Enhance Human Performance, Immune Function, and Brain Function with High Energy Non-Thermal Lasers Transcript

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Introduction and athlete injury prevention

Hey everybody, Dr. Rob Silverman here. I'm with my good friend, luminary, Doctor Kirk Geer. Doctor Geir is, without question, a national and international speaker.

He's known in the thyroid world. he's know as a low-level laser expert, he delves into deep sports performance, which is what we're going to really talk about today.

Kirk, how are you today? I'm doing great. So happy to be on here with you, Rob. A huge fan of you have been for a long time, so I feel honored to to back here as a guest with.

I am happy you're here and thanks for those nice words. Let's dig in. Most of our patients are 40 to 60 years old. They found out that exercise may be their elixir of health.

In that they're getting back to exercise, their knee, shoulder, ankle, back hurts. What do you think they can do as prescription to avoid those injuries?

We all know there's things like your healthy diet, your sleep. Those are essential. Plenty of water. There's different things you can do supplement-wise.

But I think the thing that a lot of people don't know about is using high-energy lasers like red, violet, and green actual lasers. Not just red light therapy.

A lot people think of red-light therapy, which that's fine for home use. But if you really want to accelerate your game, there's a big difference when you add in these high-energy lasers.

That's what worked for me. I was 34, and I had been a high school and college football player. Right. Was a quarterback. And I loved to go on the weekends and play in flag football tournaments.

and was playing in a tournament. Unfortunately, I threw more touchdowns to the other team than I did to my team. So I just couldn't make the throws anymore.

It was really frustrating because I knew how I used to play. And then I was way down here and I told my teammates after the game, they're like, dude, what happened there?

I'm like I don't know. Maybe I just too old. I need to hang it up. And it was really depressing to only be 34 and to feel like that. But if I couldn't make the throws to at least be competitive, I didn't want to play.

Then that's when I went to Jeff Spencer and got laser on me. For those people who don' know, Jeff Spenser was Lance Armstrong's chiropractor when he won all those Tour de France championships and you know I always joke and say Jeff was the guy who helped him with the legal stuff with uh the actual legal ways to boost your performance which is lasers so I was at his seminar and Spencer asked hey is there anybody in here with a shoulder injury wants to be worked on so i raised my hand I came up there he asked me what happened I said well you knew I had some injuries in high school and college football and now I can't really throw the ball like I used to I go in the gym, I try to bench press and I'm strong with the left and the right is weak.

Or if I do cable crossovers, i'm only able to do half the weight with my right compared to the Left. And no matter what I did, nothing is working. So he does this laser on me.

He utilizes a violet and a red laser.

Laser therapy basics and personal success story

On me and he was able. To change the strength of my muscles literally within seconds, just activate these different neural networks and change his strength.

I was blown away at that and you told me the real test will be when you go and throw a football again and when Well I went to the gym that week and for the first time in years I could do almost even weight when I was benching and when i was doing the cable crossovers.

And then the next tournament that I played in which was just a few weeks later I, was back to throwing the ball so hard again that it was whistling and I ended up throwing in this tournament I threw like 20 touchdowns and no interceptions.

It was crazy where my teammates came up afterwards and said Hey, what did you do? It's like you had the fountain youth there. And that's what kicked off lasers for me clear back in 2004. So I've been using this on not only elite athletes, but also people who want to just get out of the pickleball courts, or they want a golf better against their buddies, are they wanna go run in a marathon and they won't have better endurance and it's great to see people get this fountain of youth.

Yeah, I concur with you on my use the laser for myself with my congenital issue. I use it all my friends and family and patients. non-thermal low-level laser, none of that heating stuff because he can be detrimental, deleterious.

The nonthermolaser, you know, they're photonic donors, essentially. It's based on photomic energy, trying to stimulate electron watts. Now, it's interesting that you said that because a lot of people say, well, is it painful?

Is it warm? Do I have to pierce the skin? I think we should elaborate on that a little bit. Yeah. So I that's a good misconception out there, too, because you'll see a lot of people even say, oh, if you use violet, it can only treat the skins superficially.

That's all it could do. I mean, the best way to think about that is, let's say if go out in the sun and sunlight hits your skin, we know that the UV rays, those high energy ultraviolet rays can then trigger your body to make melanin superficiall, y but it ca also cause you to ma vitamin D.

