Introduction to the Zone Technique

The body is like an electrical machine. You know a car battery has like the positive pole and the negative pole? Our brain is the Positive Pole. Our spinal cord is a Negative Pole When I feel the back of the head it tells me what's happening in the brain actually.

Positive pole. And then I stimulate certain points of a negative pull in order to reset the Positve Pole Joining us today is Dr. Peter Goldman, the visionary founder of The Zone Technique.

An innovative healing method that harmonizes emotional and physical well-being. With his groundbreaking approach, he's helping countless people transform their health and lives.

Stay tuned! I want to talk about your love for martial arts and how that has fed into all of this. My martial art experience had a big influence on what I understand about healing and what i teach about it.

Why is that? Well, two things. Number one, I believe that me filling the back of someone's head for 20 seconds is a more accurate representation of actually what's happening in every cell in their body than anything.

Let's go through those zones. What is it that you're doing? It's interesting. What is that initial step before you actually start putting the two-part answer to that?

The first part of the answer is Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahara. And as you know, we interview experts in health, wellness, beauty.

Today, you don't just have an expert. We have someone who creates expert, he's a teacher. He teaches on something that's called the zone techniques. Don't ask me what that is.

You're gonna learn from the guru himself He's a chiropractor by trade, but what he's doing to heal people is just at a whole nother level. We have today Dr.

Peter Goldman here in the podcast studio. Pleasure to have you here, man. Thank you, Sam. I appreciate it. And it's funny you use the term guru guru, you know, guru from what I understand in India, that word goo means dark and room means light.

So guru was someone who takes you from the darkness to the light, so hopefully I can do that with doctors and healers teaching them about how healing actually works.

Awesome. So, Doug, listen, man, you know, initially when we met, we were talking and I was like, oh, yeah, chiropractor, this, that, and you stop me, he says, That's my credentials, but I do a little bit more, a lot more than what typical chiropractors do, which, you know, obviously I have a background in health, wellness, functional medicine.

I'm always curious to know about all of these new healing techniques, or actually yours is not even new. This is something that goes way back, But it's a certain type of technique.

Dr. Goldmanu2019s Background and Zone Therapy Origins

So let's talk about it, man. How did you even go into the whole industry of chriopractic and healing? Let's Sure. Okay, so my story was I was born and raised in Brooklyn, New York.

I Was born in 1967. And when I as a kid in brooklyn, new york, you know growing up and you could say the late 60s early 70s and 80s, of course I grew up in a very naturally oriented family.

So we're, most people like, their kids would get vaccinated and they go to doctors for checkups, whatever. I grew up in a family where our primary doctors was like a chiropractor, a naturopathic doctor, and a homeopathic Doctor.

That's what I grow up with. Your parents were like big into that? My mom was big in doing it and my dad just kind of went along with it. He was, you know, it was in his interest.

It was my mom's interest and My dad was Like, okay, that's cool. So growing up like that, I didn't, It didn' t occur to me that I would do it I liked it, You know.

I, didn t think to myself, Oh, i will be a doctor or healer someday. Um, and as time went on, you know, things life goes and things evolve and at some point that I decided to become a chiropractor.

So I do, like you said, I'm like, i'm a Chiropractor in name only. Um I did go to Chiropathic school. I have a chiropathics degree. But kind of cutting right to the chase, there was a very amazing healer slash chiropractor slash doctor named Dr.

Thurman Fleet. Now Dr Thurnman fleet practiced in Texas, San Antonio, Texas in the thirties, forties and fifties. Sam, when you think of chiropractic, you probably think, well, they're good for like neck pain or back pain, or knee pain and shoulder pain.

But if someone had like a thyroid problem or like, a liver problem, or a kidney problem. Or an immune system problem Or panic attacks or anxiety, you know, some other disorder that wasn't what we would call a muscular skeletal disorder.

Or if someone has like an irregular heartbeat, you wouldn't be like, oh you have an a regular heartbeat. Just go to the chiropractor. It wouldn' occur to you.

Or, if some one took a blood test and their liver had a problem, it might not occur you, Oh you took the blood tests, your liver is off, go go the the Chiropractor.

