Podcast Introduction and Guest Overview

Welcome to the Health Fix Podcast, where health junkies get their weekly fix of tips, tools, and techniques to have limitless energy, sharp minds, fit physiques, or life.

Hey, health junkies on this episode of the health fix podcast, I'm interviewing Dr. Patrick Porter. He is the founder of BrainTap, a breakthrough neuro technology company designed to enhance brain fitness, reduce stress, and support peak mental performance through a powerful blend of visualization, light and sound therapy.

The folks at Brain Tap are on a mission to better a billion brains in their well on their way to already transforming thousands of lives across wellness clinics, corporate wellness, clinics and at home.

Now, Dr. Patrick Porter is an award-winning author and speaker. Of course, he's the founder of Brain Tap and he dedicated his life to study neuropsychology.

And so for years, it was believed that we have a number of brain cells and we can't change our brain. But now we're realizing that the brain is definitely very changeable and trainable, and you can do it at any age.

Now, Dr. Porter's clinical experience and research told him much of that different story and that is why he is here today to talk about what he's seeing in his clinic in addition to what his clients are seeing and multiple wellness clinics who are using Brain Tap.

and what they're saying. Plus, we're gonna talk about Tom Brady's physical therapist, how he's using BrainTap with adjustments and dry needling. We're going to talk a perimenopause program that is in the works and will be out here in next month that he helped a gal create.

How cool is that? So we're even going to dive into Dr. Porter's personal brain tap protocol, how he's using that and so much more. So if you're looking to tap in to your own brain's possibility for rewiring and change, this is the podcast for you.

Let's introduce you to Dr Patrick Porter. Dr. Patrick Porter, welcome to HealthFix Podcast. Hey, thanks for having me. It's great to be here. Wow, I have been waiting for this one for weeks because my partner Laura at the Center for Human Restoration and I've been geeking out with BrainTap.

I been having on my phone. We've using a little bit of the headset. She's been geeking out like crazy. And we have lots of questions. Even though she's not here, we've got lots questions for you.

But jumping into this, one of things that I found very interesting about The arrow that we're in in medicine now is that there's a lot of surgence of different brainwave types of capabilities, different types PEMF, but also I'm seeing a lots of vagal nerve stimulators out there.

BrainTap vs PEMF and Vagus Nerve Tools

And one of the big things that I wanted to jump in with is how does brain tap kind of differ from the folks that might be seeing like, oh, there's PMF, but then there is also a type of vagal nerve stimulator.

What's the difference when you break it down with everything? We love PMS. It's something that if it's low level, like a line mat or something like that, you can do it at the same time as brain tap.

The difference is that they're pulsing a frequency like let's say it is a Schumann frequency, the earth frequency that your cells are actually listening all the time.

And this is what happens with the EMF. So if people are wondering why these frequencies are so important, when we get bombarded by a tower, let's say a G5 tower.

That's actually pulsing 50 million pulses per second. Our cells have something on them called a chromoform. This is a little battery that absorbs light, sound, and vibration.

And it actually changes our epigenetic expression. For your listeners, just so they understand, back in 2003 when they mapped out our human genome, they said we only had 1% and then they say we mapped it.

They said the rest was junk? Well, what they found out in 2018 was God didn't make any junk. In 2018 what happened was we have technology now that shows that our epigenetic expression changes every DNA pair every 40 seconds.

So that means these pulses, your body is trying to tell you what to do. To put it in perspective, when we look out at the sun, that sun is not just beaming light to us.

Those lights are coming as codes to our body. We call it the circadian rhythm. And I know I saw one of your videos where you talked about the cortisol crash around 2 o'clock.

That's natural for everybody. So when you're in a high cortisol state in the morning, that should be natural. You should not drink coffee because it crushes that curve.

And you have it about 2 hours afterwards. But then at 2 O'Clock when your temperature drops 2 degrees, That is because the light from the sun has instructed your body to reset because our brains were not designed for this day and age.

They were designed to the Serengeti. What happens in this Serentgety? We take a nap. And then of course, we need to do some down regulation at night. So we'll talk about that later in the podcast.

But when we think about first PMF, We love it because when you think of the brain, the Brain of Course is the one that moves the muscles, ligaments, tendons, that move the energy through the body.

If you have a trauma in your body or toxins in you body, then PMS is a really good way to shake it up. Because when it's vibrating, think like when cloudy glass of water and you shake it up and get it clear.

Your cells are doing that but what happens is the cells actually shake out the toxins. That's why some people will have flu like symptoms even after they do one.

They'll start getting a runny nose or watery eyes because the cell dumps it into something called the lymphatic system. So that's when we need to do breathing exercises, brain tap, whatever it is after we do these things or during them.

Now we have the high voltage kind of or I think it's amperage or whatever it is but we can't use the brain tap at the same time as that one. It's a 10-minute dose and that when it goes boom boom you know it basically really resets your body.

We have like four different ones here at their lab in New Bern that people try out. But as far as vagal stimulators, we love vaginal stimulator. Most of them that we've tested here at the lab, humming actually works better.

So when you think about humming or singing to yourself is actually one of the best ways you can activate your vagus nerve. But what we did in the brain tap to make, so all these things are good.

I'm going to explain why brain-tap. It's not better, it's just different in what it does. There are a few vagial stimulates that really do work, there's a lot that don't.

because they say when you're doing them hum with them, if they said that as part of their protocol, just hum. You know, isn't because we've tested and we get the same result with just humming or using their device.

Now there's some electrical stim ones that you wear. The vagus nerve, of course they call it the wandering nerve and this is what turns on the parasympathetic system, the rest, digestion, recovery system of the body.

What we have done is we use the inner ear and those lights in the ears of brain tap, when people look at that they go, How weird, why do they have lights in the ears?

That's just bizarre. Well, the lights on the ear are actually pulsating through something called Noge frequencies. Dr. Nogee actually had 7 frequencies of the body and what he found out was if any one of those frequencies are out of tune, so think of your body like a tuned instrument, they now know in science that every cell of you body is singing and your whole body together creates a tone.

You have a frequency response. That's what keeps the cells of your body together. So when you think about the vagal stimulator and what's happening, what we're doing is we are using light to do that.

That light is pulsing and it changes every two minutes because the body and these receptor sites and the way the reticular activating system works, which is that part of the brain that observes our environment and says, is this safe?