Now the question I always ask the people who are the naysayers is, well, how deep do you think the vitamin D goes when you get exposed to sunlight? And we know it goes everywhere.

It goes to your bones, it affects all the bones in your body, affects the immune system everywhere, so like if I take this green and violet laser here and I'm putting on my head, we now that right here locally with the green we're going to really stimulate a lot of stem cell reactions here, and the violet can also stimulate dampening of inflammation and also break down a scar tissue.

And it's not only going to be overly and it gets picked up and spread throughout networks of like what are called micro tubules that a lot of people don't know much about.

But if you look at the work by hammer off and Penrose, they'll talk about microtubule communication networks. And for those who don't know who Penrose is, he basically helped Stephen Hawking write his theories on singularities on black holes.

So he knows a lot, won a 2022 Nobel Prize too for physics and mathematics. He talked about these microtubules being able to send light communication throughout the body, and that's what we're doing too when we take these lasers and we put these non-thermal devices on the They're going globally.

So you're getting these global effects on the whole body. Outstanding. I love the idea of microtubules because

there's a receptor site on all the mitochondria for these photons coming out of this laser.

The issue that you have is there is no mitochondrial per se. in the blood vessels in our blood system. So therefore, these microtubules are the traveling, so therefore the body is all, as we know, interconnected.

It's interconnected through many different systems, our nervous system, or systemic system and laser really plays to that, which is most interesting. And I like what you said.

Remember, there's no heat. There's no pain. There is no downtime. And the big thing is, and I think we need to get into this next doorway, if you will, into the room of mitochondria, because one, we know that mitochondrial dysfunction is the bane of all our existence.

It's the backbone of a lot of issues, especially neurodegenerative disease. Fatigue is the number one complaint seen in a doctor's office. That fatigue is seen 80% of Americans that can be attributed to mitochondria.

The most prescribed drug in America, statins, 93 million Americans take statin, mitochondrial dysfunction. What is going on and how does this laser stimulate mitochondrion?

It's pretty amazing what it does, because if you look at pharmaceuticals, they're trying to figure out a way to support mitochondrial function with a drug.

But we have it here with the lasers. And when you brought up great points is that statins will knock down mitochondria function. We look, research is showing long COVID seems to be an autoimmune mitochondrion dysfunction.

whether you got it from the vaccine or if you had an active infection that can do it. Then you look at all the foods that could do that. You know, you've got the artificial colorings, the sugars, dyes, glyphosate, all this stuff.

So basically our mitochondria under an assault. And for brain function, also for athletic function you need that in order to function optimally. Like when I take this laser and let's say I put it over here, like the Russians would talk about utilizing high energy lasers over blood vessels.

How high-energy lasers work in the body

And so with this, you can get that energy going systemically through there. In the blood vessel, we do have something called free-floating mitochondria that can also pick up the energy from the laser.

So when you do this the way to think of it is that you're trying to transfer these electrons like a flow through a hose, and you have like four different steps to get these electrons to move through to the final stage to make energy.

And these medic foods, these stressors and things, they can all keep that hose at different paths along the way to making energy, so we have different wavelengths, different colors can help at a different point, the violet one can be helpful in the first two steps, then the green can work with the third, And red can help with the fourth because there are these wavelength-specific reactions.

Just like you need ultraviolet light in order to get a suntan, you'd need specific wavelengths of light to impact at these different steps along the way to enhance mitochondrial function.

And if you go, again, going back to Hameroff and Penrose's research, it's really cool because they talk about how there's this pi electron cloud around the mitochondria.

There's these electrons that are floating around there that will interact with specific wavelength of lights. So when we take the laser, And we put it on the body.

The mitochondria in this area, those electrons will get stimulated to jump into higher orbits, more energetic orbits

because of the laser. And then when they fall back down, it triggers a domino effect.

Of a ton of reactions on there and the thing is it only takes you know every single photon every Single photon can trigger hundreds of thousands of Reactions and every second we have this laser on we're getting quadrillions of photons you so just think of quadrillion of Photons each one can Trigger hundreds to thousands the reactions you do the math, that's a lot of reactions in the body that can occur.

I'm happy that you pointed it at your brain, which is probably the number one mitochondrial organ. Interestingly enough, you talked about the four complexes, if you will, Complex 1 and 2 by the violet light, complex 3 by green light complex 4 by red light.

Its whole premise is to make ATP. Of course, the byproduct of making efficient ATP is the decrease of the release of what we call reactive oxygen species.

