From Pain to Performance: How Tension Release Can Realign Your Body? Transcript

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Introduction to Muscle Release and Alignment

We have some movements and stretches online. The movements are typical. They're movements that you can do to help put more of the bones back in the right position.

What we typically see is lots of different bones. They're off, and I don't mean like they're way out of place or six inches off. I mean, some of them are 2 or 3mm off, but that 2 or 3mm sets up.

A whole compensation will change to the body. But but they won't let go until those muscles release. And then once the muscle. Let's go. Now the bone has a chance to straighten.

So what I tell people is where unless you can, the next thing you need to do is do a move. As it stretches all of them take about a minute to two minutes to do, which is great.

And actually I designed it to do all of them laying down in bed. So I thought, I'm going to take all the excuses as long as I possibly can. Welcome to Doctor Talks, the podcast where every episode leads to a healthier you.

Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease. In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

If you're seeking to transform your health journey, or if you're looking for answers to burning questions. You've come to the right place. Get ready to unlock the secrets of lifelong health and vitality.

Podcast Intro and Guest Background

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hello everyone. Welcome back to the Integrative Health Podcast with Doctor Jen.

Today we're going to be learning about something different, something really cool and talk all about muscle and our body and how it aligns. So we have Brian Basinski who's been practicing SRM Synergy Release Method Therapeutic Services since 2000.

His known as the Best Kept Secret and body structure and body functionality. He's taking his education and quantum engineering and mechanics combined with 20 years of hands on alignment, anatomy and physiology to make the most sophisticated technology advanced way to correct body structure issues within minutes, and this is called tension release technology.

His clinic's motto is we want to see you once. Then you have the technology to correct yourself. Most patients receive 80% plus improvements within one session without any return.

Brian was a standout high school basketball player in Waco, Texas when injury struck and he found the new profession and helping people recover structurally from injury out of SRM birthed Intelligent Threads, the first ever Tension Release Technology textile, which communicates to your muscular and skeletal system, allowing your body structure to realign within seconds of contact to the material.

Now, with over 10,000 individuals since 2016, TRT has been proven to improve overall body structure by 60% within first two minutes of where decreased pain, improve sleep, regulate blood flow and improve recovery.

Brian has worked with many great athletes and celebrities such as Fred Couples from the PGA, Andy Broderick, tennis player Andrew Reed, NFL chief, Kansas City Chiefs head coach Terrell Owens and the NFL and many more.

His biomechanics and technology have no comparison to anything currently available without better taking human body technology 100 years into the future.

Brian is married to Michelle and they have two daughters, and he enjoys family time at their church and outdoor activities. Welcome, Brian! We are so excited to talk about this and we met at a conference.

You know, I was very skeptical about it should be. Yeah, yeah. So I I'm so excited to deep dive. Brian was great. He talked me through it. It makes so much sense.

And I wanted to share this technology with you guys. So welcome. Thank you very much. Really appreciate it. Yeah. Of course. So tell me a little bit about basketball. Yes.

You're you're very you're tall and you were athletic. You really probably were in tune with your body. And how'd you get injured. What happened. Yeah I wouldn't say I was in tune with my body at that point, but, it was crazy.

Basketball Injury and Structural Imbalance

I, I kept sprained my ankle sprain, my left ankle, the my right ankle on my left ankle. And it wasn't later on until I figured out kind of like, why that happened.

And what happened was, when I was 15, 16, I took a job as a janitor, and I started vacuuming. I think I vacuum, it felt like a half a football field, and I but I only used my right arm to vacuum right, and my left arm was my quarter arm.

But I needed perfect triangles, right? So very strict. These bank buildings and insurance buildings that we were cleaning. And so what happened was my sophomore year, I was pretty good.

I shot, 33% from the three point line. Which is it? I guess that's good for a big guy, but I could touch the rim, you know, pretty good. And for basketball people, you know, they said, my, my senior year, I shot 17% from the three point line and I could barely get my hand over the rim.

And it didn't make any sense to me. Why am I getting worse and worse and worse? And then my structure, going back and looking at pictures sophomore year, junior, senior year, like now I'm out of position.

And that actually led to me spraining my ankles. And I believe it had to do with a repetitive motion of me, because I'm back in five days a week for three hours a day, and it wasn't until I, sprained my ankle bad.

I went to rehab. I couldn't put a shoe on. I was on crutches for two weeks. After a month of rehab. My swelling was still there, but it did go down. But I still couldn't move, jump or anything, and I believe.

I believe rehab did help. I believe my ankle did heal in rehab, but they never checked my overall structure. And so my mom was like, hey, we're gonna go see this guy.

And I'm like, I've already been the doctor. I know I can't play basketball anymore. I'm going to give up on that dream. But she's like, look, let's just go.

So I go, okay, cool. So we went and, I walk in the door and the guy looks at me and he goes, your knees out of place, and I have an air cast on my ankle.

It's swollen. There's nothing wrong with my knee. And I go, this guy, I'm like 17 years old or so, and I guess guy guy's not that smart. He missed it.