They'll help you that probably would not occurred to. But what Dr. Fleet was doing was healing everything I just listed, and much more, just with his hands.

Now, let's just say there's a chiropractor, you know, a good one, someone, they went to chiriopathic school, know how to use their hands, but because they want to help these other things beyond the musculoskeletal, Maybe they took a course on acupuncture and they put a couple needles in you or they learned a little bit about herbology so they might give some herbs or maybe they have some machines in their office where they hook you up to certain modalities to somehow heal other things.

But could you imagine someone, and you know, how well that stuff works or not, I don't know. But anyway, here's Dr. Fleet, this guy who's just using his hands.

Just his hand. Spending two minutes with a patient, so patient's coming in, it's a flat chiropractic table. just using his hands and he's spending two minutes with them and people are healing from serious diseases with their, you know, livers, kidneys, digestive system, glandular system circulatory system in addition to helping people with musculoskeletal stuff that no other chiropractor could help.

How did you come across this guy? Exactly. Great question. So, um, When I was growing up in Brooklyn, I mentioned we had those three docs. One of the docs was a chiropractor, which I mention, and he was the direct student of this guy, Dr.

Fleet. Remember, Fleet was from like Texas from the 30s, 40s 50s 60s. You know, whatever. Even 70s and 80s he

would still teaching. But my chirapracter was his direct.

Student was. His direct lineage. OK, so I grew up going to a guy who learned from The Master. That was my exposure to Chiropractic. What was the origin of the type of this zone technique?

Where's the original? Is it from Eastern medicine or is it an actual Western thing? So actually it's interesting. So Dr. Fleet had what's called an illumination, and I'll elaborate on that.

Now, it could just be wishful thinking on his part. You know, some people, anyone could be like, oh, I'm getting these messages or whatever. I mean, downloads are real.

Right, right. And with you, but I am saying like some, people who say they have downloads, like you said, are, real and some. People are just making it up or they think they, you know.

Whatever. But Dr. Fleet appears to have had what's known as a real illumination. Now he was a chiropractor. He did go to chriopractic school. And in addition to that, he appeared to of had this illuminaion where he just downloaded this knowledge.

Wow. So he got it from there or I don't know where it is there there. There. He got her from somewhere there So sometimes people say to me Pete is just like, you know Eastern medicine or Western this supersedes the Eastern Western Medicaid Excuse me.

This supersede the eastern Western Medicine conversation not to say that that's not a valid conversation Some might say okay. Well Ayurvedic medicine is from India.

That's right Eastern Medicine acupunctures from China. That's an Eastern medicine. Osteopathy was born in the United States. So that's a Western medicine, chiropractic was borne in, that Western.

There is Eastern, Western, and most allopathic medicine that we're familiar with, we would consider Western Medicine. But Dr. Fleet had a download, will call it, which superseded East and West.

It was just pure knowledge of real healing. Now, here's the cool part though. Let's just say, because we kind of alluded to before, anyone could say they had an illumination or an enlightenment or a download.

But the question is, what can they do? Because anyone can say whatever they want. How good are they at healing people or helping people heal? Well, the bottom line is Dr.

Fleet was getting healing results that were unparalleled. So he not only said he had this experience, but he backed it up by doing things that no one around him could do.

That's amazing, man. You know, that's why I asked that question because you know people always relate to the Eastern Western. This is like universe medicine right here.

How the Six Zones Are Assessed and Balanced

So all right, so let's get more into this. You had one of your healers, the chiropractor that you grew up around that was a student of Dr. Flea, right?

Yes. and he became an expert, I would assume. He was a living legend. I mean, is he the one that coached you? Yes. And I'd say unless someone needed stitches or had a burst appendix or crashed on their motorcycle, you know, this is emergency medicine.

Right, right. he doesn't know what to do, nor do I. If someone has a burst appendix, hey, go to the emergency room. I certainly can't help you. If somebody needs stitches, I don't know how to give stitches.