Reactive oxygen is very detrimental to one's overall health. It's anti-aging. But what's more interesting is that the secondary effect it has on the mitochondria.

Mitochondria has a function for immune health, So now you're stimulating immune health. It's eating up bacterial infections. I'm not saying the laser is doing it, although there's some data that would indicate it.

it's the processes in which the lasers allows you to work more efficiently. So when we do that, I can also give a theme of what we call endosymbiosis, trying to act smart.

That's my new SAT word of the day. Basically means an organ can live in an organism. so mitochondria lives inside of us. but it can also die by a lot of the things that you mentioned, such as processed food, chemicals, and the like, they can lead to cell death and increased inflammation and autoimmunity.

So the laser's great for a myriad of different conditions. But let me ask you, for my friend who's going back to playing tennis and sports injury, sports performance, sport recovery, what should he do with this damn thing?

You want to use it as often as you can, that's the thing. So I use that, I know like you, we use these things every day. I used them all the time so I can still go out there and play at a higher level than most of the guys our age.

You know, i'm 55 and I go there still do some really great things. And you want use as it often you as can because let's say if we go back and what a lot of people do when they are our aged or older or even younger and they get sores, they just pop you know ibuprofen or different things, That as mentioned before about mitochondria that disrupts mitochondrial function so you get a short term benefit And you have a long term price to pay on there.

So it's much better to as part of your recovery is to go and get laser and to do this this regularly. And also, if you wanted to enhance your performance, there was a there's a study in the journal biophotonics in 2016. I believe it was and they took athletes.

And they had one group get laser and one not get a laser either before or after their training. And what they found was the group who got laser performed as if they have been taking performance enhancing drugs, but with none of the side effects or the legal issues with performance-enhancing drugs.

The conclusion of that study even said, we're not sure this should be allowed in the Olympics and international competition because it gave these athletes a clear unfair advantage.

So if you're wanting to still go out there and play like you younger, you got to get in and you gotta, get some laser done by a doctor who really knows what they're doing with these high energy.

lasers to reset the nervous system, to dampen inflammation, and to trigger repair. To trigger those stem cells. So you're actually repairing and not just covering things up.

Outstanding. And I love the idea of dampening inflammation because that has indicated that non-thermal low-level laser, the one that we're talking about that had multiple FDA clearances, increases in interleukin called inter-leucin-10, which is anti-inflammatory.

Conversely, it down-regulates interlucan-1-beta, inter leucon-6, which are inflammatory cascades, which may be our main inflammatory cascade. So now we've got this great time.

Are you ready? It's called New York rapid fire. I'm going to throw out some conditions. Let's talk about it and let's see if we can get it done in 60 seconds or less.

Laser for frozen shoulder, yay or nay. Absolutely. Love using it on that. We have patients that we have saved from surgeries or from MUAs. But we know the MUA's work well, but if somebody goes under anesthesia, that's a risk to the brain long term.

So if you can spare someone from going under that, the only thing with the frozen shoulder takes a little longer than a strain, takes more sessions on that.

You got to be a bit more patient, but it works quite well. Yeah, without question. Good results with it. Interesting about frozen shoulders. Much more common with women is an autoimmune component.

We talked about that 80% of the Americans that have autoimmunity are women. Plantar fasciitis is the number one reason for heel pain. Absolutely amazing for that.

That was something I struggled with playing college football and the laser really wiped it out. I mean, we look at it, especially if we use the FX, the larger scanning rotating laser, I can usually, in most average cases, somewhere between six to 12 sessions will knock that thing out, I've had patients who were recommended for the surgical release where they go and they cut it.

You don't ever want to just cut something that's a necessary structure on there that utilizing lasers. We got them back to normal. The cool thing is the studies that Arconia did on that, it showed 12-month benefits.

A lot of times people will think, which is different, pharmaceuticals dont like things that cure. because they want someone, you know, to constantly be on a medication to make that residual income.

We're looking at things that this gives someone 12 month benefit and people say, well, if you fix somebody, they're not going to, not gonna need you anymore.

They're going come back. But yeah, that's true, but they going tell everybody else. And so for every one that I fix, the usually replace themselves with four others within a short period of time.

Yeah, to piggyback on what you said before, if you were to look at the chart, the truck went down in the four weeks that they were treated, but the pain chart continued to go down even after they would done with the treatment to really speak volumes to what he said a year later, The patient was better.