I'm like, there's a big arrow at my ankle and he's talking about my knee because I didn't understand. And so what he did is he helped correct my knee and it says he did.

I can feel the warmth go down into my ankle. And then by the next day the swelling is gone. And I was like, Holy moly. And what he was doing is correct him.

Overall structure. Within three days, I was back in the gym. I could test the rim here again, which I haven't done in like a year, and I don't know what my percentage shot was because I stopped playing.

Organized basketball, but I couldn't miss. I was hitting everything, and I realized pretty quickly that my overall structure was wrong, and it was actually setting up injury for me.

And I was hurting my performance. And I was like, okay, how do we do this? And so I started working with them. And what happened was I realized real quickly that the bone is connected to muscles, right.

And so what the muscle gets tight, holds the structure in place. Even if we force the bone back in, the muscle pulls it back out. So I'm thinking, okay, how do we get the muscles let go?

And that was a 15 year journey to figure that out. But once we did now we have a product that will actually release muscles, keep them relaxed and it helps stabilize the whole structure. Yes.

And I think that is something that is not talked about a lot because our structure dictates our function. And being a Doe, we had OMT osteopath, manipulative therapy and medicine every week.

But I had a colleague in my class. He was older, he was in the military before medical school. He was nontraditional and his name was Gary Brady, Doctor Brady.

And he was like, Jenny, I'm going to teach you all about trigger points and all about my fault because you can move the bone, you can move the bone. But if you're not fixing the muscles attached to the bone, it's just going to go right back.

So I, I've had like a little I little old ladies I mean she was she's very petite but one of my patients, you know, she was having arthritis. She was told I released her for her muscles and, and then taught her how to do it at home and gave her a book to read.

And then she was like, my arthritis is gone and all of my friend's arthritis is gone. So I, I love when I read your bio that you fix people, but then they don't come back.

I was just talking to my kids about this in the car. I'm like, you know, that's what that's what doctors do. Or that's what, you know, certain people do is they keep you coming back like, oh, we have to see you 12 times to get you better.

So you're kind of like me. I'm like, I want to fix and then optimize and then send people on their way. Yeah, absolutely. My goal is to keep people out of my clinic.

How Muscle Release Restores Alignment

Now, if I don't a restaurant, the goal would be like, come back, come eat my food. It's awesome. But if we're trying to really help somebody, then I'm going to I'm in my brain.

I got to figure out why they're like that. Correct? That help the structure stabilize, and then they shouldn't have to come back and unless they do something stupid or something stupid happens down, they can always come back with.

The cool part is, with our tech, we're actually seeing them correct themselves for the most part. Barring any major

scar tissue or, you know, toxicity they have, they still need to love and forgive people and forgive themselves.

That's a good thing as well. Which that's actually play, I think it plays a huge role, can play a huge role in the structure of the body as well. Oh, I love that you brought that up.

I was just listening to the story of Joseph and his brothers with my kids in the car today. Oh, wow. Yeah. And really cool podcast off the link. Link it. It's forget what it's called right now.

I'll send it to you. But it's it was so cute because these stories are geared towards kids and I'm just like listening to it and looking around and they're like, I'm like, oh, Joseph forgave his brothers and he's crying.

He's so happy to see them as my kids, you know, fight all the time. But, anyway, I love that it's forgiveness. I mean, I let my kids listen. Yeah, yeah, because because bitter roots, you know, those bitter roots can actually, you know, we can hold that bitterness in our tissues.

So what do you do on a day to day basis? Like we'll talk about your tech, but what do you do in your, office right now. Yeah. So, basically we schedule people, see, I usually say about one an hour.

I listen to them, we figure out why they're doing what they're doing. We look at their structure, then we release all the different individual muscles in the body, which now doesn't take long.

And then we go back and help correct and stretch out any kind of imbalance within the bone structure. And once you get the bone structure right and the muscles relaxed, it's kind of like magic.

That not specific magic, but man, people just feel better because sometimes I think I think the main thing that we focus on is compensation. If what happens is, is that the large majority of people will come in if they've picked up a box, they stomp their toe in the compensate.

And then what should happen and why do you think it happens the majority of the time as you, compensate back into the right position? I think that happens the majority time, but every once in a while you, you compensate and then set it.

Come say you can't say it again. Now that takes the pressure off here, but it shifts to your hip, and then you hit shift again and say the pressure goes your knee.

And what happens? I think what happens is the knee starts hurting. Right. But for compensation was really say, for example, came from the shoulder. And so what do we do?

We're prone to look right at the knee and all that to me. Now if you get hit in the knee with a sledgehammer, you should definitely 100% look at the knee.

So there's I'm not saying don't ever look at the knee, but just think about it. A lot of people come to me and they'll say, Brian, I've never ran in my life.

I've never ran on concrete. I'll have my knee started hurting. I never hurt it, never tweaked it. I'm like, okay, but they're talking me like this. And I'm like, yeah, you got some other stuff going on besides your knee.

