I love. It. Everybody that you love, it's. Which, I'm sorry. Because I changed everything.

So it's a whole sentence here. I'm sorry. Well, we're enjoying this so much. I love the title of your book because it summarizes so much of what you're saying.

Hello, Life. Right? Goodbye, Parkinson's. Hello, Life. Tell me what that means to you. In order to say hello, you must learn to say goodbye. If you want to become an adult, you have to say goodbye to being under the control of your parents, your mother, your father, your teacher.

You say goodbye. I'm who I am. I'm in charge. Hello. When you say hello, Life, it's Hello Movement. Hello, Rhythm. Hello. Understanding the rhythm of your digestive system.

Understanding the rhythm of your heartbeat. My clients, they know to regulate their heartbeat. They know to find you. They're breathing. It's not breathing when you're choking.

And it brings your brainwaves to higher, better stage where you're becoming a fighter flight syndrome. It's understanding using your diaphragm. In Parkinson's, the diaphragm is stopped and it has an effect on your shoulders.

Muscles. So what happens when your cells muscles are stuck? You begin to bend or you have scoliosis. But no one relates to the sorts of muscles that relate to Parkinson's.

They give medication. It's your arm. Once you're done with a standard, you say, Well, I get it, I get it. Yeah, open up. So I'm aware to the movement and rhythm within my muscles now and rhythm.

It can be a rhythm of danger. It can be a rhythm of confidence. It can be the rhythm of my heartbeats. So you have

to know the meaning of movement and rhythm.

Now you express yourself according to the sentences and to the place you're in. So if I say, Do you understand what I'm telling you? Yes, I will. You fight?

Yes, I'll do my best. No way. You won't succeed. You understand what I'm telling you? Yes. And will you take responsibility and fight it through? Yes, I understand it Today.

You will win like this. You will not win because this is the Parkinson's way. Once you get out of it. Meaning you express yourself. Hmm. When you feel the energy you got the energy of the winner.

You've got the energy of a loser, meaning you've got a dynamic energy and repressed energy. So if your energy is dynamic, you gain control. So if you say goodbye to Parkinson's, you have to say goodbye to all these moments when I'm sure I shook my shoulders.

Parkinson's people can do it. My people, my clients learn to do it. And once they do it, they have less tremors. No, you have tremors. Control the tremors.

You bring about the tremors by speaking. Don't keep tremor. So what happens? You're changing your program and this becomes a placebo effect. Meaning you don't understand how the brain does it, but it does it does it.

So by saying goodbye and knowing to what you say, goodbye. Uncontrolled movement to my heart, the diaphragm is stuck. I say hello, Hello, Hello to a new Steinway.

Hello to feeling my heartbeat. Hello, feeling my chest. Hello to being aware to how I express myself Hello to those energy ones. So I have to say goodbye to something in order to get out of that erroneous zone and to build a new familiar zone of well-being.

So much, then the Parkinson's disease suggests that it's really a chronic psychological disease, is what you're saying. I believe that 70% it's a psychological chronic disease, 30% is the medication because we have so many.

I think once I remember I was told that the brain is equivalent to about 2.5 million gigabytes of. I don't understand that. Hmm. I remember two and a half million gigabytes, meaning if I lost cells in a certain place, I, I have enough cells that are unused and true.

If I programed myself and I say yes, I can't, then I cannot.

Goodbye Parkinson's, Hello Life

But if I say I can make a bypass, like in a stroke, I work with people who have strange over the after a couple of months they spoke rhythmically. They were able to concentrate and speak.

Meaning if you are rhythmic and you express yourself and you're aware to which words you use in order to bring to that. So nature does its. Nature fixes it.

Are you familiar with a type of physical therapy called constraint induced movement. And not the word you said, but most probably if I see it, I will understand it.

I mean, it's essentially what you're saying. If you have a stroke, let's say, and you are paralyzed, your arm is paralyzed from the stroke, historically or traditionally, the old way would be okay, we're going to send you to rehabilitation therapy and we're going to work with your good side so that your a good side can compensate for the side that's not working.

We're going to teach you how to do everything with your good side Constraint induced therapy says, no, no, no, no, we're going to actually constrain the good side.

We're going to put a glove on. We're going to put you in like almost like a straight jacket. And now we're going to present you with a pitcher of water and we're going to ask you to pour that water into a glass with your weak arm.

And you're going to say, no way, no way. I'm going to spill the water all over the table right. And of course, there is a lot of spilling initially, but that's okay.

We encourage we say it's okay, We have a mop, we have a towel, don't worry about it. But we do it again. We do it again and we do it again and we hit save.

Right. And after a period of time, this is neuroplasticity. That bad arm can learn to pour the water again. I would tell you, hope you're 100% sure and right.

And it reminds me of the time when I told you before, after the Army having my studio, I had this guy who entered the minefield and lost his leg and he came to me with an artificial and I was touching his good leg and I said, Whoa, It's unbelievable how science does today that it's artificial.

It looks like a good leg. So he told me, What are you talking about? That's my right leg. The other one is not artificial. I said, Oh, I'm sorry I made that mistake.

The other one is a phantom leg. Hmm. What do you mean, phantom? Like I said, it still exists in your brain. Even your toes exist. And you have pain in that leg that you don't even have it. Yes.