So as a practitioner, you need to explain to people what's going on. Interesting also about plantar fasciitis, everybody thinks the plant of fascia is usually involved and it's not.

It's much more common than dorsal-pedial artery, so you may take the laser and point it at the artery at top of the foot and also work the tarsal tunnel, which is the nerves.

So it is very interesting how the approach is. Let's move up the body a little bit. I'm going to jump around a bit and let's talk about concussion. Yeah, yeah.

Concussions are, it's a big one for me because I played 11 years of football. And if you look at the stats, there was a study that came out about eight years ago on college football players, and they estimated that about 92% of

college players will have CTA, chronic traumatic encephalopathy, at some point in their lives.

When you're looking at what is done for you, nothing's done. For the average person who didn't play college sports, a lot of people have been in car accidents.

And they get concussed and they go to the doctor and the doctors are like, ah, you'll be fine. Just go ahead and rest it. You'll get back to normal in no time.

And if they do have persistent symptoms, they'll usually go the neuro. Neuro will run an EG or do a CAT scan and say, well, everything's fine, we don't know what's going on in there.

So there's not a lot of treatments that are done for that other than telling people to rest and give it time With the lasers, we can actively get in there very fast.

I always, I give a handout to my patients to let them know if they get a concussion from whatever means sports or a car accident, they don't have to lose consciousness.

We know, you know a lot of people think you've got to be knocked out to have a Concussion and you dont, uh, tell them you got get into here as soon as we Can, because we take this laser and we get it on the head or we Get it over the blood vessel.

So it goes everywhere in the Head and then we activate whatever pathway is impacted, whether that's a speech pathway, language pathway, a math pathway a balance pathway we can start to repair those pathways a lot faster and the key thing here is with these lasers they've been shown in studies to calm down the glial cells which are those immune cells in the brain that are normally there to clean up things but in a case like me where I had multiple concussions 11 years of football, 7 car accidents those guys can get over aggressive and start chewing up healthy tissue and laser can shift them from an inflammatory state to inflammatory state to where they do their job and then chill out and don't attack healthy tissue.

Mitochondria, inflammation, and performance recovery

And then you can stimulate brain drive neurotrophic factor, which is like miracle grow for the brain. You can start to repair what's been going on for those concussions.

Even if it's a long time ago, it is a lot easier, I think. I'm sure you'll agree when it brand new to get that laser on right away. But I've had patients with old concussion that are decades ago that we've been able to make changes with them.

Probably one of my favorite things to do, especially because you'll see some patients with tears in their eyes with getting their function back. Yeah.

I mean, treating concussion is very seamless. It's a great choice. Again, it's non-invasive and really speaks volumes to the idea of nonthermal low-level laser because who would want to heat a brain that's already injured?

It is on fire and it is acute. To piggyback one more time on what you talked about, BDNF, brain-derived neurotrophic factors, the Miracle Girl, great point.

It allows for neuroplasticity in the brain. That allows in brain neurogenesis and the glial cells. The interesting study about laser is that it communicates with the Glial Cells.

Like you said, they're the macrophages of the brains. They do the cleanup when they are in what we call an M1 phase. they're very pro-inflammatory. We need to be able to flick the switch from an M1 to an m2, and laser enables you to inflict that switch because when you get to that M2 phase, you're now anti- inflammatory.

Interestingly enough, there was one nutrient that does flick M 1 to M 2, that's called choline, which is in egg yolks,

not to divert. So let's speak a little bit more.

Alzheimer's, the most expensive healthcare issue in America today because of its direct and indirect costs, six leading cause of death in American, seven leading costs of deaths in the world.

What do you say about Alzheimer and low-level laser? So Alzheimer, when you look at it, especially if we take this laser and we pulse it at 40 Hertz, we pulsed it that Hertz and that creates a whole coherent wave across the brain too that's been shown.

to be able to break out part of the tau protein malformations that occur, those little protein tangles that occurred. Now this is where it's really fascinating, for those of you who haven't checked out Stuart Hameroff, you've got to look at his work on microtubules because he talks about them being important for consciousness.

His theory is that the micotubes are actually where consciousness lies because as an anesthesiologist and a researcher with Penrose, he talked about that anesthetics will shut down the violet to blue wavelengths of light in the microtubules.

So he's saying that our consciousness is coming from that. And then the micro tubules is where you have the tau protein on there. When they accumulate, then it impairs the ability for these micotubule to generate coherent laser-like light, which results in our human consciousness.