Go to emergency rooms. Of course. Someone, God forbid, crashes on their motorcycle. Don't bring them to me. But outside of that, if someone has, you know, a severe digestive problem, severe circulatory problem.

A severe glandular problem? Yes, Dr. Fleet will wrap that up. My mentor will and so will I. And so with the students that I'm teaching. I love that. So let's talk about some of the case studies, man.

Like what are some other things early on you started seeing people get healed with a zone technique? Well, I'm not going to say some of them because people wouldn't believe me, but I'll tell you some others.

OK. If you want, i'll take some off camera. But there's some I wouldn' even say because peopl might be like, "I just don't belive that. I can't even process that, that actually happened." So put those aside.

I mean, I've probably had I never counted exactly, but I'm going to estimate I had about let's say 40 people come to me with atrial fib and the irregular heartbeat.

Now, if someone has atria fib, a cardiologist might tell them, look, it's not going kill you. It's a life threatening condition. But, you know, do cardiologists have a fix?

for atrial fib, I don't know, what's going on in cardiology. A bunch of chemicals, that's what they do. I dunno what their doing in 2025 for them. But I've had 35, 40 come to me, had their bodies balanced with me in a month or two and their heart beat perfectly.

That's number one. I've had people come, again, I'm gonna leave out some of this stuff, but I found people who come to me with serious liver problems.

I mean, serious, very… Liver cirrhosis and stuff like that. Very serious problems, healed totally. And this is not just because I told them they healed.

This is them going back to their medical doctor who's just bewildered. How did this happen? I met people with a serious kidney disease come me, heal totally, Now, let's talk about something like, which is not, you know, what I would consider as severe as some of that, but endometriosis, Which is a gynecological condition.

Now if a woman has endometrioses, What does a Gynecoologist do? Well, first of all, nothing. But what are they going to do, I don't know give them painkillers or like you said, whatever they're going give him.

Any woman who's ever come to me with endomatriose doesn't have it anymore. And that's debilitating for a lot of women. The smart tissue that it builds up and all that stuff.

Because the way I understand it, I'm not an expert on gynecological procedures, but the at least it used to be the it was told to me, they would take a knife with a camera on it.

Do a surgery in the woman's belly button, go down to the cervix, and then they'd look for the cells that were not to their liking. They would do some kind of cryotherapy and freeze the cell.

and then their endometriosis symptoms would go away for two years and it would come back and they'd do the same damn surgery. But when those people come to me, no more.

Now, people with IBS, that's a fairly significant digestive problem. Fixed, fixed, and I'm talking about perfect digestion. Not like kind of their digestion improved to a degree.

I mean, perfect digestion. People who are gluten intolerant, dairy intolerent, whatever intolerance, have come to me can digest all those foods perfectly.

And even though I'm kind of talking about the non-muscular skeletal as we're exploring this together, Even the musculoskeletal, which chiropractors are, you know, presumably more comfortable with.

Of course. I've had too many people that count, I mean hundreds, but probably thousands, because I started doing this in the mid-1990s, who had severe musculo-skeleton problems, disc problems.

All kinds of stuff where chirepracters had tried and failed. Again, dissing any chiropractor, I'm for chiropractors, and I only wishing them the best, but I am just talking facts.

Many chirepractors had tried to help them, they could not, these people flew into me, many flew in to me. It's pretty rare for a chyropractor to have people flying into them from around the world, flying in me to heal their musculoskeletal stuff too, because this zone technique is so powerful.

I just want to add one thing in the overall conversation that we've had so far. Dr. Fleet invented something called zone therapy. I started learning zone in the early 1990s.

Having practiced it for several years and having had other influences in healing, metaphysics, martial arts, I altered it a bit and invented zone technique, which is different than zone therapy.

And again, with all due respect to Dr. Fleet, because I love Dr Fleet. Period. I loved him. End of sentence. With that said, Dr. Fleet did invent zone therapy.

He was a grand master healer. I have invented zone technique. And if anyone looks at Dr Fleet's books that he wrote in the thirties about what zone, therapy is, and they look at what I'm teaching his own technique, there's about 10 major differences.