Once we correct the overall structure and then the pressure comes off of the knee and I don't really even have to address the knee at all or that much, and they feel better.

So to me, if we get the if we get all the bones in the back in the right position and all the muscles relaxed, then the scar tissue to let go and the tendons, the fascists work, right.

There's really not a whole lot left structurally that can cause you to go out of place. Yeah, I love that. And it's almost like root cause, but at a muscle skeletal level where you're not looking at where it hurts.

So that's lean now. So you were describing the synergy release method with what you do in your office. And then that birthed to the intelligent threads the first ever tension release technology textile.

So I guess like what is it and how did you figure this out. Yeah, absolutely. So 2000, I kind of started getting the idea of how everything worked. And I realized pretty quick if I had my 2001, I realize if I can get that muscle to let go, then the bone has a chance to straighten back up, be in the right position.

So I started saying, okay, how do I at least a muscle? So I called one of the best massage therapists we knew and he said, just squeeze the muscle, just squeeze it.

And I go, okay. So I remember squeezing them and sure enough they let go. And by the end of the day, though, I could barely use my hands and I thought, there's gotta be a better way.

And sometimes that muscle would tighten back up. So I said, okay, there's got to be a better way. And so I said, God, how do we release this muscle? Right?

And so he said, I'm gonna send you on a journey now. I was like 21 years all the time. And so I said, about a week later, I said, I wonder if I'm still on my journey, because when you're younger, you're not as educated as you need to be in life.

And, so 15 years later, I had the moment of how to put everything together to get the muscles let go. But it was a journey. I met with people talk to people, studied things, started researching how the body worked, how the muscles work, how interacted with each other.

But that all led to the moment. And so, essentially we figured out how to release the muscle, what interacts with the muscles to make let go. And from that, then we were able to put the, that technology into our fabric.

And so when you put it on, that's what gives the signaling process to the muscles. And then that tells the muscles to let go. So if every engaged muscle that's holding your structure to a place that lets go now all of a sudden there's nothing holding you out of posture, and now it's just about getting the bones back in the right position at that point.

Yeah. That's amazing. And this, this would, with how you described it, help with trigger points which are tight bands and muscles that can't relax. Correct. Yeah.

All right. Yeah. You know, I always it's kind of interesting.

From Synergy Release to Intelligent Threads

And the more information and the more I learn, the more I know I don't know anything, and I don't know anything the way I should know it. And we. I studied chicken points for a while, and, they're great.

But then I realized, why are they triggered? And a lot of people talk about muscle memory and muscle memory never sit right with me. But I could never explain it. But I think, what?

But now I'm starting to think it's really more of a protective factor. Right? So if you're if you're bone, is that a place because you heard Eddie broke it or something, you're going to guard that.

And when you guard that, certain muscles are going to tighten up. When that heals, those muscles should let go and allow you to open back up. But sometimes they don't.

And that stops. That starts the conversational chain. So I don't think muscle memory is quite how we think of it. I think it's a protective factor that we use now.

I do believe like riding a bike. Right. You remember how to ride a bike? I'm not saying there's no such thing as that. And I think there's a factor of muscle memory, but I think it's a protective I think it's a protective factor that the body

uses.

And that's why we can change it so quickly because we're undoing the whole compensation chain. Yeah. Now, I saw you at a bio, the biohacking expo. And like I said, I watched your videos before online.

I didn't get to visit you in a forum like all of my friends bought your hats and stuff and I just didn't have time, so I was glad I got to experience it.

And you evaluated my husband and I, and it was really wild because, you know, you put technology on and it it it corrects your structure. Yeah. And I you know, my right shoulder is always hyper elevated.

My right hip is two. So it was really cool to see it kind of relax. Especially because I, I do focus on trigger points a lot and it keeps me a little bit in check, but not all the way unraveled.

So the technology for those listening, if you haven't seen it, it's in fabric. So can you explain a little bit more about the fabric. Like can you wash it?

How absolutely often should you wear it? Because that was my question. And you know, when do the benefits go away when you don't wear it. Yeah. Great.

The washing question, I think that's an important question. We get, so far, the original shirts we made, we've had over nine years, we've washed them.

I think I stopped counting at 124 times, but we still wash them. And very much, all at least once a week to once every two weeks, and for nine years, because I still take them out and try to hurt them and try to see if I can get the technology, have it the way we bonded technology to it.

So far it hasn't, they haven't figured out how to release it out of the material. Wearing it. The more you wear it, the at first, the better your body will stabilize.

The last the last conference we were just at, I had a guy come up to me. Usually happens about every 2 to 3 conferences. He said, Brian, I bought your shirt a year ago.

I said, we bought several items. I said, well, thank you very much. He said, we love it here's. But I don't think it works anymore. Is there a time frame to it?

And I know it still works from all our testing. But I said, why do you say that? And they always say, well, I don't feel it work anymore. So I said, okay.