So if we can break apart these tau protein malformations with laser light that's pulsed at 40 Hertz, we break it apart off of the microtubules. Microtube networks then start to repair, and that is where memory and consciousness theoretically may be, that can improve your functioning.

We see that realistically in patients. I've had patients where i will stack this with hemisync technologies where you put in different frequencies of sounds to get the brainwaves into a coherent laser like state and then we utilize the laser at the same time and i had a patient with frontal temporal dementia and aphasia where he couldn't speak hadn't said any words in a long time we started stacking those two things together And one of the people who was one his caretakers came running in a couple days after I started this and said, Hey, did you do something different on him the other day?

And I said why I did. And he said well, he's talking now. He's actually saying words and they make sense. And that was like a case where it looked hopeless and there's still things that you can that.

You can do obviously the sooner you get lasers on it the better if you want we can get preventively that's the optimal thing like we could get someone started when they're in their teens or 20s that the best thing but you still do with someone who's older and you know or Coney has those.

the clinical trials going on on it right now, too, to try to prove that in these double-blind studies of what you can do with these conditions. I think you just gave a game-changing moment, one of those moments where people are going to have to rewind and revert back to what just said about the idea of Alzheimer's, and Alzheimer is at the right frequency, 40. That is outstanding.

The one thing about Alzheimer that everybody needs to know, it's not a brain problem or brain damage, per se. It's a dysfunction of the immune system in the brain from multiple parts of body being most commonly the gut, the mouth and the nose and lungs.

And it's usually a pathogen and a pathogens would be really referred to like an endotoxin LPS. So it is LPs coming from the got, Lps from lung, and LpS from mouth, nose.

Like Kirk is doing right now, he's lasering not just the brains, but he is lasing these other feed pathways, which is a great way to do it. Great results in the office.

Excited about the possibilities. Mix it with functional medicine, if you will. Yeah. You know, I know this wasn't rapid

fire because we just got involved, but covering some good terrain over here.

Let's talk a little bit about overall spinal cord injuries. And I'm not talking about people who can't walk, what a spinal chord injury. What's the data on that?

Look at the study that Erconia did that was double blind. randomized placebo controlled versus red light. Cause you see a lot of people out there say, oh, you know, red lights just as good.

So, if redlight is just good and a red-light LED photon is as effective as a laser, we should see identical results with identical dosages, but we, they don't show that.

Rapid-fire conditions: shoulder, plantar fasciitis, concussion, Alzheimeru2019s

With chronic low back pain that was of an average of five years duration of a five out of 10, You're looking at with eight 20-minute sessions, so twice a week for four weeks, average pain reduction was 58%, which is phenomenal.

Now the red light group did get some pain reduction, but where laser and redlight differ is that as soon as the Red Light was discontinued, the pain started to come back.

In the laser group, again, this was double blinded, randomized placebo controlled. You saw that even at the 12 month mark, those patients kept getting better with an additional 17.5% reduction in pain at 12-month mark.

For an average of 75% with just the Laser alone. And you stack that with chiropractic. uh with peptides, with dietary changes, supplements, I mean you're looking at just something that completely can change things.

I've had enough patients cancel surgeries that one of the local orthopedists here in town has forbidden his patients from seeing me before surgery. He's told them that, oh you know you don't see Dr.

Gehr for the legs before the surgery, it doesn't really do anything, but you can see him afterwards because it helps with recovery. And it was basically because in one month he had four patients cancel surgeries on him like back surgeries, knee surgeries etc.

So it's phenomenal. I always use this as a go-to to try to see what can be done to save that person from having to do surgery. We know there's certain times people have to have that.

But there's a lot of cases where you don't, where there are other things that can work. And so I love utilizing these lasers for that purpose. Especially for lower back, like as you said before, during and after the injury.

So we've definitely set the stage that laser is the device to use for performance injury and prevention. Let's take my buddy in Switzerland who's playing tennis now and he's 60. He's like, all right, Rob, check.

I'm going to go get a laser. Ask your buddy, what's the second thing I need to do for my shoulder injury? Besides laser it besides laser. I mean, you got to make sure that you're exercising the muscles that are weak.

You got make you, your breaking down the, the scar tissue that is creating a dysfunctional movement on there. Get adjusted to may, I know you've got a, if you stack lasers plus a good chiropractic adjustment, and youve got some real power there for athletic performance.