So again, dr fleet's amazing and I am teaching something different, which was based on what i learned from his lineage and many other influences I've had in healing and other things.

No, I love that because, you know, Medicine is something that's evolved, right? And throughout time it should only get better. So for you to actually take that foundation and create something elevated based off of your experiences, science, and everything else that we're coming across today, it's amazing.

It truly is. Only with your hands. Only my hands, my office is just my hand and a badge. Now this is interesting. Let's just say someone said to me, Pete, you know, there's this healer or doctor, whatever kind they were, and they use whatever they used.

They have a lot of machines in their office, so when you come to their offices, they hook you up to different machines, They do X, Y, Z, And they ask me Pete what do you think of that?

Do you like that. I only like results, so I don't care. In other words, let's say someone's like, no, Pete, I met this guy like you. He just uses a flat bench in his hands.

You must like him. I would say, what are his results? Or they say Pete I'm at this guys who doesn't practice like he uses all these machines and everything, you must not like that.

So no I do not dislike it. What are the results because Sam, here's the thing. And I am sure you can tune into this. The person with headaches doesn't want headaches.

The personal with really bad digestion wants great digestion. the person who has panic attacks doesn' want panic attack. Right. So I'm only into results.

I don't care what people do. If they're an acupuncturist, a homeopath, the chiropractor, or a spiritual healer, an energy worker, functional medicine, I want to see who takes the person with IBS and gets them the perfect digestion.

Right. Endometriosis and gets them a perfect gynecological system. I'm only interested in results. So that's how I look at that. Now it happens based on the way I understand healing and what I do and when I teach, it leads to

spectacular results, but I respect any doctor or healer who gets great results that listen, I think, um, The patients are looking for the results too.

I do believe, especially the world that we've lived in here with the allopathic western medicine, is people are sick and tired of feeling sick. They're sick of being treated for symptoms and never actually the root cause.

The results are definitely something that's a must. So all right, your hands, that's what's doing this here, right? So let's get into the details. Let's go through those zones.

What is it that you're doing? Well, it's interesting. I'll tell you. There is a physical aspect, which I'll explain, because you asked about the zones and that is physical and I will explain that.

Well, before you get into that, do you do anything to diagnose what's going on? Do you use any kind of diagnostic tools? Are you looking at the tongue?

Or are you doing anything or are people coming to you? already diagnosed because they got blood work done or they've got a scan done. What is that initial step before you actually start putting the technique to work?

I'll give you a two-part answer to that. That's a very good question. I will give a you two part answer. The first part of the answer is if they come to me and they know they have been having horrible period cramps, And they went to the gynecologist and they were diagnosed with endometriosis.

Could we use that example before? Okay, well, I know what I'm working with. Of course. I have to get them to a point where their gynaecological system is totally healed.

So that's part of the answer. Right. Another part the of answer, Sam, is if you think about a doctor or a healer, They should be able to do two things well.

A, know what's going on with the person in front of them, you might call it diagnose. And B, how to know how do something with that person so they can heal.

You might that treat them. Some different chiropractors for example, they don't like the terms diagnose and treat. So we can say analyze and Do something therapeutically whatever doesn't whatever words they like but the point is we understand when someone's in front of a doctor or healer They're just like hey, what is actually going on with this person?

And what can I do to make help them heal? Okay so what I is with the zone technique, there's actually occipital fibers and And I feel the back of the head, and when I fell the points in the backs of head relate to six primary systems or zones of body.

I'll tell you what they are. Because you asked about the zone. The glandular system, which is all the glands in body The eliminative system, which is all your eliminatives organs, that's everything that eliminates your toxins, your sinuses, you lungs, kidneys, bladder, intestines.

Lymphatic system is actually in the circulatory system we're going to get to that. The third system's the nervous system. Brain and spinal cord and the peripheral nerves.

The fourth system is the digestive system. That's what everything that digests and assimilates your foods. Okay. Stomach, gallbladder, liver, pancreas, things like that.

Also the intestines, which was in the second system, the eliminative system has an overlap with eliminate system and digestive, but otherwise they're different.

