Energy First: Dr. Sean Drake on PEMF, Light Therapy & Nervous-System Driven Performance Transcript

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Introduction and Guest Background

Some people get intimidated saying I'm not an athlete. If you have a body, you're an athletes. You are training for the best life possible. All we are is energy, sound, vibration, and light.

you better have detox plan because your body's breaking muscle. So why not include more things that raise your vibration? Hello and welcome to another episode of Root to Rise, I'm your host Dr.

Emily Spickle and today's guest is going to be awesome. I've been trying to lock down this guy for a long time but he is traveling, non-stop educating and spreading the word of the power of healing and using certain technology and modalities to help your body heal itself.

Now before we bring him on I will share his bio real quick. Today, I am joined by Dr. Sean Drake, who is a chiropractor, performance innovator and educator whose work lives at the intersection of technology, physiology and human potential.

Dr Sean blends PEMF, which we're going to go into, photobiomodulation, breathwork, movement and nervous system regulation to help people heal, recover and perform at their highest level.

And in today's episode, we are going to dive into what's possible when you combine ancient practices with modern technology and how Dr. Sean builds personalized healing stacks and why our nervous system is the true gateway to resilience.

Whether we're training, traveling, or navigating the demands of everyday life, We hold the power to heal ourselves. Thanks so much for joining me, Dr Sean.

Oh, it's an honor. Honestly, I'm so impressed with everything you've done, everything continue to do. And just the people I see you reaching out to and touching.

So it is an honour to be on here. It's ironic that we live in the same city. They finally get on a podcast together to see each other. I am honoured to Of course.

And the irony is we're not even in person. We're doing it virtually, but all good. There's the technology. So before we jump into all these different topics that I want to go into, I know that you absolutely love tapping into our body's natural healing response.

Can you just share a little bit about what that means to you? Why you do what you and why you love to teach people about healing their own body? Well, the big thing comes from, why I became a chiropractor.

And I love chriopractic in the sense that take the adjustment out of it for a second. Take the idea that you're going in for an appointment. Just the ideas that the body has an innate ability to heal itself as long as there's no interference.

That alone philosophically changed my entire life. I was in school, got into a bad car accident, developed ulcerative colitis. had all these issues and it wasn't until a chiropractor and naturopath said, hey, your body can heal itself.

You know, you don't have to have this major surgery. Don't take these drugs to do these things. And as I started to realize how true that statement was, that's when I really started diving into everything else that we'll talk about during this episode.

But then also like my practice has evolved from when I graduated to where I'm at right now. And it's even continually evolving. Like, you know, January, we're launching our new approach to how we are going to do things in the clinic.

Yeah. Intensives that I do with people that fly in for three to five days and then on the inside of how to actually use these modalities to help you be your own practitioner.

Um, and whether that's, that came through a divorce and we'll talk about that on a podcast where.

Healing Philosophy and Athlete Mindset

I fell into the deepest depression I've ever been in. And I took my office, it was a performance-based clinic for athletes. And, I had to learn how to use these modalities to re-heal myself, to be able to have capacity to do anything, let alone an Ironman.

So, that's where I come from. I think anyone who has the ability to get interference out of the way, anything's possible. So has your office shifted then from a focus on athletes and to just all individuals?

Or what type of patient do you see? Well, I will say this. If you have a body, you're an athlete, right? And I think some people get intimidated saying, You know, i don't want to go to modern athlete because I'm not an athletic.

That's where I challenge people. I mean, like, here's the deal. Like, life is a sport and you got to train for life. Life's going to throw a lot of things at you.

You may not be a professional athlete on the field, but you're you are an athlete in your life, whether that's, you know, being a mom, dad, business owner, employee, trying to do something on a weekend, we can warrior.

It all takes energy. All takes capacity. Takes resilience. And, when we have all these things coming at us, I think the reason that some people fall into this, I'm going to call it this but complacency or this fact of being numb and numbing themselves is because they forget that life is a sport.

So when you come to our clinic or you work with me personally, you worked with my wife, Kiki. I tell people, like you are training for the best life possible.

And if that's not the biggest sport, then you can be a fan of watching a sports. But for me, I want to be doing whatever I need to do to live my best life.

So we've got ranges. Obviously, I take care of a ton of professional athletes. That's what I've been going for. But ironically, like I'm tapping in high to the CEOs right now, where they're flying in for three to five days.

And we're doing some deep, deep work. Ironically, I take care of a ton of pregnant women. My passion is pediatrics, to be honest. Wow. I love working with babies and kids because that's the next generation, right?