We know for their studies that show that adjustments can enhance speed, endurance, balance, uh, reaction time as well. So what I do with the lasers, with the athletes that come in, whether it's the Weekend Warriors or the elite athletes, is I stack the adjustments, plus the laser, the healthy diet, supplement protocols like the one that you talked about in the Chiropractic Economics article on supplements for mitochondrial support.

That's huge, making sure they're dialing that in as well. Absolutely. Spoiler alert, Dr. Geer and Rob are both chiropractors. We do treat patients chiriopractically.

amongst other kind of technologies, if you will. A laser is the one that we always rely on. I will definitely sidecar on a couple of things. So as far as the supplement, the peptide, The one I would recommend would be BPC157.

People have heard me talk about it. It's the Wolverine supplement. As Hugh Jackman gets shot up in a movie, and he heals before your eyes, it's really fast.

He comes from gastric juice. it was found in 1993. BPC-157 is the Swiss Army knife of gastric healing. It allows for gut healing, and it's really great because of its flexibility and ability to help a myriad of different type of musculoskeletal injuries.

You spoke about diet. We talk about anti-inflammatory diet, they've heard it here all before. Decrease your sugar, decrease your ultra-processed food, no gluten, try and eat your carbohydrates in limited amounts.

So I'm gonna ask you per injury, what would you say the number one thing to do to avoid the injury would be as you're in that 40 to 60 year old range getting back?

Lower back pain, What's the Number One thing you would say? Number one, you know, I mean I am really biased because I wanna say I gonna have people coming in regularly for the lasers because you are gonna, because of what you can do in so many different levels to dampen the inflammation, stimulate the stem cells promote blood flow stimulate new blood vessel formation I mean there's just such a myriad of things that like for whatever someone's gonna have if you want to prevent things I have patients coming in regularly for for the lasers the laser plus the adjustments and if people don't like the manual cracking I'll use an adjuster tool on them and we'll do that it's what I call my performance enhancement protocols where people, they're not coming in for maintenance because maintenance is boring.

Who wants to do maintenance? You do, maintenance on your car, you do. Maintenance on you yard. I'm interested in enhancing human performance in the brain and in body.

And so I'll have patients come in regularly. Just we'll stick a laser on the, brain a, laser, on, the gut and have them do a little Vegas exercise. Oh, or I will put them on a vibration plate.

So they are working balance. Cause when I see a lot of these patients with chronic back pain, The balance sucks. You have him close their eyes, even some of the athletes in there wobbling all over the place.

So we'll have them do balance exercises while under the laser. And that's one of the big things that I'll do with these patients in my office. So interestingly enough, like I said, we both use laser, you know, We rely on it, if you will.

Yeah. My real question is, what's next? I mean, better yet, forget what is next. Hey Kirk, I get a lot of questions on this red light therapy. Yes. Infrared.

What the hell is that? So I mean, those are good for patients to use at home, but infrared, you look at the energy is lower. So here's an important thing to understand.

Let's split this screen in half and there's, we have the high energy lasers on one side, which is going to be violet, green and red. And they all have an energy per photon, a voltage, electron voltage of 1.7 electron volts.

And then we get over here into the infrared and the thermal ones, they're all below 1.7 electron volts. So when you think about the higher the energy, the more juiced up and more reactions you can do, versus over it's like having a weak battery, like it a light that's kind of lower, more of a heating kind impact on there.

These two work completely differently. The infrared stuff works in a Newtonian physics manner, which relies on direct penetration deep penetration thermal reactions mechanical vibrations because the energy the electricity the voltage is very low so it can't create photochemical and photo signaling changes like unlike the high energy ones these operate on a quantum physics kind of a reaction on here.

High energy, so you're causing electrons to jump into higher orbits. You don't do that with the infrared ones. I did have one guy try to say, well, if you do enough of them, you can do it.

If you did enough, though, then you are going to have a thermal impact. And you could create damage. So that's the problem to try and make up for what you have with these high energy wavelengths that are like specific keys to unlock different pathways in the body.

you get these reactions here with high energy ones versus with the infrared ones. People like the way it feels. They can feel the heating on there, kind of deep heating to the tissues.

It loosens up the joints. So they're a very different beast. That's kind like saying, do the rules that apply to solar system also apply an atom? And they look similar, but they have very difference reactions.