So he went through and push and all the engaged muscles that should be tight. None of them were tight. I said, how do you feel it? Because I feel great.

I have no pain, I have no problems. I can do whatever I want. I said, well, what happened was you stabilized and he said, what do you mean? I said, when's the last time you put on your shirt?

He goes, about a month ago, I said, you've literally not needed it. So when you were putting it on, because the muscles have already let go, you're not feeling any of the tension.

Let go like you normally feel, which is where you want to be. And he's like, that's true. And I was like, but don't worry, something will happen. You know him, he'll tighten back up.

Hopefully you don't hopefully never do. But it seems like we all do dumb things or dumb things happen to us is probably a better way to say it. And he was like, oh, I liked your answer.

I was like, yeah, and feel free. And I said, if you want to try it out, put on one of your friends and do a, push test or a

pain relieving test. And he goes, that's a good idea.

I was like, let us know. Let us know if we can help you. And so the point is with him, I forgot to ask him how many months he wore it before he got to that point, but certain people can wear them, a couple weeks, couple months, and then they stabilize pretty well.

I have other people that have massive scarring, say, from burns or something. They can't go two days or a week without needing to put it back on because, they're.

Well, let's just say it. They're more screwed up than other people, and the scars are holding them out of place, but they love it because it actually solidifies their body and gives them, structure.

It gives them the chance to level out. That's the fun part, Brian. How long will it last if I take the shirt off? Well, how screwed up are you? The the the more messed up your, The chances are I won't last as long.

But the cool part is your body will eventually stabilize to. Yeah, you wear it all the time. Oh, my thing is, is like, I'm just. I got to wear a shirt.

Anyways. I might as well wear something with our tech in it. Maybe. Why would you wear clothes that didn't help you at this point? Right now I see you have one of your polos over top of an undershirt.

So when you wear this technology, you can just wear a hat. You could just wear a blanket at night, like say, someone. They're like, I just want to use it at night.

Yeah, get a blanket or one of the robes like is that, is that enough time? Like what would be you know, I know everyone's different, but. Right. At least like, if you're recommending this, you're like, you know, I, I know you said to my husband and I still have to get him a blanket.

We've been traveling a little bit, but, you know, you just said, put the blanket on you know, use the blanket at night, you know, and that that will consistently every night and see how you do so.

Because I know it's not like medicine to not everyone is the same. But I guess about what would you suggest? Yeah. What I typically tell people now is wear as much as you can.

At first we have some movements and stretches online. The movements are typical. They're movements that you can do to help put more of the bones back in the right position.

What we typically see is lots of different bones. They're off and I don't mean like they're way out of place or six inches off.

Wearing the Technology and Daily Use

I mean, some of them are, 2 or 3mm off, but that 2 or 3mm sets up. A whole compensation will change to the body. But but they won't let go until those muscles release.

And then once the muscle. Let's go. Now the bone has a chance to straighten. So what I tell people is where unless you can, the next thing you need to do is do a move.

As it stretches all of them take about a minute to two minutes to do, which is great. And actually I designed it to do all of them laying down in bed.

So I thought, I'm gonna take all the squeeze as long as I possibly can. Yeah, yeah. And then usually by three weeks to a month. It's kind of a it's almost overkill to do it that long, but I think there would be certain people that need to do it that long.

And then maybe some people, few people, I do it longer, but then just do the stretches, the movements once a week. So one minute a week and then like I said, if you had a blanket or a full bed, we have full bedding or pillowcases or even a shirt if you just slept on it every night and just did your movements once a week.

I mean, as long as you didn't do anything too extreme or like there again, something crazy happened to you, you're going to hold really well. And if you don't, then just start doing your movements more.

And then the cool part is if, if, say you get out, go to your chiropractor, have him put you back in, go to your massage therapist, your massage therapist.

You might have some scarring in there that she needs to break up some locked up fascism, some different things that she can help you through. We are massage therapists up here at our clinic.

She will not massage anybody without them laying on one of our blankets. She makes your job easier. And then she wear something because she's thinking longevity.

But she's six months booked out. Won't see new ones because nobody wants to skip an appointment with her. Because she can literally get to all the deep tissue now because they're relaxed when they work on her.

So that's kind of, the way I tell people at this point, I do think if you're like a professional athlete, I like to work out. I think it's very important to wear in the moment as well.

Me, when I'm a I'm 65, so when I fly on a plane or whatever I have one on because I'm, you know, I'm sitting there like this and it really does keep everything relaxed.

I can just get off the plane and go, yesterday we drove about five hours. And I had a shirt on in the car I could I got right out and started moving, which is really nice.

So, and then our sleep, our. It really does help. Once the body relaxes, the sleep always picks up. The REM and deep sleep get better. So there's there's lots of different ways to utilize it.

The the interesting part is, in my mind, I'm so focused in on structure and muscle. For years I didn't really understand it. Helped you sleep. And then we did a partial sleep study, which just all rings and like watches and different things like check your sleep.