Yeah. And so I would joke with all my players. Here's the deal, guys and girls. Now that I got your body efficient, be careful. You're probably going to get pregnant pretty quick.

Not only are you going have the byproduct of being a phenomenal athlete, you're going be able to build this like awesome human being. All of you walk around my clinic, any major player that's on my wall, their wives have been in here and I take care of their kids within two weeks of birth.

Wow, that's awesome. I love that. And this is not one of my questions I was thinking of, but it just makes my mind go that way. How much of your work is centered around like mindset?

And is that so interplayed with our healing response and tapping into this natural healing? response within the body? I think mindset's a massive thing of what I do.

And, you know, I often talk about, and I work with a ton of like sports psychologists that work for my players and some of the top people that are middle coaches that, are, working with my guys and like females.

But I always tell them, like, You can go to a therapist. You could talk, about a problem. you can, go, to the chiropractor, PT, work on the, body. but if you're not connecting these two together, you get stuck sometimes, like, you know, the body score, we know that book, We Know, You Know.

Oh, man, It's Whitaking the Tiger, Peter Levine's book. But it's, when you talk about a problem and yeah, and you can be working through it, but all you're doing is moving that energy somewhere else in the bottom sometime, right?

And so on the other side, if you have a pain problem, then you are working the physical body, But all your doing it is taking that response back but the emotion is still stuck in there.

what I do is I basically connect science to soul and I say, okay, what's the fastest way I can get you to feel, think anything that's going on with you and then take this physical problem, work them together and erase it out of your nervous system.

Yeah. I mean that, I've had other guests on, so I know my listeners are already like, yes, like we speak the language of the body, kind of holding these emotions.

But I do want to go into that more. So again, switching the order of my questions, because I want talk about breath work. And I was introduced to breathwork.

I did a little bit of it when I What I connected with you on and followed your work and I didn't take any session with, you is that you actually led breathwork sessions.

And you know, it didn' take me, It took me a couple of years to get to the point that now I'm doing it where you used to teach it and you're not there anymore.

But can you share with the listeners about breath work? What does that mean? Is that different than box breathing? And what type of breath did you lead?

How do you weave that into this story? So every single room inside my clinic has a different type of breathwork. Okay. So if you look at the traditional, let's take, and if, you're not a religious person listening to this podcast, it's okay, but I'm going to use this analogy.

I think it is so important. Yahweh is God, right? And Yahweh is breath, Yah-weh. Like, so if look like traditional prayers or hymns, they're forms of meditation.

Breathwork, Trauma, and Emotional Release

They were breath work. And so if you look at monks, if look, at yoga, the breath is the most powerful thing we have that's free. You know, we get breath when we come in this world, and then we lose our last breath.

When we go out of this. So me, breath work was the. Most transformative thing, you know from a kid on, I grew up with a dad that was special forces and a mom that would supply in the military.

And my dad at a very young age had me doing breath work to control my anger. Just my nervous system overall, like when we were swimming, holding my breath underwater.

So I looked, I only knew breathwork from a performance standpoint. I didn't really work on my emotions at that during that time. You know, it was later when I moved here to Phoenix that both my dogs got killed out in front of our house and I major trauma response, right?

And Kim and Jake are phenomenal people. I actually I go to the breath work studio, so I taught there for three years. but they teach a very specific conscious connected breath at that breathwork video.

And I started going, I start seeing a lot of, you know, changes within my own nervous system. So I, so I stared to read breath work and I was like, why am I getting such an impactful, experience out of this?

Once the music, right? The music during the breath, work changes, the tone changes the frequency so it can bring you up, it could bring it down, bring up.

Yeah. It can put you onto a river meditative state. So with the conscious connected, what it's doing is actually releasing DMT from your pineal gland.

true drug response that's natural, that allows your subconscious to work problems out that are maybe going on physically, emotionally, spiritually. And so I go deep into that.

Can you share more about the, what is conscious connected? Cause I knew of it as holotropic. which I don't know if that's the same. Holotropic is a trademarked breathwork, right?

Okay. So holotropic is very similar. It's also a very conscious connected breath work, but they have marked their name, and their style. And it's like saying I go to Bikram yoga versus hot yoga.

In these rounds, you have people that develop their style of breathwork and so holotropic is very similar. So it's a continuous breath, right? And you know, when you start really diving deep into all of these different types of breathework, some of them are made for excitation, and some are for calm.