And we began to work together. And in judo, he became fantastic doing judo without having that phantom effect. No, what you said, I would like to say how I do it, the shaking out.

I put them together and I started to tell them to start treating each other as if they are in a percussion meaning to go to jump. But after that, to do a little bump on them.

It's as if I'm playing percussion. But instead of playing percussion like a punching bag, you punch each other. So what happens when the guy is here, here, here, here, and the other guy gets all of a sudden he gets angry and without realizing he starts to hit as well.

And when he does stage, he starts to hit and he becomes it begins to laugh. He said, Oh, look, I'm doing it. And the guy starts to take to block it. And so what do we do?

We do call that improvization through touching the boxing, not the boxing on the boxing back, which is like this, but really working on each other. Here, here, here, here.

We in here, and I call it a massage because they hate each other. They say, Oh, he hurt us. But when I say massage, they say, Wow. And stimulates. I feel good. Right?

Meaning that the brain decides that the time limits here. And I'm working well here and I had the opportunity. All of a sudden he does it. And when he does it, the more he does it and then you shake it out, this speed, the speed of the outcome is so fast that in a very short time the body starts to work like this.

This comes from martial arts. This comes from the from the past experiences I have till today. I'm still teaching martial arts because this is my philosophy, but this is what I do with my clients as well.

Yes, through contact Improvization. And you see they can do it all the time. Yes, you said, but it's limited. I can, I can I can do this.

Constraint-Induced Therapy and Phantom Limb Example

No, this they can say can I say one thing for your body study. You cannot. So do it. And then they start. Oh he doesn't go. It doesn't go until all of a sudden it goes, I want to do this.

They can do this. They can do better. How does it happen? It is programed through my back and it's truth. Well, Alex Kerten. You're a founder of the GyroKinetics Method.

And do you work with people all around the world? How do people reach you? Tell me about their program. And first of all, I look for the name GyroKinetics because the word homeostatic kinetics didn't work.

So I said, what is a synonym to homeostasis? And then I say, it's a gyroscope. So I say that gyroscope, kinetic gyroscope. It doesn't go cycle the GyroKinetics, meaning balancing your movement rhythmically, movement wise expression and energetic.

And so I called it GyroKinetics. How do people come to me? Well, today I guess they come to me because they simply come to me from all over the world.

This guy does that guy, this guy does that guy. And I start giving and group sessions. I work one on one or I have classes that are called people with Parkinson helping people with Parkinson's, meaning we have a group of 14 people.

I teach them what to do and they help each other. And it has become a little community that they help each other know when they help each other and they meet other people with Parkinson's, those people with Parkinson's, and ask them how you do it.

So they start to show them and they say, Well, who teaches you then? I guess they say, Alex, start and say they get in touch with me. And that's what Daniela does because I don't know how to program and how to put all this listing, but that's what she does.

They are in charge in touch with her. They get in touch with her and then I build the program and we do it through Zoom today. Okay. Through Zoom. So do you have a website or how do they actually get in touch with you?

We have a website and they get they get through the website and it's I guess, you know, it's the Parkinson office, Parkinson website. I think you've got it.

We will give everyone that URL and make sure they know how to reach out to you. Do you also have like a video library or other things that people can watch.

In the website? They can watch, they can see things and lately and we made a new video showing with the clients how they work. But within the website you have all the information, okay, it is office@parkinson-gk.com You see I'm infantile in that.

Let me work on your neural. I know exactly what you do. You tell me something. Danielle handles it, so I think it's better if you knew Mark and you have it.

I'm sure you have it. Well, I am going to see if in this last moment I can even possibly share the screen. The gyro Kinetic method. Hopefully correct here.

GyroKinetics Method and How to Connect

I think what you have is a strudel. You know, what is Strudel. Strudel. Okay. strudel Parkinson It's office @ Parkinson- GK dot com. (office@parkinson-gk.com) Here we go, Here we go.

And they can leave it. You also have a website that is just your name AlexKerten.com, Correct? Maybe. Yeah. Look. Well, look, I've got a widget. That I want to share.

This with the folks too. So because this is very what you're sharing is so important here. So I'm going to show folks this and here we go. Alex Kerten That has the exact spelling, the telephone number.

We have an email address and this has just been a wonderful full of energy and movement interview. So I think as we wrap things up, I'm going to leave this screen on so folks can write down the information, write down the URL, share it with their friends and connect with you and learn this very important approach.

Alex Kerten Thank you so much from my heart. We really appreciate everything that you're doing. I look forward to maybe reconnecting with you soon and the future, and I think.

I add something. Of course. Ken, something I saw about you that is very special because doctors have a tendency to be very classic. They go that way. But your openness, your ability to jazz, about to improvise, to see things different is very, very, very important.

Very important. It's so important that the client can speak with you and you see where he is and know that the client comes and you look at the computer and you tell him to take medication and Iris, take that a lot.

I got to know you very shortly, but I see a very open minded person, so I use the opportunity of being 78 years old and using saying, I want to tell you Thank you.

Thank you so much, folks. Check out Alex Kerten, founder of Gyro Kinetics, author and speaker. This is a wonderful opportunity packed with information and opportunity needs to take action and change your thoughts.

Once again, this is the Parkinson's Solutions summit. We're going to say goodbye for now, but stay tuned for more wonderful interviews to come. Bye bye now.

I thank you. All the best.