And sure enough, people are getting a lot better REM and deep sleep. So I was like, oh, that's good. But it makes sense that if the body relaxes, then you can sleep better because if you're tight, you're not going to sleep as good as if you're completely relaxed.

Yeah. And I bet it helps with pain too. Yeah. So, you know, it's funny because, I don't want to mask the pain. What I want to do is on a corrected at a root cause level, structurally, and then the pain should go away.

If it doesn't, then we need to look for infections. When you look for scarring, then we do look for, you know, heavy metals or, you know, toxicity. And so I'll people call or come to me and go, hey, I put the shirt on and my pain didn't go away immediately.

And I said, well, it's not designed to do that. But what happened? Well, I did get shot in the back. And I'm like, oh, they're like, they need to take the bullet out.

They just but they won't. I'm like, okay, well, you're a different case. I was like, it might take some time. You know, I literally had surmised that.

I mean, I was like, okay. Yeah. And like another example, we had a lady, she goes, it did take my pain away immediately. And I go, what's wrong? And she goes, well, I have a tooth infection.

Yeah. It's not going to help you there. But, you know, I think it will help to a degree if you can get the muscles let go and the blood to it, then, you know, that should help it some.

But you still got to take care of the infection in the bacteria. So we're not we're not trying to we're not, we're not trying to focus in on masking the pain.

We're trying to focus in on getting the structure to let go. And then then we're hitting the at the root cause level, and then the pain will let go. Yeah, right.

That's awesome. I love that you said it's good to wear during your workout. So you could wear like a pair of socks even during the workout. And that will that'll be helpful.

Yeah. I have a lot of, professional athletes, that I work with, and, neither use our jail because of the jail. You can just rub on, and then they can wear whatever they want.

We actually have a little patch two that you can put on, and then, last seven days and you can wear one or socks. They go by with other socks and, it's, it's kind of neat, neat to see them on there.

And so far we've, outfitted two dozen, over two dozen collegiate professional and club teams, and we haven't had any soft tissue injuries across the board.

Not saying we stop all soft tissue injuries, but so far, so good. And all our independent athletes that play that use them on different teams, they've been all good.

We've had a few of them break bones and stuff like that. But it's not going to stop impact injuries. It's not magic. Yeah. Right. I, I was going to say that is. Yeah.

That's, that's a different level that that's really cool. I'm thinking like in my mind, you know, with cycles thinking and, and how I like, look at women and women in sports and how there's not a lot of studies, but it would be really cool because women are more prone to injury during their luteal phase the second half of their day.

So it'd be really cool to like, put the gel or the patch, or just encourage them to wear it during that time. Absolutely. That's what I tell women like, don't go for your peers, don't don't sprint or do hit workouts in your luteal phase, you know, calm things down.

But that's, that's really cool. Gosh, I wonder, like, you probably haven't done any studies on, like, childbirth, but that would be kind of like cool to think about.

Or have you, not know anything more analytical at this point? We have several ladies over, couple dozen now that will wear the shirt during while they're pregnant.

They won't actually they won't take it off. They'll buy anyways because it makes them feel better. They'll they'll have it on or lay on it during the childbirth.

And most of them, say 2 or 3, pushes the babies at them. Not really. We're relaxed. Yeah. We had the last, well, about 4 or 5 babies ago. It was her third baby.

She had, 10 pound, five ounce baby, three pushes. And I was like 10 pounds. What? I really think that's amazing. And then of course, they, you know, have laid the kids on and stuff too.

That helps them, with the, with the linear phase, I, you know, always the inflammation kicks up. Right. And so if you're out of posture a little bit then, then that highlights or multiplies the effect.

So we actually outfitted the number one, collegiate girls golf team, junior college in the nation. The coach is amazing. The team is amazing. They they keep their in the top.

There is a first, second or third pretty much every year. And the coach you've been coaching for 35 years. So we after them two years ago at the end of the season, she goes by and this is the first time that I never had any injuries the entire season.

I said, really, she goes, in 35 years, none of my girls got hurt. I was like, well, that's amazing. And then we outfitted a girls, club soccer team there.

The I think they won as a club team. They won, like, everything they're supposed to win. And the coach came to us and he goes, every year we have at least one ACL tear.

And I go, really? Because typically 2 or 3, he goes, we didn't have any. In fact, we didn't have any soft tissue injuries across the board. I was like, really?

He goes, well, he goes, we're going to do this next year as well. So great. And to me, that's why I created it. I wanted to be able to help people. I can't, it's going to sound funny, but I can't put my hands on everybody and help everybody.

But if I can develop upon what you did to release is the root cause love or structural imbalance.

Performance, Recovery, and Athlete Use Cases

That and then now we're seeing the progression of in fact, Thursday I'm flying out to go meet with the collegiate, a college football team. They are thinking about, us outfitting the whole team.

And, we'll do some studies with that for sure. I'll make the or I'll make them, but I'll offer, hopefully they offer the, study this out with me. And, we should say pretty good improvements in that as well.