Is this okay? Am I all right? That is always alert. We need to keep it vigilant because what you want to train when training the We want you to stay in a super state of awareness but in the relaxed state in physiology so your body can function.

What's happening right now is of course people are in high sympathetic and they're locked. So some of these vagal stimulators are really good to unlock that nervous system and that's what BrainTap does with the light.

And we started doing that actually with autistic children. We didn't have the ear lights then but we did a research project in California with Joquita Handy and we took people that were There was actually a magnetic resident therapy research program, and she was running it.

And every parent had to spend $6,000 to see if they qualified. They dismissed 60% of them. Well, the placebo is 40%. So who were they dismissing? You know, and then, so I said, well, those people that got dismissed would, could we do a project with them with brain tips?

I'd never done anything with autistic children. I say, if you're willing to run it, I'm willing supply the equipment. Let's see what happens. What we found out, the whole thing is about alpha.

So when we think, we'll talk about brainwaves probably a little bit deeper later, but think of alpha as the daydreaming Basically, first stage of recovery, brainwave, and that's where you get your creativity.

But it's also linked to vocal to speech. So what we found with these autistic kids is they had no alpha. They would be in high beta, they'd be stimming.

You ever seen a kid that shakes and quakes and things like that? That's because just like an animal that shapes, like the song Shake It Off, our body wants to shake that off.

Now, when we get into theta, That's why Robert Melillo wrote a book called Dissociated Kids. If they get locked in theta, they're disassociated. This world doesn't exist for them.

Even though it exists for us, if they are here, but they aren't processing through the same sensory-based system. They're not aware. These kids are super brilliant.

So what we did was we had them do the brain tap once a day, and within 30 days, once we got their brainwave of

alpha trained up to 23%, 90% of them started speaking.

Because the brain, think of these brainwaves as we delve deeper into them. Think of them like Wi-Fi networks. If you were to open up your phone, if you're in the city, there's probably 10 different Wi Fi networks that come up, but you can't get into that because you don't have the code.

The same thing is true with your physiology. When you think about getting into these BrainWave states, If your in a high state of stress and anxiety and beta, then you can't access those healing codes because your body's saying, run from this tiger, because the body doesn't discern between a text message, a tiger or lion, or a car accident.

It doesn' know the difference. Is there stress? And there's something I might add here just so they understand because in your talk, you're talking about sugar levels.

I've never met anyone that had a carbohydrate deficiency. So there are people that do, but I never have met them. That means our body produces all the sugar we need.

Sitting in your liver right now is 25 grams of glucagon. This is sugar. When you have a stressful event, it dumps it in the bloodstream. Now your body goes through a vicious cycle because you can't process five tablespoons of sugar, but you're supposed to be running from something.

You know, your muscles, you are unloading those sugar from your muscle and now the bludgeon. But what is happening is you sitting in you car, or you sit talking to your family member, sitting infront of the computer, watching a stressed out movie.

So the body has to deploy now insulin, right? So, the insulin pump starts. Pretty soon what happens and what we're finding with a lot of people is they have what they call insulin resistance because think of it like this little drip.

The insulin is just supposed to come in when you need it. It's like an emergency thing. You've got too much sugar in your bloodstream because if you have more than one tablespoon, you can have toxemia, it does crazy things to you.

So insulin is a fat storage hormone for the listener so they understand. Now where does it put this fat? It doesn't put it where we want it. It'd be nice if we get directed where it wanted.

We could shape our bodies but it puts it in the adipose tissue like you were talking about belly fat and they now know that belly that actually has its own nervous system.

So it's a thinking system that drives you to continue to eat the foods that keep it alive. That's why the gut-brain connection is so important. And sometimes we use red light therapy, PMF.

These are all things that get the gut and brain to coordinate. But the one brain that I want everybody to remember, because the brain between your ears is like a Google tablet.

It doesn't do anything unless it's hooked up to the internet. your brain up here doesn't do anything unless it's hooked up to the heart. That's why if you have a spinal cord injury, your body's still functioning, but you can't walk and talk because this brain has been disconnected.

But the real brain in the gut and the brain and heart, which has 40,000 neutrino cells, is still operating.

Brain Waves, Neuroplasticity, and Clinical Results

Those are the two brains that we want to bring into synchronicity. And that's what HRV or heart rate variability is so important today. Everybody's looking at it as the gold standard for healing.

So with brain tap, what we've proved With our NeuroCheck technology, which is heart rate variability on steroids,

because we can measure nine parameters of the nervous system, we could actually show meridians.

A lot of acupuncturists will use it to show the blockages, then put the needles into the seeds or whatever they're going to do, or use lasers, whatever.

Then they'll do a rescan and they will show that the energy is now flowing. with brain tap because the ears, now we're back to the years again. The ears have meridian points that go out throughout the whole body.

So you know, but maybe listeners don't know you can put a seed in there, you could put laser in, there you put needle in their, and it actually directs energy through the body, so what I thought was wow, with these autistic kids, they can't understand me, or at least I don' know they're understanding me because they are stimming or they doing whatever, So we started to put the Noje frequencies in.

What we found out was after about minutes, virtually everyone looked like they passed out. The parents said, I'm not leaving until I get that. How did you do that?

Well, what we did was we triggered the vagus nerve and then the body knows how to heal itself. We have to get out of the way. We have to move and breathe and we have do some kind of mental fitness or brain fitness, as I like to call it.

And so all that works in. So when you think about what's different is you can do everything else. But if you're not fixing the brain, it's not going to work because that's the main reason for that.

I should say is that they've done a lot of studies on pessimist and optimist. Okay, one study that was circulating around COVID was they took people that looked at COVID as a challenge and other people looked it as the threat.

And you might not know this or your listeners might know, but your cells are actually absorbing light energy all the time, from the sun, the room, everything, and it's absorbing it into the mitochondria.

broadcasting it out. You are actually broadcasting a 10 nanometer light. Everyone does it. And it extends out about three feet. In our NIH, actually, if you go to their website and put in Biosphere, you'll see that in 1994 they said, we have a biosphere and all illness starts in this field.

So I'm not sure why they're still giving out pills. because you can't have a pill without a skill. So if you take the pill and then the brain will get dumb, it'll say, oh, you're taking the pills, I don't need to do it anymore.