Like, if you bring your nose out, it is going to be more of a calm, meditative state. If you in your mouth, This is going to be more of what some people call the shamanic insight, revelation, sacred geometry.

So you're going be able to get some more. You don't go into a hypoxia as much, so you'll be deeper and deeper into the emotional state. With the Conscious Connected, in the way that we've taught it, is that once we give you in-the-nose, out-of- the-mouth, whichever is most comfortable to you, you are going work through during that breathwork, and that's a self-guided breath work on your own once you release.

Then I have a breathwork that I've developed that, I work with men and certain women that is a warrior style breath work. very fast paced, it's very high energy.

Think of it like hit training. But it is meant to stoke emotion. It's meant like to light the fire inside you to get this warrior back out. So breathwork to me is everything.

No matter what I'm doing with the player, whether they're with me, they are on the road, getting ready for a big game, coming down. I've got different breathworks that I teach every one of my patients and I need you do this and here's why.

And that is part of their healing protocol, meaning that you are looking at as, you said, soul to… You had a… Science meets soul, right? Science means soul.

Yeah, yeah. So you're trying to tap into the soul in this healing journey. 100%. I love that warrior. This is totally a side question, but I'm uniquely intrigued with rage.

random but the water here breath that you brought up makes me think that and I personally found that some of my greatest personal growth has been during somatic breath work that I do is that i push into the rage and just let my body and give me free will to feel all of that rage that I feel that.

I could like, it never vocalized from childhood. Is that kind of what you mean by warriors tapping into that aspect? No. So the warrior side, well, again, I like that you're bringing up tapping.

Right. And one of the things that, that often explained to people I'm like. You know, we get stuck in emotions that we like Let's think of like a keyboard.

And there's so many other keys on this keyboard that we just haven't played, or we've never been taught safety to be able to play. Some people are stuck in frustration, anger, disappointment, these low frequencies, right?

Because they've ever been able be safe enough to have joy, peace, love, harmony in these higher frequencies. And so when you're looking at somatic and you look at expression, I really think the power there is that you are in a safe environment to fully let go.

And so I think sometimes what we perceive as rage is just stored energy that needs to be let out. And this is why I'm a huge fan. I tell people on the first visit with me, I am like, am a genie, you get three wishes, what are your three wish?

The second thing I do is I say, look, need you to feel everything in this clinic. If you feel like you want to cry, cry. You want scream, scream. Break something, we'll go out back.

Like I actually love rage rooms. I think, you know, I've offered clients that like I prescribed them to go to rage room. Oh my God. up right because at the end of the day like it's you know, especially you think about some of NFL guys that I work with that retire.

You know identity crisis, they have nothing to do. In their life and so they've got to find out that to be able to get this out sometimes it is not working out it.

It's finding a new way to use that skill set to us that energy that really allows you to have resilience and get back into a life. Yeah. Oh my God. I love that.

So how do you create safety in your office? Well, I think it begins with you. Like I got to show them that they're safe within themselves, right? Okay.

And so I'm sitting in a solo dome right now. like I am a huge fan of sound vibration frequency. One of the things that I loved about the solo is that when you sit back in it, it's literally like you're encompassed in Wow.

So the first thing I you can't hear anything outside and you're in this like peace state. And now I give you happy. I have you hold happy and I had you just in like, I put essential oils on it and like you sit there.

So now like I create a, not only an aromatic effect, which is like so you create an emotional connection. Now I've put a sound frequency in the background and train your nervous system of safety within the solar dome.

And then from there, I'm going to move you through certain modalities to let you know that your body is safe before you can touch it. Because you may have all these like emergency breaks throughout your.

That if I said, hey, am I just going go ahead and assess your right now? it's going to be a false positive. It's like, okay, this is a true thing that we should be looking at.

So once we're able to use the modalities in different ways to get you into a parasympathetic state, now you're in safety. Now your body trusts me. Your soul trusts you.

Hey, This is what I see. We can actually start to affect the physical with the emotional, with this spiritual. Yep. Yep, oh my God. So I love all of this and I need to go to your space, which I know I needed to do and you told me so I got the appointment.

I absolutely love the way that your mind works. Talk about vibroacoustics or just talk about sound and frequency because I I'd love to talk vibration and frequency and I know sound is vibration but a little bit more of how whether it's in breath work it was using sound or I don't know if you use binaural beats but just what does that whole space

mean to you?

So if anything it is like all we are is energy, sound, vibration, and light. Okay. All we're is light particles period right? In reality, we're just meat suits walking around with the soul inside of them that is made of matter, that's going to go back into the earth.