Wow, that is so exciting. But I and I love what you're doing because you're such a good heart that you want to to help people and and prevent injury. And that's so important because not everyone wants to prevent injury or side effects and conventional medicine for sure, because, you know, they profit off of sick people and same, you know, like you were saying, you want to get people get better and get them out of your clinic.

And that's not a good business strategy. But if it's a legitimate but it's the right thing to do, that's how I am to my husband's like Jenny. Like, you can't just like, get people better.

And then they're done and I'm like, yeah, I can. And then they can come back to me for longevity stuff, you know? But what they get excited and tell their friends and you get more clients.

Yeah, yeah, yeah. It's all good. You know, if we're if we're doing things in good faith, then absolutely. But you know, you mentioned children so and I know you have products for babies.

So should, you know, for kids, I guess they could wear this stuff, but you could just put a, a blanket or a sheet on there. But, Yeah. Yeah. So how how have you noticed if you want to share, if you use these with your children, absolutely care more about that.

Yeah. So we have a five year old we intelligent thread was developed in 2016 that that's when I had the moment. So my oldest daughter we were when we when she was young we didn't have the technology.

But with my youngest daughter, she's five and what we found was if she's really hungry, it didn't matter if we wrapped in a blanket. If she was really tired, didn't matter if we.

If she was wet. Didn't matter if we had the blanket. But as long as those needs are met. She she's a, Oh, blood. She's ready to go. She's got a lot of stamina.

She can go and go and go. And we found if we just, As long as we kept those needs met, if we wrapped in a

blanket or laid on a blanket, she would just calm down.

She would just be still. And a lot of times I'd help her just go right to sleep. Especially when she sleeps. Now, we have crib sheets. So when she was in her crib, she just slept, so good.

And, like, she would sleep, most of the night. Almost every night, which is good. And maybe. Maybe that's just how she is. But I hear this repetitively, from a lot of our clients, they say, oh, my gosh, I put, like, the baby's crying.

We wrap it in your blanket and it stop crying. I'm like, oh, that's awesome. So if you have a structurally imbalanced baby, which which happens a lot, actually, that will definitely help them.

But you still gotta feed him. He's a change of the. That's definitely takes more importance than our stuff. Yeah. And then the cool part is, I. I think if they use it, growing up, we're starting to see these kids that just don't have a lot of the structural problems that, some of the other kids do.

So we can get the if we can get the adolescents where they're structurally correct, then it sets them up for life, to where they're not going to. We should see I mean, hopefully we see a drop in injury rate across the board.

And that's what we're seeing with our sports teams. So I'm thinking that should go across the board. But it's going to take, you know, 20 or 30 years to prove out. So.

Right. Wow. How exciting. Yeah. So you're saying like and I guess my question is so it doesn't matter. Like the amount of material with this because you said you could just use the couch. So. Right.

Because the actual technology, the tension release technology in it's in the textile, it's in the product, it will interact with the cells. But it doesn't matter if it's a hat or a scarf or a patch, it will be done.

All right. Yeah. What we found is the more surface area, the better. I'll tell you a quick story. We had an English gardener. She's an Olympic gold medalist.

I love English, she's awesome. She's a seventh at the time. She's the seventh fast girl of all time. And, she, heard me as she saw me, and, she couldn't recover.

It would take her a week before the cybex machine will let her go work out, and, she buys a shirt from me, that she. In fact, the day I saw, she worked out real heavily that day, and she's like, okay, I got to wait another week.

So that night, she slept in her shirt, and she worked. The next day, she gets checked on that machine and she's completely recovered across the board.

And the training goes, what do you do? She uses my magic shirt and he goes, whatever, which is fine, I get it. And I would say the same thing if I didn't know any better.

And, so about four months later, she calls me up. She goes, hey, I said, and the athletes only call it, something's wrong. So I said, what's wrong? She goes, I feel like I'm cheating. Like, what do you mean?

She goes, I go burn my legs out. I put the shirt on. The soreness goes away. I said, yeah, that's how it's supposed to work. She goes, isn't that cheating?

I said, no, they don't have any rules for it yet. And so I was like, cool. Here's an Olympic athlete. She's working hard on her legs, but she puts her shirt on, her soreness goes away on her legs.

Well, then about the same time we had some Navy Seals, testing out our products because they're the probably the most extreme athletes on the planet. I would say there's maybe a few more out there that aren't, but those guys are crazy in a good way.

And he called me up and he says, run. We just finish our six hour long workout. I said, 6:00 workout. He said, yeah, I grab, when we're done, I grab your shirt and put it on, and I'm up walking around a lot of my soul to some other guy's pretty much gone.

He goes, but my legs, I'm still sore there, but not as bad. And so previously, pretty much all the soreness goes away. And I said, well, wait a minute, you're soreness. Your leg should be gone away.

And he goes, don't get me wrong, all my other guys are on the floor. They can't get up. I'm the the one moving around right now. He goes, this stuff's amazing.