That's like drinking the coffee first thing in the morning. You don' want to that because it crushes that cortisol curve. you'll need that to wake up, neoprenephrine, dopamine, and cortisol.

All that you need in a morning and when it naturally drops you re-trigger it again through a cycle. sleep. Because during that cycle of sleep you're also building neurotransmitters, which we can go into a little bit later.

That's where you build up your neurotransmitter bank account. It's normal to feel tired in the afternoon, especially as we age. Now when we're younger, we just blow right past that.

And this is because our brains, when were born, are 18.1 volts. When we were about 21, it goes to about 10. 1 volts If that voltage drops below 7, then we are going to have dementia like symptoms.

If it drops to below 4, than we will have Alzheimer's type symptoms In our study we did with Dr. Kelly Miller, who's also a chiropractor, he did a study and he wrote a book called Saving Your Brain.

It's available on Amazon and all that. He talks about brain tap because what we do in six weeks is take everybody in the study off the dementia scale because of energy.

We're, it's all about energy. It's an energy equation. If you have enough energy, think of energy or ATP in the body,

like you would think money in a bank account for your business.

You know, they say money solves a lot of problems. ATP solves lot problems and when we're younger, we have a of it. And this stimulates, of course, stem cells and all these things, killer cells.

When you had the energy you can activate the whole system and it is all working for you. It's like having a battalion out there, you know, working for you every day in the battle.

But if you don't have the supply lines to keep it energized, doesn't matter, they're going to die. They're not going be able to function. Not going wake up.

So we need to wake the system to heal itself. And that's really, I think, BrainTap, we've proven it in science. The NIH study we did, one session of Brain Tap proved 27.3% better neurological function, we showed that if they do it three times a day, or three time a week, because we're doing it for clinical use, three-times-a-week, by the end of 30 days, that became their normal.

So now, they increase, and what I like to say is, it's all frequency. when you're talking about these things. And what I mean by that is what you frequently see.

So if you are a positive person, you see high-frequency people, high frequency events, and high frequently foods. But if your low frequency, we are talking that attitude that's so important.

If you look for low- frequency foods, low frequently activities, your a Debbie Downer. Your cells have actually proven Now, your epigenetic expression actually, if you have a negative thought, you actually down-regulate yourself.

So it's like saying, You have all this potential, but now you're saying to yourself you can't do it. And so the body goes, Okay, so you are right, and you cannot do this.

Henry Ford said, When you think you cant, think that you aren't right. It's all part of the equation of energy. And we can go into detail a little bit more about why we use lights in the eyes and the ears and things like that.

But the whole thing is why were different is we have science. I've been doing this since 1986. Nobody did this before me. There was no biohacking. there were some natural medicine doctors.

And I worked with the chiropractor, Stan Fuco, who gave me my first job. We still work with a lot of chirepractors because they helped me out when I first started.

That's because the spine is the keyboard to the brain. And if the spine isn't aligned, then, of course, the spines align the energy systems. You can do it through acupuncture too.

I mean, that's why we work with acupuntures because it's all about energy flowing through the body. If you're not getting that energy from the brain to the bottom, it is not going to work.

So we need to match the pathways through spine. And that is what they call subluxations, you know, when you have different blockages in the spinal. What we do is we have a whole series called neurologically based chiropractic.

that after they get their chiropractic adjustment, they listen to it so that we can use neuroplasticity. And we could talk a little bit about that too, what neuro plasticity is in neuropruning and neurogenesis.

Yes. You know what? Let's talk about because I think for a lot of people, You know, there is this concept of, I see the chiropractor, they adjust me, then I got to keep going back, you know 2, 3 times a week for the rest of my life.

Same thing with acupuncture. You got keep on back to, keep getting the benefit. But what if we can extend the

benefits by using brain tap? So, yeah, let's talk about neuroplasticity.

That Parker who started chiropractic, he would not let his patients leave for an hour after an adjustment. Because just like yoga, a lot of people do yoga.

They think it's a physical exercise. And I do a lotta work with the Ames Institute, the All Indian Institute of Medical Sciences. We actually, their, there are neurosurgeons are called the brain tap brain wave and treatment.

Neuro centers over there, because we proved out these ancient traditions, like breath work and and reiki and all the some of their natural remedies. We showed it in science that it's actually doing something to the physiology.

This is a physiology department that we're working with, not the psychology department, cause they're, they are way behind. They think talking is going to help somebody.

And talking might help people, and it does change 3,200 gene expressions, but only if you talk about the solution. If you're talking about a problem, you are making a better problem.

That's why I'm so disappointed in my profession, because I've never seen a study that's better than 12% in psychology. The placebo is 40%. So does that mean that they are talking people out of it?

And if your a psychologist listening, go do your research, if find something better that 12%, I have a standing offer, I am going to pay you $1,000, send me that study.

I never see it. And I've been saying that for like 10 years. Now the problem is that that's old school psychology. Positive psychology is different. We know that works because now we're setting goals.

We're achieving things. And so when you're, let's say you have an adjustment or you get your aligning the meridians. Well, now the brain is going to have to work really hard during that time.

It's going take energy. That's called neuroplasticity. So let say, we know because Dr. Barwell, who's one of the chiropractors that got me into the field with chiopractor along with Dr Fab Mancini, who ran Parker College, when you think about, I should say Palmer is the one who started chiropractic, not Parker.

I made a mistake earlier. So it's Dr. Palmer. Parker is a college in Texas that I work with a lot. What we notice is when we do an adjustment, You get this light up in the brain.

It's almost like the old Microsoft systems when they said, you got a problem, just reboot it, it'll fix it. That's really what they're doing because the Brain will reorganize.

Your Brain is designed to heal you. it's not designed stay dysfunctional, but it needs energy to do that. So when you get the adjustment and you just walk out to your car and start stressing out again, the Brains doesn't get a chance to rewire and fire.

So that even five minutes or ten minutes after, even after a workout, or you know, when you've done something strenuous, because when done stennuous in a work out, you created something called BDNF, Brain Derived Neurotrophic Factors.

This creates energy in the brain or ATP. So when we think about these things, The reason this is important for listeners, when you were born you are the smartest you're ever going to be.