So in reality all we are is a element on this earth, so all of us are an element of this Earth. We're a frequency. If we were a Frequency, That's what our body needs.

And I think that where most people now are like, it's called woo woo, but they're like holy shoot, like gongs actually matter.

Sound, Frequency, and Vibroacoustics

Sound balls matter a lot, please in my clinic, right? has a different frequency than brain matter. So once understand sound and vibrat you can literally change anything.

You can kill tumors. And like, I can say this because now there's Harvard studies that actually showing sound waves actually kill cancer. Um, and you know, to me, it's also like for what I love to do is like if I got a guy that has a, as like struggling with the yips or like has confidence issue, like I'll get them into a good state.

I'm ramp them up and then I play their walkup song. or I offer a date experience called the Molly experience. And no, I don't give MDMA in my clinic. But I call it the Mali experience because the same effect as taking Molly or MDM.

by getting my, I get couples that are struggling or that want to enhance their relationship. And I, we basically reset their entire nervous system. Then I put them in here and I'll play their like wedding song or I play they're like their love song.

and then we put him into a really deep breath work and we send them on a date night at the ends here locally with Tommy. And so when you think about energy, it doesn't matter if you're working on sport, if your working.

Creativity like music and sound is such a big piece of this and so you can start to intertwine those frequencies and my buddy Sean, he's like. Did you know I love the best of the Best, right?

Like, you I've got a morosco forging here for a reason, because it's the most elite cold plunger there is that has ground water, gets the 32 degrees, has ice and some people like, oh, that's too cold.

I'm like I am not using this to sit in and get recovery. i'm using it to train the nervous system for resilience. So his sound bed, which we're going to be getting one, is a Sama Live Z5 experience.

And it is like and it's the transducers bed. There's a couple of that I really love. But th It's like everything in your body is reset. And this is why, like I tell people, I'm like, you can't just pick one modality, right?

Because you know, your, body needs all these different inputs. So that way you truly optimize and be clear and focus and, and perform at your highest level.

That's why I'm not a big fan of just saying, Oh, I want to go jump on blank because I like the way it feels. It's like saying. Okay. I love bench press.

Well, bench pressing all the time. And yeah, getting good and strong at it, but I not focusing on the other things that are going on. Yeah. But you plateau your nervous system sometimes with some of these modalities.

Yeah. If you don't have other ways to influence the nervous systems so that you can raise the capacity of that modality. Yep. I often tell patients that it's really the totality or the synergy of them all kind of working together.

Like there's no magic one approach. So for the listeners, if you go back to sound for just a moment, because they might not have this very, very expensive bed that they're talking about.

But headphones, right? Like, you know, Solo Tones, which is the same developers as Solo Dawn, they've got some of the best sound healing that I've ever seen.

And what is it? It's certain frequencies. They've got crystal frequencies. They have a crystal app now that our friend Ameris is helping take over and run with.

So crystal frequency, but crystals have sound. If you actually play sound or you use energy in your crystal, you're actually going to get a frequency from it, right?

So, you know, they've got those there's tons of apps out there right now that have amazing sound frequencies that can help you heal 528. Like, I can go down the list of all of them.

But, at the end of the day, like, are you trying to calm your nervous system? Are you? Trying to excite your system. Are? You trying? To create a performance effect?

Or you're trying create arrest for effect. So. Okay. Really where like you like any sound like I have giant subwoofers that I bought that. I put in rooms when I'm doing breath works to vibrate the room to buy people around them.

Yeah. And that's why I had the best of the speakers when we're running anything in this clinic, because I need the vibration effect, not just the sound.

Right. Okay, so that I was totally going to ask the question. It's like you read my mind. So I love doing different sound baths and things like that. And as a mom, I can't always go to the bath.

I have to do it on YouTube with the headphones. sound headphones versus in the actual room with the crystal bowl that is vibrating. Do you still get a benefit literally just from headphone sound?

You will not get the max benefit. Okay. In my opinion, right. The true being of that sound bowl is that that carrying wave across the room. Yeah. Right.

However, you're still getting a tonal effect to the body. So there's the tone effect that comes into the ear, and there is the vibroacoustic effect comes through your body That's why if you can have a subwoofer or something near you, along with watching that, and there's a lot of things on YouTube that are out there that say they're the best sound, you know, whatever.

And their frequency isn't even right, which is the way that it was reported. And so you've got to be really careful to like, you know, for me, like I won't do certain breath works that are put online because I don't know what subliminal messages are.