There are different things. With those infrared once in the LEDs, there's only really one FDA clearance there and that's for temporary pain relief by Increasing temperature and increasing circulation versus with the high energy ones You got 22 different specific FDA clearances like the one we were involved with for chronic neck and shoulder pain And the key difference is we showed that at 48 hours after the patients had received the green and the violet therapy They were even better than when they left our office.

So that's a key differences when you look at the research there's much more research, much much clearances on the high energy visible wavelengths than those other ones.

Indeed, indeed, with the uh high-energy non-thermal low-level laser. And one other thing about these larger, longer wavelengths that can be heat generating, what most people don't realize is that they don t have a positive effect on mitochondria because like you just talked about the photonic energy and electron volts, They don't have enough energy to stimulate the volts to cascade, to simulate the complexes in the mitochondria.

So for me, again, and I know we've had multiple conversations about this, that mitochondrial stimulation is the jam without question. If I can just jump in real quick.

Spinal pain, rehab stacking, and red light vs laser

Just take a look at all the diseases that are linked with mitochondrion dysfunction. Autism, neurodegeneration, Alzheimer's, cancers, irritable bowel syndrome, diabetes, asthma, there's like all these autoimmune conditions.

Virtually everything is impacted by mitochondrial dysfunction. Yeah, I think it's the black cloud behind us both, the idea of mitochondria dysfunction, you know, interestingly enough, those neurodegenerative diseases have a lot of origins in the gut.

I've been utilizing the laser a lots in a gut area to help attenuate a a of the different pathogens, I found that to be extremely effective. You mentioned the vagus nerve, the whole nervous system, so it really gets us to the cascade of what's next.

Where's the future lie for the nonthermal low-level laser? The future of it is is getting people to understand the power of It because it's already we're already in the future right right now with what we were doing because most people have no idea of the green and the violet wavelengths like they look at it and they're just clueless because Everybody talks about red light like red red.

Light is what's being talked about online And I look and I'm like, okay, that's like from the 1960s and 70s Doing those things like that when we look the high-energy wavelengths.

We're Just hitting the cusp of what can be done and this is where also I looked at I look at that research by Hameroff and Penrose when they talk about consciousness.

So I'm looking also at how do we utilize these lasers to enhance human consciousness if consciousness is lying in

that violet to blue spectrum within the brain, then we use those wavelengths on the on brain we can enhance the human conscious.

I am very interested in utilizing this while doing specific types of meditation. to enhance human consciousness while utilizing some of like the hemisync technology which originally was made by a joint venture between the CIA, the Stanford Research Institute, which came out of Stanford University and then broke off to go on their own and the Monroe Institute where they were using that in their psychic spying program.

to try to utilize consciousness in a higher laser-like level. And if you read, if go on to the CIA website, cia.gov, and type in gateway process, you can see an actual paper by the Department of Defense talking about what these sounds and things can do to get the brain into a laser like state.

It talked about how the energy in the laser versus a normal lamp or an LED said it has more energy per centimeter with a laser than the same area on the surface of the sun.

Which was just crazy that the Department of Defense was talking about this and utilizing these technologies to enhance consciousness. And again, that was classified for 20 years then got declassified in the early 2000s, but nobody talks about that.

So that's why I say the future's here. It's just getting people to understand it and see what's going on here, because this is way more than just pain.

Pain is great. We can get rid of pain, right? When we can change human function or you look at as you're talking about utilizing on the gut, let's look it like Parkinson's.

We know at Parkinson's can start in the gut and you get opportunistic bugs that crawl up the vagus nerve into the brain trigger neuroinflammation. We can take these lasers and we can utilize it over here to nip that in a bud to because the violet especially has these antibacterial antiviral antifungal properties and You can help to knock that stuff up out before it gets in.

The brain and creates that neuro inflammation. So to me that's The future is getting people to understand this and to use it, not just for pain, but for human performance enhancement, maximization.

Outstanding. I mean, if you comment about Parkinson's, a huge takeaway because that's right. You're looking at the alpha-syncholine going up the vagus nerve.

Great. When vagus nerve tone is decreased, we can increase vagous nerve tongue with the laser. So there was a study done in 2024, I should say published in Science Magazine, where they lasered a part of the brain, the dorsal medial hypothalamus, which has a GLP-1 receptor site.

The people woke up in the study the next morning and had pre-ingestion satiety because there's a GLP-1 receptor site in a brain which communicates with the GLp-I receptor side in intestines that the light excels.