Again, eliminatve system eliminates toxins. Digestive system digest and assimilate food, But there is a slight overlap because the intestine are in both.

The next system is the muscle system, it's all your muscles, tendons, ligaments. And the last system your circulatory system which includes the lymph system.

So every single cell in your body is somewhere in those six systems. There's occipital fibers, and those who know how to do it, I do and I can teach others, when you feel the back of the head and you the occiputal fibers it tells me, diagnostically, which of those systems are balanced and which are not.

Once I know I feel just by feel it takes me 20 seconds And I'm gonna make a statement which would sound like a radical statement, but I it's true. I i'm going to make this statement now Let's just say there was someone here's an imaginary person.

We don't even know them. You just walked in like hey sam I heard you're a great Health practitioner and you know, they need help. They're not feeling well So we want to know what's wrong with them like, you know that we know they don't feel too well because they could they know it'll feel well, but we don' really know why they feel.

Well, what are the different ways is very important by the way for your viewers and listeners is re important. What are the ways to determine what's wrong with them?

Well, you mentioned the allopathic bottle. We could check them into a local hospital and they could just, like right in this neighborhood we're in now, there's probably some hospital in Fort Lauderdale or whatever, and you know, they'll do blood tests, whatever they do.

And after a week, the medical doctors will say, here's what wrong you. That's how they're analyzing the body. OK, how accurate that is, I don't know. But that's that.

It's a broken medical system. Totally. I'll say it. Right. Then we might take them to an acupuncturist. You know, this guy, he practiced in China for 30 years, but he moved to Florida and he has an office here.

And he will, an acupuncturist will feel the pulse, but not the way we feel a pulse. They actually, when they feel their pulse are checking all your organs.

You feel your pulse in a different way. And they're looking at your tongue. So a good acupunturists will look at the tongue and feel pulse and say, here's what's going on with you.

They'll say there are certain energy channels that are blocked. I think they call them meridians. And they'll put the needles in to open the meridian.

The acupuncture has been around for 2,500 years, so it must be doing something right. But the point is, that's how they're analyzing the person. Then you have a homeopath.

A homeapath takes a very detailed history. Actually, if you go to a classical homeopathy, the first interview is two to three hours long. They just sit there for two or three and they're not even examining you, most likely, they are just listening to everything about your life.

Lifestyle, what you eat, how you move your body, all of that stuff, right? It's so specific, man. It's so specific, they'll literally be asking you like, hey Sam, do you prefer the beach or the mountains?

Sam do like salty food? Do you to put salt on your food or you don't like it? Right. Sam you crave sweets? When you come home at night, you just like to relax, have a little quiet time, or just start, put that, every little part of you, mentally, emotionally and physically, their noting.

Results, Case Studies, and Healing Beyond Machines

these very good homeopaths and then they create this big history, they get this history from you and that's how they're determining what homeopathy to give you.

My point is you have the medical doctor doing the blood test, the acupuncturist looking at the tongue and the pulse, homeo path taking this long history.

They're all trying to evaluate what is going on with this person in front of me. The way I do that, I don't look at the tongue or feel the pulse. I didn't take a blood test.

Don't think a three hour history. Feel the back of the head for 20 seconds. And I said before I'm gonna make what would be considered a radical comment.

But I learned to feel back the of head in 1993. and I can tell you I believe that me feeling the someone's head back for twenty seconds is a more accurate representation of actually what's happening in every cell in their body than anything.

I will take someone, take them to the best hospital, let them work up blood, whatever they're gonna do, blood tests, for a week, two weeks, and let me feel the back of someone's head for 20 seconds.

I have more faith in me feeling the head 20 for seconds to actually know what's happening in their body. So that's that. No problem. Okay, I'm ready for you to touch the the of my head right now, man.

That's, that, now once I feel back to head and I know whats happening, their glands, elimination, nerve, digestion, muscle circulation, we talked about the six zones, Then there's certain points in the spinal cord that I gently stimulate in order to affect the system in question.

The body is like an electrical machine. You know, a car battery has like the positive pole and the negative pole. Our brain is the positively pole, our spinal chord is a negative pull.