Put into that breath work within that space. OK, I protect my energy a lot like there's certain costs allowing myself to go into. That realm that for that quantum realm, that fourth dimension to do the work because that's And there's a lot of stuff out there and a lotta people, and they may not be malintent, but they have an intention of what they're trying to accomplish.

Yeah. Yeah, I think that that is so important for the listeners to know, because I question that, but I am very into vibration. So I was like, "I just don't know if I'm getting the same effect if i'm just listening to headphones." And the majority of people are not going to do that.

They may see it at face value. "Oh, i think i heard that like binaural beats are good for XYZ." So it's trying to get that full effect of what you were saying.

Well, binaural beats, if you look at the actual like education and research on it, it's tonal. So it is what's going to be.

That's all that matters. It might have to.

Be in an actual room. From a bineural beat perspective, you're looking for a tone, right? So train the brain within like bineral beat. Got it. He's, he's hanging out.

Um, okay. Thank you for that. And I know we have so much more to talk about. So I want to keep going to some other topics that I knew you were very passionate about and this one I heard from you when I met you at a chiropractic conference that we were both speaking at and it was, You had these PEMF beds or like a mat and all you share about it, but I was very intrigued.

Didn't fully understand it. I actually a little bit scared about X. That was going to shock me. So I didn't even go on it at the conference. But can you sure for the listeners a bit about P.

M. F. What it stands for, the power behind it and why you are so into this method. So, if PMF is just pulse electromagnetic field, right? So you get that from walking on sand grounding being around.

nature. That's why vortexes are so powerful. They have electromagnetic fields. When you look at PMF, there's a lot of misunderstanding around PMS, right?

A lot will be like, oh, I have a PMMF mat.

PEMF Therapy and Nervous System Regulation

I'm like great, what kind of mat do you have? And they'll give me a, and then I'll be, like okay, that's low Gauss PMN, low energy. If you come into our clinic, I've got high gal systems because when you're with me, my job is not to maintain your energy.

My job. Is to change your. To either give me more, bring you down and actually be able to play your nervous system. So I need to be. Number one, change the HRSA frequency of the PMF.

and you energy and power That's why a lot of people versus a low Gauss system, you're not really gonna feel much. If you are very in tune with your body, like I can feel the PMF on low-Gauss systems.

There's crystal mats out there that a lot of people have, bio-mats, and like those are PMS mats. Then there's like coil low gauss PMM mats, out their that will give you PML.

And then there is high gaus PMN that may be SparkGep technology, where you can only turn it high or low, really powerful. And then you've got other systems that are high gauss that you can actually change the hertz.

So you could actually go into a higher frequency at a power, and it's going to give you energy over time. That's gonna put you more into parasympathetic.

Well, I can get a ton of energy. and I can get really, really deep to help bone heal, help tissue heal. Or I could actually start to like bring your energy up so you can go perform on the field.

So when you're looking at PMF, there's a range of things that you wanna look at and what you are looking for. Now on this side, you gonna spend anywhere from 500 to 6,000. On this you going to spend from like nine to 100,00. Oh my God.

Wow. What is the system that you have in your office? So I've got multiple. Now we're easy. We're moving all of our stuff over to EQ flux wave. That's our high gas system.

I'm a huge fan of right now. The reason being is that it doesn't just have high Gauss PMF. It's got damped oscillation. So it can actually create a thermal effect in the body now as well as play the nervous system.

So we're all of our stuff switching over to that. I've had I have seven of the other brands that are high gals personally that we own that Okay. Oh my God.

I have so many questions and I know the listeners are just going to be so intrigued by PEMF, but I had to ask this. It makes me think of EMFs like a phone.

And next, I knew some of the listener's are going think this where I thought EMMF is bad. That's why they talk about the phone and cancer. So like, tell me about that.

So you got to think there is bad frequency, right? So when you look at EMF, this goes into like square versus waves. It's a way that the energy is sent to the phone, which is why those are bad EMFS.

When you have a pulse, it's more to earth-sending, grounding nature side of energy. So I think this is like man-made, dark, world-like, cause-able. I can't say that on this podcast.

But there's stuff that you can get to protect yourselves. If we are energy and we need to be at our best at all times, why would we not use energy in that purpose?

Right. So it's similar to the effect of grounding and earthing. You can kind of pull in… Yeah, so we're using a polarity of earth energy to help the body heal.

Okay. For the listeners, what type of people outside of, if you have a pulse and you're a human. I mean, I'm sure animals, you can use PMF also, but everyone can benefit from this.