Believe it or not. You had 18.1 volts, you had a 100 billion neurobit processor, fully wired. Then as you learned things you began to unplug your brain.

This is called neuropruning. And that's because we can't remember everything at any one time. So the brain is going figure out what do I need to remember.

That's why if you've learned a language If you've learned a second language before you're seven, there's a circuit in the brain that helps you to learn different languages.

Our science officer, Dr. Sidral, I took him to Indy with me a couple of years ago, and by the end of three weeks, he's speaking Hindi. And I said, Francisco, when did you learn Hindi?

He says, we've been here for three week. He said I speak six languages, his language program in When we learned to speak, we didn't go to class. We didn' learn about nouns, verbs, adjectives, and all these things.

we absorbed that through a brainwave frequency called theta. Because our brain was operating in high levels of theta, when we're adults, unfortunately, that's a Brainwave that suffers.

And that is why we focus on that one the most with BrainTap, to get that brain wave back activated. That's your Inventive Mind. That's when you take everything you think.

There's the conscious mind and then there's unconscious mind, right? So the unconscious is everything that you don't know. So it knows everything. Imagine that.

It's like the internet. In one of the studies that just came out two weeks ago that blew my mind, MIT put it out, they said our brain frequency when we're thinking and meditating extends out 10,000 miles.

So you're actually broadcasting a frequency like a radio station or a TV station up to 10 thousand miles away from you. And they know it affects people.

When you are around the gainers in your life, those people that help you to feel good and And then you have those drainers. When they're done, you go, man, that was my last good nerve.

Or you say, or you, they drain me. There's people like that. They're literally, it's the mitochondria that absorbs the light. And if they don't have enough energy, They are going to find people they can suck that energy off.

It's not sci-fi anymore. This is neuroscience. and it is really spooky because when you're around people that uplift you that motivate you like if you had a good practitioner like yourself in your center, then people go They leave there and they're energized.

It's almost just as important to be in that energy field as it is to get the treatment. I know people that walk into a chiropractor and feel they get an adjustment just by walking in.

They feel their back crack because it's energy. Its all energy and their brain was anticipating it and then it happened. Because the spine will align because the brain tells it to.

The brain moves the muscles which moves bones, ligaments and tendons. Those ligament, tendon and bones don't do anything on their own. That's why you have to have that connection with the body and brain.

Now almost everything else and we have 6,000 square feet here and you're welcome to come down to the lab and see it. We do a lot of brain scans, we look at blood work and talk about that too and all those things.

But we show almost every biohacking piece of equipment here. 6,000 square feet of it. It's like a playground. And our doctors can come and spend a day here and we show them it all.

But we showed them how it works with the neuro check. So we're not guessing. We're testing. Nothing moves the needle. I'm saying absolutely nothing moves a needle better than brain tap.

Stress, Sleep, and Energy Regulation

Absolutely. Because if you think about it, the energy starts in the brain, moves down the spine, out to the limbs. But

you can put energy out here in the body, but if the brain doesn't connect to it, that's the hard way.

But if you do them both at the same time, Partnering in what we call bio stacking. You're going to stack different modalities at the same time to get them to work in coordination.

So we do have vagal stimulators here that do work. They might use a vagus stimulator, especially somebody that's really compromised. on Pollyanna or something, you got to hit them with everything because their energy system needs an upgrade.

And so that's what we do. Love the multi-level stacking approach. This is something we're trying to work with at our center because we are finding that people are getting sicker and sickier and more deregulated.

Of course, this is kind of a segue into something that I would like to talk about because you were talking about 5G. We have this thing called the social media and tiktok and instagram, but we also have This phenomenon of all these games that people are trying that they're commercials on tv trying to suck people into these Games where they'll make money.

What have you seen? Have you guys tested the impact of someone doing one of those those types of games and then? We've measured a child's brain before and after playing a game and we've also done it live through time and what we find is about an hour on the game is what they should do.

The problem isn't the gain. They're not getting recovery after the games because they're stressing their brain out. Actually, their brains look like somebody on crack cocaine or something.

It's crazy because what their doing is they keep exciting the body. When you talk about stress and cortisol and sugar release. They're burning their body out and they're just young people.

So what are they gonna be when, that's why we have 30 and 40 year olds getting dementia. Because they are burning out the system and playing that game is, even though it appears that it's just a fun little game, maybe, or maybe you're playing a single shooter game which is crazy, you know, but what happens is you are actually, your brain, like right now, as we're talking, we are looking at a computer screen, right?

That computer has millions of LEDs, believe it or not, You are predicting if they're going to turn red, green, or blue, every one of them. Just like in the movie with Dustin Hoffman, Rain Man, when they dropped the toothpicks on the ground, he said, 1,237. They go, how do you know that?

He said I just counted them, we all can do that. But our brain has something, and the best way I can explain it is nose blindness. If you know somebody who lives near a dump, we have sound blindness if you live near an airport.

Or a train track and somebody says, how can you leave here? That train goes by and rattles me. I don't even hear the train anymore. The airplane. Because the brain is really good at shutting them down.

And that's good and bad. What if have mold in your house? Yeah, and you turn off the, because you didn't move, the brain goes, it must not be a problem.

So I'm going to turn that warning light off. It's like putting a black piece of tape over your light on your engine. And you said, you know what? I don't want to see that.

I am going put a piece black tape on it. This is what medicine does. When people take medicine, I think medicine and I will give you a couple of examples.

All SSRIs were approved for 14 days of use, which means they are met for critical situations to help that person get out of that stuck state, but then they're supposed to get back to normal.

But most doctors will tell you, take 28 days for it to work. Now, what do you mean? It takes 28 day to you get

addicted, and then your brain gets patterned, then it's hard as hell to go off of those things.

Your brain creates its own neurotransmitters. Why would you need a serotonin uptake and temperature? Your brains wants the seratonin of this moment. We did a study in Brazil because opioids We're approved for four weeks of use only.

So they're giving them to people for life. Sometimes, I had a brother-in-law that had surgery and said, you're going to have to take this pill the rest of your life for pain.

Why would that be? Your body is changing at a rate of 50 million cells per second. Your DNA is re-braiding every 40 seconds. You're a completely new person in two to four years.

Every cell is different. by taking a pharmaceutical. It's a lifestyle issue. So what we did in Brazil, we had a graduate student and saw a university down there that's one of the largest universities in brazil which were partners with their neuro lab and the graduate students tracked people doing surgery.