And I said, so we sent them some pants. They did the workout again. He puts the pants on, puts the shirts on. He goes, oh yeah, my sauce is gone away in my pants.

So there is something to say about location and surface area. But if an Olympic gold medalist can't feel the difference and the craziest, most extreme athletes can kind of tell the difference.

I can never tell the difference. Of course, I don't workout very often, so that's probably why. But, there are some surface area and the more surface area, but just a little patch will do you really good socks are amazing.

But, of course my favorite product is the the bedding because it, you know, you don't have to change. That's a nice park. You're not changing anything.

You're getting in your bed and you're going to sleep. You can do that anyways. But anyways, yeah, that's really cool. Like get this, get a king size one and have everyone sleep in the same bed for a few nights.

Yeah, quite. Absolutely. I'm just getting I'm just getting, well, that's what my kid, my boys, they all like to sleep in the same bed. Sometimes I'm like, I'll just get one and be like, you guys can all sleep in this bed for the next month, and we'll see.

We'll see what happens. Yeah, that's that's crazy. That Navy Seal story. So did it. Did the other people from his, like, group, did they all get some too?

That. Yes. Yeah, absolutely. So the funny part was I that day, I said, what did y'all do. And he started list. He goes, well we picked up these telephone poles and we carried them.

And then like we had to do all this running and we had 130 pound packs on our backs. And then we went in the ocean and swam like three miles or something like that.

And he goes, he goes. But because he had bruises on his arms right here. And I said, I said, why did bruises on your arm? Because, well, the sandbags were already taken and I couldn't I needed to have some weight while I swam.

So I just grabbed the manhole cover and I swam three miles holding the manhole cover in the ocean. And I'm like, oh, like this? Like. And he goes, yeah, the course takes us about six hours to go through.

Oh my. Oh, but you know, the craziest part is those guys, can't perform physically. They die. So they have to go to the extreme. And then the other guys, they were like this is they saw him walking around, and then, we were fortunate enough to be able to outfit them as well.

And they, thanked us and they can 100% tell the difference. They are, I actually talked to, him the other day, and he's out. He retired. He was, are he's.

Yeah, he's retired or about to retire. That's a do you mind if you give me a testimony? He's like, yeah, because he's done some pretty crazy stuff. So he's like, Now I'm going to stay under the radar.

He goes, tell my story. You want just leave my name out of. I said, no problem. But we always thank those guys for their service because it's very, it's very important job that they do.

So yeah, it's amazing you all have to make a swimsuit then so they can wear it while they're training. Oh, absolutely. Yeah. Absolutely. So do you think that this would be on the radar of, like Olympic committees or sports like committees to, regulate like do you think or.

They can't. It's clothing. Right. Yeah. For right now they don't it's so the problem is that, like you said in the beginning, it's like 100 years advanced.

I don't know about that, but it's so far out there, they I don't think they believe it until they experience it. But then how do you qualify and then how would you check for it, you know, within the committee.

So they right now there's no way it'd be really cool if the Olympics, like said, you couldn't use it because that would actually legitimize us to a different level because then they would have to quantify it to, to to make it work.

So either way we'd win. But but they shouldn't, they shouldn't let it go because it does drop injury rate. And that's what we're seeing so far.

Pregnancy, Kids, and Long-Term Benefits

So they should encourage every athlete to wear it. And therefore it's still an even playing field. But the injury drops I mean my NFL guys I had one of the oldest defensive linemen and he would lead his team in sacks.

Like he's like, I feel way better. And he he's one of the oldest ones in the league. And yet he led the team in sacks. So it's kind of like yeah, he is.

And he has a great regimen and he does a lot of good stuff for his body as well. I'm not I'm not going to take anything away from him. He has a great skill set but it definitely helped him.

Yeah his staying injury free and that's the biggest thing is injury prevention, especially as you age because you're more prone or women, as we are talking about, we're more prone certain times of our cycles from our hormones.

So it's so awesome. Yeah, I worked with, I worked with, there's a gentleman named T. O. or Terrell Owens. I probably worked on heat at one point. We were Sam every Friday before the football games.

Great guy, very, very strong competitor. But we kept his body very straight, very well. I have so many stories, but he turned 50, I believe, last year, and he ran a 44, 40, 50 years old.

And the he's still he's still a beast. But I feel like we helped him stay strong and, keep straight. So, you know, you're 50 years old and you're on a four for 40 because of structure still, right?

So that's the thing, I think when it comes to like, longevity and whatnot, because people come to my clinic all the time, they go, I don't want to live that old.

I don't want to be 100. I'm like, well, if you felt good, you had plenty of money and you could do whatever you wanted and your brain still function, would you not want to live?

Oh yeah. Well, in that case, I want to let me know, like, okay, well, why don't we try to do that? And if we fall short, we fall short. But shouldn't that be the goal? Yeah. Okay.

Well, here's how we do it structurally. You know, it's like anyways. Yeah. You need all the pieces to the puzzle. Your gut helps your structure. Yeah.