By the way, the vagus nerve also has a glp1. Receptor side so I think you know to kind of ask answer a rhetorical question that I may have asked myself Where does a lie look at that and does laser stimulate the GLP one in the gut?

Yes So with all that being said and all these drugs being there We now have a device that may be an option for more than like you said Just pain. So what's next for you, man?

Oh, so next for me is actually I want to contact Stuart Hameroff and talk to him about his take on, you know, consciousness, the microtubules, laser, how that impacts it, because he's got some exciting stuff.

I've been obsessed with his work and with Penrose's work, and I see that it's another thing where it is like peanut butter and chocolate kind of dovetailing together.

And I really like the way of stacking this. Again, like I kind briefly mentioned earlier, with meditation. So we look at meditation going back thousands of years, and one of the common things people do is the om.

Om. And one the powerful things about that is what is that also activating? It's activating the vagus nerve. So we look at when you do these kind of things, we do that along with the lasers at the same time and I have patients go in a room now and i'll have them put on a brain tap device where you've got the flashing lights, you got to sound here, I laser their brain, laser the gut while they're going through this stuff and it's while they're going through the laser and the brain tap.

And it's really cool to see these changes, utilizing that combo with autistic kids. That's one of the things that we're doing a lot of because when you look at a lotta stuff online, you see doctors talking about autism and they are all using these low energy, deep penetrating lasers.

I go back to this stuff that I'm reading and listening to lectures from Penrose. He's talking consciousness being in that range from violet down to green.

Violet, blue, and green is where consciousness lies. So my theory is that when we get these violet, blue, and green lasers on the brain and we are coupling that with sound, that gets both hemispheres of the brane, the hemisync technology gets in the fire together into a laser-like focus.

I'm using this with kids who are autistic and are seeing some insane changes really, really fast where you don't have to be a diplomat in functional neurology to do it.

Future uses: consciousness, gut-brain health, and performance

You stack these two technologies together and I am having patients who have spent tens of thousands of dollars at clinics with other types of lasers come in and say, in three visits I've seen more progress than I did in a couple of months at this other place utilizing a different laser.

So to me, that's where the excitement is. understanding the brain and consciousness better. And then if you go back to athletes, if we enhance the Brain, are they going to function better?

Heck yes. You got World Series coming up right now between the Maile Dodgers and the Toronto Blue Jays. How does a batter hit a freaking ball? The brain is doing all kinds of mathematics.

Calculations instantly to coordinate everything so when we laser an athlete we can enhance their batting for the average human Who's not playing in the world series?

We laser them. It's going to enhance everything they're doing on a daily basis I love the idea of stacking. I think you also meant to say that you like to stack all three laser wavelengths together.

All three, yes, absolutely. The mitochondrial function. You also mentioned the ideas of staking, stacking with other technologies. One little thing for corrective exercise rehab, I happen to laser the cerebellum, so 50 to 90% of the nerves, depending on who you talk to, in the brain or in a cerebelum.

So we allow for what we would refer to as a laser motor lock-in. And deeper than that, I really like the idea that you're talking about, what's next? And now we've got this device.

It's OK that your guys have it. We'll pull the cart forward. we'll get you to use a device for pain. But really leading a charge to us it with a multitude of other dynamics and a multitude of all the devices really leads to a more integrated, more eclectic outcome.

Outstanding, exciting. And let's not forget, we did mention we talked about sleep. Nutrition is critical, exercise, proper supplements. So it's really the step into the new frontier.

I proclaim that the practitioner of the 21st century will utilize devices that are FDA cleared, that are based on energy, and then imbue the mitochondria with lots of energy to perform at an optimum level.

I agree. And if you look at the words of Nikola Tesla, he said, if he understood the power of the energy and frequency, you'd unlock the secrets to the universe.

That's what we are utilizing. High energy. Specific frequencies. The specific frequencies are like different musical chords, musical notes. You've got certain types of music you want to listen to if your going to relax and hang out with your spouse.

versus if you want to go into gym and you wanna get pumped up and our body responds to different frequencies in different ways. So when we utilize these energies and these frequencies, we can really unlock a lot of the mysteries within the body.

To get back to what you said earlier about the laser taking care of yourself, Jim Rohn once said, take care your body, it's the only place you have to live.

I've got Dr. Kirk Gehr, I'm Rob Silverman, Proven Health Alternatives. Thanks so much.