They gave them opioids for four weeks. Half of them got brain tap, half of it didn't. At the end of four week we said okay get off your opioids. Our group with brain taps all got off them 100 percent.

The group that didn't have brain tap didn' because you can't the pill without the skill. Your brain creates its own pharmacy. 30,000 different neurochemicals with a simple thought.

But if you could train the brain to do anything that's external, that is affecting you, one more example for them so they understand. We were doing a study in Dallas with Dr.

Rosenthal on PTSD. And they were using a psilocybin at the time I had never done psillocybe and I don't do it. I've done it a few times, but it takes a long time.

It takes like 8 hours out of you. it's like playing golf. You got to invest a lot of time and i can do the same thing in 20 minutes with brain tap. So what I, what i did was I basically said, let's map the brains of these people on the psiliocybing because we had a number of.

These veterans that did not want to take a. They thought they'd become addicted to it and they already had alcohol problems. But that's not true about a psilocybin.

They use it to get people off these drugs. But we didn't want to argue with them. We wanted to do the study. So what we did was we said, we mapped the brain.

And we found that there's a region of the brane just to the right of hippocampus that lights up with high gamma. so we created a gamma series. Dr. Rosenthal calls me back.

He says, you know what? I've never taken a Psilocybe, but I'm having the same trips they're talking about. You said in some of our veterans are having a psilocytin trips with no psiliocytes.

Because we activated every cell of your body when you're in theta or you are in gamma, Your body produces something called GABA. GAB is a neurotransmitter that is like the most researched out there right now.

And GABE is the precursor to DMT. So it instructs the body and every cell of your body has this molecule they call the God molecule. Because if you can unlock DMT in the system, you could heal anything.

That's when people, when the spontaneous healings you read about, learn about in science, they say, well, there's this big blast of DMTs that moves through the systems.

It basically corrects everything. So, it just puts everything right. So our brain is the part that does that. And every muscle, by the way, is like a little pharmacy too.

That's why we need muscle on the body. We need to do resistance training and things like that to keep our muscle base. I'm simplifying it somewhat here, but it's part of the equation.

Absolutely. You know, it leads me back to thinking about healing anything. Because I work in a clinic where we're looking at chronic Lyme, we are looking chronic mold toxicity, but not chronic mull toxicity but chronic mild illness.

We're even looking women that are also going through perimenopause and menopausal at the same time. I'm going, okay, you know clearly these bugs also have a frequency, these mycotoxins have frequency.

How do you intersect with that? Is it more like the better vibration you've got? The more you can shake the bugs out, the more can get them into the lymph and clear it out?

We actually use a product that was researched in Korea. It's been over $25 million and used by the Swiss Performance Institute that came to visit me. They have 40,000 Olympic athletes under contract.

And they asked me, what do I do for gut health? I said, well, we leave that up to the nutritionists because they know better than we do. But we believe in you know, gut biome and all that.

So they came up with something called Energy Up Biotics and it actually replaces your gut-biome. It works better than that feces transplant that only works for six weeks and then your body goes back.

They've created a product that actually destroys the old microbiome, and reinstalls an ancient biomes, your ancient bio. And they've proven it in science.

And we've had some miracles happen with people like with Crohn's disease and all sorts of things. When they start taking this probiotic, it's very easy to use.

In fact, when we're done, I'll send you the link. You can share it with the listeners, but you have to order it from Switzerland. It delivers in three days.

But I believe you should be taking some kind of probiotic all the time because we're being bombarded. We're 55% other things. Those bugs you're talking about, we are only 45% human.

So when you think about it, that's why we need to get our gun in harmony. with our brain in between our ears and our heart. All these, you know, the gut brain is the biggest brain.

It has more neuron connections than a brain between their ears. So in what's controlling those is our microbiome. We have microbiomes. Also, we have brain biome, so if you have a leaky gut, I can guarantee you, have leky brain because you're not detoxifying the brain and we can talk about sleep maybe a little bit too and talk why that's important and how BrainTap helps.

Yes let's talk about sleep because you know the leaky gut component and all of that I feel like it goes hand in hand if the guts off the sleeps off because it seems there's there are deep connections there.

Yeah because your body has a foreign invader. Basically, you know, when you have that loose cellular structure and those proteins leak out into the system and then into body, it's a toxic environment.

So the body saying, hey, we can't be sleeping right now. We got to go to and most of the time the reason they're waking up actually is because they don't have energy.

The body's saying get up and eat because the. They're locked out of all of their energy, and the stored fat is a lot of energy. But they've never got to the second phase of digestion where they're burning their body fat and getting ketones to their brain.

Most people don't realize when you eat food, you should wait at least four hours to six hours before eating food

depending on how fast your transit time is.

But you need to get the food you consumed out of first phase digestion. Second phase of digestion is feeding your brain. Because now your body is going to tap into fat stores and give you ketones to keep you thinking right.

And so it's an energy equation again. So imagine this back in 2015 they find a new part of the human anatomy. Before 2015, every physiology in the book in this world, the lymph system stops here.

But then during a sleep study, some doctor recognizes this glial lymphatic system. So think of glia cells. These are like networkers. You're at a network meeting, you're shaking hands.

At the end of a night you want to wash your hands! Well this happens when you are sleeping because spinal fluid comes up through the spine and your skull actually pulses.

This is the pump. and it washes over the glia cells. And then when you reach level four sleep, this glial lymphatic system, a system that wasn't even known about before 2015, opens up and you detox.

We need at least an hour of deep sleep two hours of REM sleep and we can crush any sleep score. When we did the, they call it a washout study and we a pre-study.

So what we we studied them for two weeks before we started the study, because we wanted to know what their baseline was. The average coal miner slept 10 hours a night, but only got one minute of deep sleep, zero rim.

They were in bed, But they weren't sleeping. the misconception about sleep is I'm in bad, I must be sleeping, no. We need to unwind the body. That's where brain tap comes in.

It steps you down into Delta, lets you go.

Perimenopause, Lifestyle Shifts, and Recovery

Now, if you don't have brain-tap right now, then you could practice doing a 4-8 breath, where you breathe into the count of four, this triggers the parasympathetic, I mean the sympathetic system, then, you breath out to the kind of eight, which triggers parapsympathy system.