But who would you think of as far as you would be like, yes, for sure, You got to go to PMMF. Is it like autoimmune? Is that stress? is it PTSD? But here's the thing is like One size does not fit all.

I tell people all the time, especially if you're in a severe dis-ease state, like an autoimmune, or you got Lyme, you've got these things. Number one, your system is super sensitive.

You've gotta be really careful when you are using modalities because one you don't want to create a Herx reaction. Okay. What is that? What's that that's basically where like you're killing off stuff in your body and your buddy gets sick, right?

Okay, and so when you get people like they get excited about a modality and they start using it at the time, they don't think about the detox side. That's why you gotta detox plan when You start to use these things.

And like when you're in our office, like I'm constantly putting minerals in your body. I am like having you drink water and making you, you know, talking to you about getting colonics.

And talking about making sure you are doing a gut cleanse. Because now if you move it all yourself, your cells are letting go of things at the same time.

That's why some people are like, man, I went and tried this and I got sick. You didn't get sick, You just overdid it. Okay. Okay, so you have to have a detox protocol with any energy work?

I think with anything. Detox protocol should be part of everybody's life. And if you start training, right? You're working out and you're going to hypertrophy phase, you better have detox plan.

because your body's breaking muscle. You're starting to feel like detoxification. It doesn't matter if you're using energy, if using frequency, whatever it is, that should be part of everybody's plan anyway.

Like you should have, you shouldn't make sure you drink enough water. Make sure that you've got electrolytes, make you have minerals. Can you talk about minerals real quick?

Paige, will you lock that door for me? Can we talk minerals? Yeah. I, cause I know like there's B minerals and some other mineral companies that are out there.

Um, just why they're so important and maybe the listeners are not familiar with minerals. Electrolytes. Yes. I feel that that's more well known. Okay.

So in reality, um, so when you look at it, like you're, we are electric beings. And so you need minerals to make sure that you have electrical efficiency in your body.

And when we lose that, then you lose opportunity for your cells, your synapses of your brain, and your nerves to be able to fire the way that they need to.

So it's why I think Beam's a phenomenal company. There's Trace Mineral out there. Besides the electrolytes that people are familiar with, sodium chloride, the big ones, potassium, what are other minerals that may be in there?

You've got copper, you've I mean, go down the list of the elemental table and things that we need that people just aren't getting anymore because they're not eating the right foods.

They're stuck in a processed diet. Their high sugar and all that does is increase inflammation in the system. And then when that happens, all of a sudden your body's like, well, I'm going to start breaking down this to Rob Peter to pay Paul and then here we are.

Got it, got it. Okay, so I wanna stay with PEMF and just shift a little bit, cause I know this has to do with your wife, Kiki, who's incredible. And she, and now I believe you still do, you do it now, but she was focusing on like targeted.

Yep. PEMF, which I was so intrigued. And I'm like, how does she do this with her hands? Like, I just didn't understand. So what is the difference of PemF on like a bed and what you and Kiki do that is targeted, through a device of some sort?

If you could share that. Yeah, so if you look at the bed PmF you're creating a field. Okay. You're inside the field of the PMF right? So that's direct current.

When we're using this device, which is the EQ Pro, it is a alternating current, meaning that now the PMF is coming through whatever we are using, whether that's the Pro or whether it's a hand or a feet.

Especially for you, the Nobosu, you're going to love the feet side of the IQ because we were able to use the noboso from a stimulation standpoint and we've been able train the brain, body, and nervous system within balance, movement, flow.

So now you can actually use the PMF and actually find areas of the body that are disconnected or depolarized, repolarize them and train them. How do you find that they're depolarized?

So if you're using your hand, normally you are going to feel a pull or you going find an area that's desensitized. It's not actually reacting at all, depending on what frequency you using, whether it's alpha, beta, gamma.

or in a mixture of the three. And then on the probe, you can actually feel it's going to kind of stop or it is going tug. So now we know to stay in that area until that are repolarizes and opens up and now it actually becomes more efficient.

Think of it like cellular exercise. You're creating more of a cell of tissue of area that you're attacking and trying to go after. Would that be like a strain of muscle?

So strain would be depolarized, yeah. Right. Um, can you pick up various visceral tissue? Yeah. So the, one of the main things that we do is we make sure we have the whole entire gut.

Right? And he's one the creators of EQ that now we've partnered with. He comes from a very Eastern medicine side. I come from the very Western slash Eastern.