And that's what with patients I do talk to them about aches and pains. And I'm like, well what's the root cause

behind that and how can we prevent injury and get strong at the gym.

So this is definitely such an important topic because more people are lifting weights working out which that can come with with injury. And we want to prevent that and also keep us limber, keep our muscles nice and loose.

Yeah. Because like there's a big push about inflammation. Yeah. How do we say we don't want inflammation. But inflammation is caused by something. It's just not going to happen within the body.

Sometimes it's toxicity in the by sometimes the heart of the kidneys don't function properly. Sometimes is as simple as a structural imbalance that causes the irritation.

So if you can stop the structural aspect of the irritation, knock that off your list. Now, if the inflammation doesn't go away, then you can go back and start checking out different factors that causes it.

But it's just crazy. I just don't know. There's a lot of good people out there, but they don't look at necessarily the compensation aspect of the body.

If there is man, reach out to me. I'd love to talk to you. I have a lot of questions, but there's a lot of stuff that I still want to learn about how the body works and how the structure is set up.

Yes, absolutely. Well, I want to try it. I'm going to try it on my husband and take before and after pictures, like, have him do it consistently because he asked you.

I remember when you met him, he has this big hunchback hump back as his six four from, you know, just flat posture. Yeah. So we're going to try to knock that down with his travel schedule.

I'm going to figure out what would be best to to get for him. But if if you know, I'll post some pictures, I'll take before and afters because he needs to get rid of that.

He's going to be like all hunched over when his 80. So I don't want that. So we did a posture screen analysis. We had people take the picture sideways and front and back, and within about five minutes we put a shirt on.

They did our movements. Within five minutes, we took it again. We saw a 20% reduction of head weight. Me and the head came back within five minutes. So if you do do that, just have him stand specific spot.

You know, front and side. Put the shirt on. Do it again. Take the same pictures again. Initially you'll see a difference. Have him do the movements every day and you'll see him start.

Straighten up even more and more. It's it's a pretty neat. We've done that so many times. But it's a pretty neat thing. And you can see it like, visually, you can see it when the people put it on, but then it's cool to capture it on video or a picture.

Yeah, yeah, definitely. I'll to share my video from the conference. So it's it's pretty cool and like it's totally fine to be skeptical. You should be I wanted yeah.

That's why I wanted to have you on here. I'm going to try it myself. And just so cool all the athletes that you're working with and what you're doing, how can people reach you?

Where to Find Brian and Final Thoughts

In your clinic? I'm sure you have a really long wait list, but, you know, where's your clinic? And, you know, we'll link your website, but tell us, having reach you there.

Yeah. So we're in Texas and Kerrville, Texas. Our website is, synergy release method.com or SR method.com. And that will and I apologize we need to update that website.

Is that, but anyways, that will, give you all our information to link to us, if you want to schedule an appointment, which is great. There is, there is a wait time.

And then the intelligent threads, is Intel to Transcom, and that you can actually reach out to us on there as well, all our videos and movements and, the push chest video and everything's on there.

So once you get your product, you have the education right there as well. And, feel free to reach out. You go, hey, this doesn't work. I don't feel right. How do I help this pain?

We can walk you through a lot of stuff. And maybe help. Correct. The thought process or what you're not doing or doing correctly. And then the fun part.

The fun part is, is once you understand how they push on people, which doesn't take that long, then you go show your friends and freak them out because they will go, why did my mother let go?

This is crazy and it's just fun to be that person, to know about the new tech on the market that literally is that fast, that the muscles that go, as you felt at the show of the good party trick to have it, is a good I don't like going to parties because that's all I'm doing the whole time.

They're like, I got a pain here. I'm like, okay, lay down, you know, or put this on this movement. Hey, you got to stay on the down low sometimes if you don't want to talk shop.

Yeah, yeah, when I started, you hear about it. So I'm sure you love to talk about it. Oh, for sure, but when I. When, first started doing, I'm doing. I remember going to Christmas.

There's 12 people in our immediate family always go at Christmas at the time. And, that was 12 people. I had to work on Christmas Day because that was like my, my next first my there.

And so, I learned real quick about two weeks before Christmas, I just started working on everybody. So on Christmas Day I could enjoy it. Funny. And that's so funny.

And I could just be like, wear your shirt. So it's takes me last time. Yeah, that's the thing. Now they all wear the clothing. And so like usually a Christmas, like, hey, I, you know, I have a little sore here.

Did you do movements now? Okay. Do the move. Oh, yeah. I feel better now. So it's really, truly cut my workload down. It's really, it's really pretty nice. Yeah.

Oh. That's amazing. Well, thank you so much, Brian, for being here and taking your time. And thanks for all you're doing to help people feel better. Yeah, it's, you know, that's what it's about.

It's about loving people and helping people. And, you know, I think I'm fulfilling what I'm supposed to do, so, I'm happy, and I'm. I'm, Thank you so much for having us on.

And we appreciate what you do as well. Thank you. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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