And while you're breathing in, your gonna think about your day, but don't try to solve any problems, just think it. Your brain knows what to do about it, and then when you are breathing out, think of everything you grateful for.

It could be just as simple as the pillow you're on, the bed you are in, person laying next to you, room you in the house you have, job you had. Whatever you grateful for, because this is going to help you to become a more positive optimistic person.

It's going set you up with energy. And then once you unwind the body, most people when you go to sleep, you don't want to just fall asleep. You want lay there for a little bit.

Unwind your body. That's why some people are gnawing their teeth, they're clenching their body, because they have it unwound. Every cell is like a transducer.

A transducers and electric circuit holds a charge to a certain discharge point. And we all have a discharge points, right? And unfortunately, that's usually the people that we love, we discharge on.

But we want to learn to discharge because when we have high energy, high frequency, we can deal with a lot of things. But if we are low frequency that's when you can't handle the stresses, the strains, and the confusions of the day.

So sleep, think of sleep as the time when your building your superpowers. Your ability to say no to sugar, your

ability say, no, to alcohol, and your abilities say yes to activities.

Your abilities to read books. All of these. These are superpowers because not everybody can do them in every superhero. This is for the listeners. Every superhero had to go through the dark night of the soul.

If they're coming to your clinic. If you're going through something with your body, you are developing your superpower. You're finding out what your kryptonite is.

So you can put it in a lead box and you go about saving yourself but then save the world. Because whatever you do, your helping your family and friends.

In epigenetics now, our epigeneic scientists said that seven generations are influencing you right now. Now the Hopi Indians had seven generations are guiding them right now.

So how did the ancient traditions know about this new modern neuroscience is beginning to sound more and more like a religion than it is a science because there's this woo woo factor in quantum physics because we are light generating quantum machines, you know, and we have a lot more potential than we're activating.

Now we use a of our brain. In fact, they say we used 100% of brain, but we don't use 100 percent of its potential. You know, so, and think about the body.

If they found this in 2015, what other dormant systems are in the bodies that can help us through these times? We have to get into that relaxed state, into a state of acceptance and let the Body develop because we're not done evolving yet.

We can activate different systems in The Body. People like Wim Hof, if you look up Wimm Hof on YouTube, he's a kind of a crazy guy that does his deep breathing exercises, but they actually injected him with poison and he breathed it out of his body Now, he's not a superhuman.

He's just a person. But what he did was he knows how to activate his immune system at such a high level through breath that they can't poison him. That's a superpower.

And he teaches other people to do it, and other are doing it. So, I mean, these are things that we're in the threshold now of some really great discoveries of the human anatomy.

We're being challenged. Stress is when evolution happens. And some people go, gosh, Dr. Porter, I would love you to just get rid of all my stress. I said, that will happen one time in your life.

It's called death. All the stress in you body will leave. You will too. Three quarters of an ounce leaves. They don't know what that is. That's you. But your body is no longer animated.

And that's why they have dead weight and live weight. So when you think about your, who you are is not the body. Your job is to preserve this body, to work with this Body, just like you would if you had a Lamborghini.

You know, you wouldn't put bad gas in a lamborghini, but you'll put sodas into your body. Or you will have sugar drinks and sugar foods and you have to think.

Then you complain, my body is giving up on me. My body's not working right. Well, no, your Body is doing exactly what it can do with the information you give it.

And everything is information to the body. If you eat a candy bar, that's information. The body has to break it down into its usable cell systems and organs and turns it into energy that then the can use and then eliminates what it can't.

So if we get it, I always tell people the best foods are God's labels. You know, there are no labels because if it has

a canned bottle or a wrapper and it's got ingredients you can read, you probably can digest it.

It's going to cause a toxic environment. That's why I say you cannot think a bad diet, fix your diet. You know, even if it's just drinking half your body's weight of ounces of water first, that's the first step for most people because they're drinking coffees, teas, and herbal teas are okay, but if you're taking black tea and coffee and sodas, you are creating a toxic environment and you disrupting digestion, which means you never get into fat burning.

That's why diet sodas don't drink. I've never met a skinny person drinking diet soda. So obviously they don t work. What's the deal with that? There should be a lot of skinny people drinking these diet sotas that are out there.

Interesting phenomenon. Now moving into that because I think it is one of those things where women as they're moving in to perimenopause, menopausal, they will start to gravitate towards weight gain and what do I do and how do over these types of symptoms.

And I always talk about we're changing fuel. I'm kind of basing it a little bit from Chinese medicine because we talk the kidney and the heart energy in Chinese Medicine, but we are also talking about switching from ovaries to adrenals for where the hormones are coming from.

But I am thinking there's also got to be because, boy, is there a lot of mental stuff that goes on in this timeframe. Boy, there has got be a lots of energetic shift and I'd love to hear your take on that.

Yeah, we're creating a whole series for perimenopause. And one of our natural medicine doctors is actually we are partnering with that. She's putting it together.

It will be available on Brain Tap. But what we know is, of course, you've got to change your diet. In India, they actually say, eat three meals a day, be sick.

Eat two meals, the day be well. You eat one meal a, day you have excellent health. I'm not saying fast every day like that, but some women can't fast the same way.

So you got be careful. Think in terms of whatever you're eating right now. You're probably eating way too much because the stomach is only the size of your fist.

So that you should not overfill the Stomach. Now at first that stomach has stretched out. There's a difference between hunger and appetite. Hunger is in the body, appetite is the mind.

So we need to turn off that switch, that satisfaction. And you do that by slowly eating, what they call mindfulness eating. Enjoy the taste, the smell of the food.

Don't watch TV. But if you can be with a conversation with people, they find that's good. Even praying before meals or just doing some breathing exercises before meal, They show that when the body's in more parasympathetic state, you'll absorb, use the energy from the foods you're consuming.

In fact, Virginia Hunt at UCLA actually proved that when you pray over your food, you actually raise the energy or the vibration of the food. Because we're broadcasting photons all the time, we are broadcasting energy.

So we can direct that energy. So I think that with paraminopause, of course, we all go through cycles and we're going to go things. And so we have to change our lifestyle during those times.

Maybe you need to have what Tom Brady says is for every one minute of exertion, you two minutes of recovery. If you're having exertions, and that can include your sleep.