Real simple. So when I feel the back of the head, it tells me what's happening in the brain, actually, the positive pole. And then I stimulate certain points of a negative pole in order to reset the possible.

I'm giving you a very, you know, an hour long subject in like two sentences, but that's what happens. Which is why, believe it or not, that stimulation of the cord can be done with a chiropractic adjustment.

It could be with done a light touch. Is, it could done an instrument if someone likes to do that. That's why in my school I teach chiropractors, acupuncturists, osteopaths, medical doctors, Energy workers, massage therapists, physical therapists.

Any doctor or healer I will teach. I'll show them how to feel the head and I show how they work on the spinal cord in order to balance the body. So that's rewinding about five minutes when I said there's different aspects to what I do.

physical aspect of the zones, which I just give you a quick rundown of. But there's a metaphysical component. There's another component that goes beyond the physical.

You know, Carlos was joking around before. He's like, Pete, when I met you and shook your hand, I felt like I healed. And I don't know if he was half kidding or kind of kidding.

If you really know how healing works, you can do that. Listen, Take a chiropractor who doesn't understand anything that I teach and go, you know, crack your back and you're pretty good.

And then take someone who really understands what I teacher and just shakes your hand, I would take that to heal. Nothing else, not even do the zones or nothing.

There's a non-physical component of healing, which all these doctors and healers are tapping into whether they know it or not. But if you about it and can tap and do it on purpose, You can get results that the world would call miraculous.

Let's talk about that, because you talk. About other healers tapping into different types of healing processes, right? Why would a medical doctor, an acupuncturist, these people, or a naturopathic doctor that have gone to school for so many years, say, you know what?

I gotta figure out something else to heal my patients and then come to your class. Well, here's the thing. Let me start by saying, I don't know, of course, because I dunno what makes people tick.

Who knows what they're after. We only know when they sign up. Like, listen. My school is an online program. I do teach in-person events, every month I'm teaching somewhere in the world, I just taught in Germany and UK, and I teach all over the US and the World.

However, the actual program is in an on-line program, so like you mentioned, why would a naturopath, a medical doctor, Why would these people sign up for my on line program?

Because again, The Way to Learn is the online programs. The in person events I would say are optional and supplemental. I'm sure with this, you'll put the website up.

If anyone wants to go to the web site, they can learn about it and they sign up, okay. They can not only signup for the online program, but they see where I am teaching and come.

But back to actual question, when you ask that question something came to mind, which I'll tell you. I was in practice, I started practicing in the mid 1990s.

There was this one time I in was practice and a patient came in to me. And they told me they had IBS, irritable bowel syndrome. They had pretty bad digestive problems.

Again, I would not call it a life-threatening condition, but it's annoying, you know, when you, like, imagine every time they eat food, they're nervous of what's gonna happen.

Because you imagine, every they put food in their mouth, it thinks they are gonna get diarrhea 10 minutes later. That's not a pleasant experience. Or, their friends are like oh, let's all go to this restaurant.

But they were like can I go, either thing, can go the restaurant? and they sit down and have their salad. I have to go to the bathroom. It's like, you know, it's not pleasant.

No, listen, I've been around people like that. Right. And I had a guy that I worked with at the fire department. He was one of the lieutenants and he had IBS.

and He used to actually have the bring toilet paper on the truck. Because if you get a 911 call and all of a sudden something hits, he he has a basket in the back, toilet, paper, and.

So you're right. Exactly. Or if it is not as severe, but just they get like a stomachache every time. Also not. Pleasant like They're sitting down having their breakfast at home ready to go to work and they know by the time they get to Work that I was stomachache.

Yeah, then their friends that work like oh, let's all go this place for lunch They kind of go but they no when they go back to their desk. It's not pleasant, right?

Okay. My point is this person came to me with IBS I'm very successful with that. They I think they got referred to referred me by their friend who came with me Ibs who was helped I don't remember how they came to me, but they did.

And after about a month, they were better. Their digestion was here. Maybe it was a one and a half. I remember. But their digestion with healed, which is what I expected, of course.