And so we have brought in a lot of the meridian lines, a lotta the acupuncture points, because our organs are so important. And I've been studying all the organs and asymmetries for the last 10 years.

I work on everybody's stomach, I'm working on everyone's diaphragm, and with quantum neurology that I am doing now, actually going through all these systems, all of these different areas to make sure that they're on and affected correctly.

Okay, what is quantum neurology? So quantum neurology, George Gonzalez is my mentor. He's the guy that started it. But basically what it is, it looks at, again, the quantum side, our polygraphic nervous system.

So looking at nerves, instead of saying, oh, I'm going to attack the joint, is going after the actual nerve root itself, stimulating that through laser, through movement, throughout eye movement cranial nerve training.

Um, so now you're working a functional neurologist side of the body versus working the physical side. Is that very, spinal cord based or like nerve root based?

Both, because you have peripheral nerves, right? Peripheral nerves can affect the nerve just as much as the nervous can effect periphery. Okay, both ways.

Got it. Okay. Well, well I know we covered a lot and what I want to do to try to kind of get a deeper understanding of how you approach patients is do you have any, maybe like a case study or an example of a patient that you want share about your unique approach?

Dr. Emily that came in that never followed through.

Patient Cases and Integration Protocols

That's a good study. No, I would say like I'll give you three, right? I think it's like three. So, One, just in the last two weeks, one of my pro baseball players, kids, colicky, couldn't sleep.

I'm like, bring the baby in, let me check it. And I look at babies the same way I looked at my athletes. You know, basal structures, they haven't developed yet.

So by working different areas within the stomach and the body and tone, The baby started pooping, sleeping through the night. It's all nervous system related.

Take the adjustment out of it for a second. If the body is in a safe environment, it's in safe tone, and it is calm, its gonna heal. And so a lot of times, especially with kids, when they come out on the birth canal, or they have a C-section, specially C section kids.

That's trauma. They didn't get to go down the vaginal canal. they didn' get the natural inferiors. The didn get all these things. When you get a kid, this plot of C-section, I was one of these, but I think I had so many problems and still do.

But, um, when you pull them out, now that's a fear response, right? They're in this like home, like sympathetic tone. And so you can adjust the kid and get them to be safe and give them like, and I'll put, you know, kids and babies and autistic kids in the, in a solo domes, put them on, on our vibration.

I put him in PMF like. You know? But it's all energy basis is getting them and say, that, so that one example. Um, second example like a pro athlete that comes into me, you know, they're like, Oh, my shoulder hurts.

And I'm like rarely is it ever just a shoulder, right? 90% of upper body problems are lower body issues. Number

one. So we attack feet first, then we go.

But again, I'm like, okay, what's your injury history? Like all these injuries that you've had throughout your life have a history, they have an energetic component to your body, you have emotional component.

So we need to work through that. And so what I'll do is I've been working with the athlete, we'll start cleansing and clearing a lot of that, right? So then we get them to move efficiently.

Once we hit them and move officially, now we can create capacity. So now I can get into their strength coaches so they can. Get a better workout. I get him to their PT because honestly, I'm not a PT.

And I don't like this. Again, and I hate I, hate post surgical rehab. Well, help you on the energetic, emotional side. But like, like I. Don't I am not.

A guy that's like. Am going to sit here and measure angles on a post-surgical. That's not me. Go down on down the road. Work with him on me, all work on everything else.

Yeah. And then the third client that we're seeing a lot of right now are these, you know, men and women and CEOs that are flying in for three to five days that or they're completely depressed and they have no purpose.

They're like, I don't know what to do. I dunno what else to. And so they'll fly in and the first day I'm like okay, where are you at mentally, physically, spiritually, emotionally on a scale of 10. And from there, I kind of have an idea of where they're at.

And then I'm like, okay, let's list all of your traumas, whether they are physical, emotional, spiritual, or emotional or mental. Then from, there we can start to dissect and then through different modalities that we use, like you start really get their nervous system to play.

Over the three days, we build the capacity. We release, then we go energy, and we release and energy. It's this constant evolution of up and down, up, down and up.

Each day we're building on intensity and intensity, intensity. And so by the end of the third day, they're like, dude, I can run through a wall. Like they go crap and through breath work, modalities, you know, working the body.

One of cool things about the EQ Pro when we are using the PMF on the by is that PMS is actually FDA approved for mental illness and depression. Oh, wow.

I didn't know that. So as we're working the body, they're letting go of all this emotional stuff that's going through, you know, whatever's in their history.