When you think about your day, how stressful it was, the average person only needs six and a half hours sleep, but it needs to be efficient sleep That's why some people think, oh, I need eight hours, 10 hours.

No, you need one hour of deep sleep, two hours of REM sleep. The rest is really just to give you the time. Because it doesn't happen all at once, that you're going through a cycle.

And as you go through that cycle, your brain is actually building up your neurotransmitter bank account. Now, if you didn't need that much neurotrasmitters to fill up, once all those buckets are full, You wake up.

You're 100%. So as we age, what happens is all of those systems kind of slow down because of Could be thoughts, traumas, or toxins, right? That's the key thing.

So it could be their thoughts. We were all led to believe that as we grow old, we get stupider. But the reality is I've never met an ancient culture that said, I keep the wisdom of the tribe with the youngsters.

They kept wisdom with a tribe, with elders. That must mean we're doing something wrong with our brain. You know, We need to stay active. we need eat right, but we needed to say, you know active doing things.

you we should have an actively good brain until we we go. We don't know when that return ticket is, but you want to have a functioning brain. Like my grandmother who was 93, I caught her one time.

I was staying with her and I thought she was on the phone. So she came out and said, "I was going to come in and talk to you about it. You were on your phone." She said I wasn't on my phone, so what were you doing?

She says I remember all my favorite vacations and she would do it out loud. She was running the positive memories in her head. she had a perfect memory until she died.

Like only about two months before she died she started having like Lewy body experiences and things like that because her brain dysregulated because she didn't eat right.

I mean she always told me, she goes, you're eating like this, when you get older I hope you are happy. And I said, Grandma, I'm not eating this way when I get old.

So I feel good now. You feel terrible every day. She complains about it, but she does it. My dad said she was too hungry to die. But I think it was because she would replay all the positive memories.

And she'd play golf in her mind every day, just like the Hanoi Hilton, those guys did when they were in prison. They came out fine, where the other people that thought this just dwelled on the pain and the misery didn't.

So our mind plays a big role in this. With perimenopause, you can go into it thinking, Just like childbirth, for instance, we have a child birth, a stress-free child-birth program.

When I was with the Arizona Health Council, I had to work with pregnant teens. And the most exciting thing was when I could get them telling jokes between contractions and their mothers or fathers, whoever was the single parent that was, with them was saying, aren't they supposed to be in pain right now?

I said, that's an option, but pain's in option to the body. So we taught them the, body is designed to give birth but we, have to relax into it. The body can do it, the bodies designed, to go through perimenopause.

We have, but we have to feed it the right different nutrition maybe, different activities. This stress is telling you something has to change. So remember, if you're changing something, you can always go back to what doesn't work.

Change something and see if it works. If it worked, great, congratulations. You can go to your baseline and say, oh no, that didn't worked for me. Okay, I'm going to try something new.

But you have give the nervous system, and you are talking about the Nervous System resets every 72 hours. So whatever you do, whether it's PMF, brain tap, adjustment, whatever it is, your brain is gonna start going back to

whatever thinks your neurological norm is.

And so if we can disrupt that pattern by doing daily practices like breathing techniques, eating healthy, exercising, these are disrupting the nervous system and putting it back into a positive light.

If you don't do anything, the body will dysregulate and before you know it, it will unwire because this is called neuropruning. The more you do things different and novel, your brain does something called Neurogenesis.

We can't go back and save the brain cells that we lost in college by do crazy things. But what we can do is we could build new neurons. Our brain is designed to build neurons, that's called neurogenesis.

But you have to have neuroplasticity for that to happen. That's the energy in the brain. So remember it's a voltage problem. I bet if we looked at anybody going through perimenopause, they have dropped below 10.1 volts.

They're probably between 9 and 7 volts If they don't do something about their brain health, they're gonna drop into seven. They're going to drop in to four.

Because the brain energy is the key. And that's why your work with acupuncture or chiropractic, it helps to continue to breathe. It's an energy system.

it's a give and take. Its not a one way system, its like biofeedback. its electrical feedback. and we need to keep the energy high so that it can feed the right information to the body.

To keep us balanced, to us thinking, To us positive, happy and healthy. I absolutely agree. And the more I work with energy, the More I see that. So one quick question before we kind of get into telling folks how they can find out more and definitely about the perimenopause study that you're doing and and more information there.

What is your favorite sequence to run right now? What are you working on right with brain tap. What are you geeking out on for your daily routine? Well, I always do at least two sessions a day.

If I'm traveling, i do three because in the morning I need to wake up my brain. We call it digital coffee and I never drink coffee. I do like coffee but I only have one cup typically.

In some days I don't have it but if I have, it I am going to have either in afternoon or at 10 o'clock. You know, after I in two hours before awakening.

And so, but what I do before that is I have a PMF at my house. I PM for 10 minutes. Do my light therapy. Have a headlight because I'm in a gut pad. So I had my brain-gut connection.

Then I also have an infrared sauna. Also have assault chamber. Get up a couple hours early. For me, because i'm 64 and I plan to be playing with my grandkids as long as they let me and hopefully their grand kids when they come around.

You know, I'm not going to be one of those guys sitting in a wheelchair complaining.

Daily BrainTap Routine and Closing Remarks

I am going be active. And so I've got to keep my body. Everybody should be training like they're in the Olympics. It's your Olympics, but I mean, even going and get groceries or twisting and turning to get in to the car, if you're starting to aches and pains, that's a sign that we need to build muscle.

We need the body going, we needed the energy systems online. So for me, it's an all day thing. During the day, like when we get done with this interview, when it gets to be around 2 o'clock, if you looked at my schedule, it will say brain tap.

Because at 2 O'Clock, I know the power of that. When we did a study with Google and Microsoft with Julie Arndt, It's a TED talk right now. about peak performance she talks about using brain because she asked me they were having burnout there they want to know how can we fix burnout and i said well have them do a session at two o'clock in the afternoon because this is the normal time for the body to have this neurological crash and we're supposed to be taking naps like on the serengeti you know we are not the lion chasing the zebra at 2 oclock but what happens is people will do stimulus right they'll do coffees teas and chocolates and they will stay going or they They'll force themselves through it.

And when you're younger, you can do that. But when your older, like in perimenopause, You can't do it anymore. You don't have the energy to do this. So we need a reboot.

Now that reboot could be a theta session or it could a gamma session. These are high energy sessions. When you leave them, it's like you got 4 hours of sleep in 20 minutes.

And you have this energy, and we've recorded it. So remember, the average person has a 27.3% neurological improvement just by one 20-minute session. Now, that's not going to always be 27, because once you get regulating like me, I regulate almost 100% all the time because I've been doing this for 40 years.

And my brain regulates like a 31-year-old. when I do all the testing. It's not like, you don't, when Wayne Dyer said, never let an old person inhabit your body, I took him seriously.

We've got to keep our attitudes high, we've gotta eat right, We gotta move and breathe. And I usually do bone broth in the morning, and I'd do greens in morning.

That's my morning time. Now, sometimes when we're out and about, but I like to have my breakfast at noon. You know, just because it works good for me.

Some people do it differently than me, but by when I'm eating the greens and that that is a meal, there's really no calories. It's just all energy. I am looking for energy in the morning because I need that energy to get me going.

And then in afternoon I will eat a light meal. And then at dinner, sometimes I'll just have some kind of soup and maybe some grains or something like that, or some salad.

Usually we eat a lot of greens throughout the day too, but I don't take a chance. I use energy bits so I can get mine. Because I know that our salads are not the same as they were 40 years ago, where they say that it takes 20 oranges to get the vitamin C we used to in the 1980s.

To me, it's a lifestyle. It's not just one thing. Now at BrainTap itself, what we're excited about is we have all these different studies going on. We have seven studies coming on right now, and we published 33 of them.

Ever since COVID, diversity has been jumping all over it because people have, they realize they're under stress. And social media doesn't help, because all you see is everybody's best day, right?

Nobody has a bad day in social medial. Or if they do, they get booed off there. They go, what are you doing? This is a place for, this is where excitement happens.

And everybody is always winning. That's not life. When Mike Tyson said, everybody has to have a plan until they hit. You have to plan for when you get hit, so for me, that's why when I'm traveling, I say I do three, every hour in the air is equivalent to an x-ray.

So it robs you of your energy. I have one paper that I wrote and published. It was a trip to Spain and what I did was I didn't use any of my biohacking, my health optimization.

And I just wanted to see what happens to my body. But when I landed, I measured myself before and I measure myself in the executive lounge in Madrid. So that meant that's what they call jet lag.

But it's not jet lag, it is light lag. The light codes, my body didn't know what it was doing at 25,000 feet, 500 miles an hour. It's going, what the heck?

Because it always looking at the environment saying, where am I at? What am i doing? Am I balanced? And when you're in now, on my conscious mind, I knew I was safe.

I'm sitting there reading a book or watching a movie or whatever I am doing. Or meditating even and then I also did my practices, which is to there's actually a product for that is actually.

The only product that actually will protect you from and we use it here and. And it was designed for the government for actually during when they dropped the H-bomb and they found out there was certain supplements that can protect you from EMF radiation.

So when I'm flying, I'll take a little bit more of those than I do on the normal day. And then I will also not eat the food on an airplane because when you eat, if you have HRV, you'll find that your HRP goes down.

Just by eating, and that's normal. That's why if you can get out and do a brisk walk after you eat, you actually speed up your metabolism. Because now you're going to get the sugar out of the muscles.

And now the food you just consumed, now, can you get new sugar that in your body becomes a more functioning metabolic machine than rather, in just a little bit of walking even.

In fact, I've just been doing a lot of interviews with Fox about the new study that actually came out from Mayo Clinic that showed even a 10 minute walk can decrease your chances of dementia by 40%. So it's all about movement, breath, getting your body aligned, and getting the energy to flow.

And it's a lifestyle. So it is not just one thing. I wish I could say one, but we're always doing, we believe that brain tap is an important part of it.

And that's something that some place that people can start because it isn't expensive. The whole family can do it, so that is one of the bigger things.

PMF can be $20,000. Not a lot of people are going to buy PMT for their home. Or a salt chamber for $4, 000 even. They are not going do that. There are things that I do, that other people might not.

I get them for the clinic and then some of them make their way to my house. That's the way it works. Of course. Yeah, that's how it's worked in mine too.

You find out what you really like and yeah, it makes its way over. So absolutely. I mean, so many good things to take away here, especially the concept of we do have to stack things.

We have find what works for us, a little bit more exploration there. And most importantly is the vibe and really working on your positive vibe because Boy I can tell you changing changing your mood uplifting yourself surrounding yourself with with folks who are uplifted just makes a world of difference and great place to start.

Wow, Patrick, great stuff here. I learned a ton. And I know folks are gonna definitely have a great, learning experience here with this podcast. So I'm looking forward to definitely putting our show notes together here, of course, braintap.com.

You guys can even try it out, 14 days trial membership there, see if you like it. Now, in terms of the research study, it was 30 days or so, you'll have it, out there on the perimenopause.

Yes, we're working on it right now. She's doing her recordings. We're encoding them. They'll probably go up in stages. There'll be there'll, be enough for 6 weeks of use, and it will be spelled out.

Like, this is week 1, week 2, 3, 4. And then people can follow along with the research study that the doctor is doing now. They're doing it. We're, doing a lot of other measurements and things like that and having them take like the Pittsburgh quality of sleep test and scoring it and all these other things.

So we'll share. I mean, all of our doctors, like your doctor will get access to that research and we put it, you usually do a press release. Usually tell people about it so hopefully within here within 3 months, we're going to have a really good.

I'm sure we are because she did it for herself first. So that's why she knows it's going to work. And then then she wants to prove it out with, you know, doing a bigger study.

Awesome. Can't wait for that. Then, of course, we'll, will link the ancient microbiome probiotic that you mentioned as well. in here and then we'll have a code for you guys and I'll get that at the end here when we wrap up.

So thank you so much Dr. Patrick Porter for coming on. I really sincerely appreciate it. Look forward to seeing what you have coming up in new research beyond the perimenopause in the upcoming years.

That's great. Thank you. Thanks for having me. My pleasure. Hey fellow health junkie, thanks for listening to the health mix podcast. If you enjoyed tuning in, please help support me to get the word out about the podcast, subscribe, rate and review and just get that word.

Thanks again for