And so now they are like, cool, and then we do integration for the next three months and they come back quarterly and I'll do a day or two to where we are just building on financially, depending on where they.

I've got packages and i'm like okay, here's the basic equipment I need you to purchase for home. If you've got the Rolls R what I need you to do. I' Okay.

That's the part that I was going to ask you is the integration side, which I think is important. And I'm assuming these people know this, that there is no quick fix.

You're not, I mean, some people may think that you have this magical godlike effect that can heal them and cure them, but there's a lot of that integration after.

And this has to be like a lifestyle. They have to really embrace the consistency of what you're teaching them. And is that that's that integration side that you are talking about?

100%. I think the other side of it too is like, I find people where they live to work with them at the end of the day. Again, life is a sport. You got to train for it.

So you have when people fly in, the first thing I'm doing is looking at what city they're in. Who do I know? You know, I want you my modalities course, so practitioners and strength coaches and people learn how to use modality in their clinics.

And they are going to be able to say, like, you know I am a modern athlete certified center to where I knew if I sent them there, at least they were going get a protocol based system to work on this client or keep them in tune, right?

And on the other side of this too, it's like, you know, I am not your healer. You are. It's your responsibility to say, like I tell people all the time, why are you pretty quick?

Like if I'm not doing your stuff. I don't accept mediocrity around us. Like I want excellence. And if you're not a guy today that showed up to my men's warrior breath work this morning.

You need to show yourself that you want this because I'm done working with you. I don't care how much pain. And if you come here for an intensive and you're on day two, you like, I like here's your money.

Go home. Yeah, II am here. My team is here to make sure that you can do the work. And then on the follow-up, here's the tools. Like I recommend Novosu.

I recommended a ton of other brands that I want them to use because I use them myself. Yeah. Anything that not doing daily for myself, you know what I mean?

Yeah, yeah. No, I love that. So as we wrap up, clearly this is evident that your mind thinks in a very unique way. And that's why I love you and I wanted to have you on the podcast.

I have to Kiki on because I just want to hear her side of this as well. Hi, Kiki. So for the listeners, this is Dr. Drake's wife, and she's going to come on and we're going talk even more PMF, healing, natural healing power of the human body.

Why not? Right? So to wrap, wrap this up, I would love for you to just one last time, share a little bit about the energetic. So the listeners can kind of like have that be the powerful takeaway of how we are energetic beings, how you look at energetics, just leave us with that as, as the boat.

I'll just say this. Remember all we, our lights, sound, vibration and frequency. That's all. We are. At the end of the day, you know who's around you when you turn your dimmer switch down.

You know the foods you put in your body that turn to dim or switch out. The things you watch that turns your gym or switched out, the things that raise all that.

Closing Thoughts and Where to Find Dr. Sean Drake

So why not include more things? That raise your vibration that in once you do that, it just raises your light. When you raise her light, You can do anything.

Yeah. That's how I want to finish that I love it. Turn that, turn that vibration up. I loved that. So where do people learn more about you? See you as a patient, your website and just all of that information so they can learn.

Sorry. Website sucks on purpose. Um, so I'll just talk. Look, there's that website is not meant to create mass wants to come here. Yeah. you choose to come here or you're referred here, right?

You either really want to be the best version of you. Um, or I got plenty of people I can refer you to. So modernathlete.com, uh, Dr. Sean Drake on Instagram, PMF Pilates on the Instagram.

That's my wife. You on EQ flux wave is one of the other Instagrams you can follow. Uh, and then, you know, when I look at, A lot of the companies like fringe red light is one that we use.

Like, obviously, we got a whole nother podcast on photo by modulation and other brands and things that were used in the clinic. But I think if you want to start there, those are big, big areas.

Obviously, follow Dr. Emily. You know, her and I finally are going to be doing a lot more together. And I. Think that, you know. At the end of day. Pour into you.

Like take time. I know it sounds woo woo. Go try a breathwork class in your local area. Get into a cold plunge. go to the sauna. Try some things that make you feel uncomfortable and just see what that does for your life.

Because at the end of the day, you can't create resilience without safety and chaos. Life's already chaotic, but you just have no safety in it. Right.

I love that. Absolutely love. So for everyone, you heard it from Dr. Sean, I would probably suggest just listening to this again, cause there's a lot of little nuggets and then go research more about the vibe acoustics and PEMF and breath work and everything that Dr Sean said.

And then I highly suggest if you're ready, committed to make an appointment with him. Thank you so much. I hope you enjoyed the episode and I will see you on another episode soon.