Well, listen to this and this answers your question. Listen to list. So I get this new patient come in. It was this this very nice woman who was the medical doctor who worked at Kaiser, The hospital, it depends what part of the country you're in, but where I was at that time, Kaiser was one of these hospitals.

And this woman, very nice lady, was a medical doctor, and she was gastroenterologist working at Kaiser. This patient who had come to me and healed went to her first.

and couldn't heal. So then after the patient came to me and healed, went back and said, I went to this guy, Dr. Pete, and I don't know what he's doing, but you know, they're all better.

She was so fascinated, she came me as a patient, because she's thinking, here's a person with IBS, a gastroenterologist, that's the digestion doctor. And she can't help them, But Dr Pete fixed the person all the way, so she not only came as me a as patient she joined my school.

So that's an example of someone who would join my school if they're just now with that said here here's the trip though. Here's a trip and again i'm not ii'm, not I'm Not going to conclude anything from this because You know, I don't want to make assumptions about people.

I Don't know you know but i'll tell you the story Woman came into me is a long time ago with uh with endometriosis I mentioned that condition The gynecologist said they were gonna do that surgery that I mentioned with the belly button and the camera when I She came to me.

I don't know if it was five weeks or so She was totally healed the gynaecologist examined her again everything healed like looked at you know, whatever they looked it or cervix However, they look at cervic because I didn't all they do The guy that colleges was so bewildered.

How does this heal like this is not supposed to heal. This is like quote incurable How did this feel? I don't know this guy, Dr. P, whatever. So this kind of college just called me up.

and was asking me what I did and I told her. And you would think she would, but she had no interest. So again, in fact, she was quite unfriendly too. She was almost upset with me.

My point is, who knows? Why does one MD say, man, I wanna learn how to be a better healer, and one doesn't? I don't know. But Zone School right now has about 1,500 members worldwide.

And I'd say 70% of them are chiropractors and 30% are other types of doctors and healers. I guess that that, you know, I don't know what 70% of 1500 is, but whatever that is.

I Guess those chiropractors just wanted better results because a lot of charypracters think about this, Sam. This is this is I'm glad we're on the subject.

Your average car, even a good chyropractor. Let's say you're like, no, i know a chyropractor. He or she is really good. They are really Good. they might just use their hands.

That might use some machines in their office, whatever. They're probably pretty confident on musculoskeletal. You know, if someone has neck or back pain, they're pretty good.

They are probably not too confident in non-musculoskelital. Now, don't get me wrong. If someone practices chiropractic for 10, 20, 30 years, you're going to get your miracles here and there.

Man, this lady came in for neck pain and I was working on her neck and then her sinus infections went away. I mean, it happens here or there, hit or miss.

So let's say they're kind of confident on non-muscular, not really, you know, they are kind-of confident. All I can tell you, Sam, is if they learn from me, as good as they with musculoskeletal, which I said they probably pretty good,

They're going to get a lot better.

Really? Wow. And as kind semi-confident as the are with a nonmusculoskelital, their going get really great. So again the chiropractor to do your original question.

Why would someone want to learn this the Chiropractors like I want? To get better, you know, they went to charypractic school for four years. They've learned whatever techniques whatever seminars whatever they're doing but they like man Pete is getting unparalleled results and he's teaching people how to Do it and they want learn or there might be some chyropracter who's like No, I don't care.

I'm happy. You know, which is fine. Not passing judgment. Hey, you're happy? I wish you the best. And I was sure patients the personal injury. Yeah, exactly.

This is not for them. So I I. Don't want to make any assumptions on what makes someone tick. But all I know is the ones who want. To be more effective and better doctors and healers join my program.

I would say that, man. Being in the functional medicine space, or this is stuff that they don't teach in traditional medical school, the MDs and DOs that go there are people that are very passionate about healing people.

The current system is not doing it for them. They know it's a Band-Aid. So they're trying to figure out what else is out there, right? They want to know, Are there things in the bio-quantum world that help, you know, through these different frequencies and things of what we could do with our patients?

You know they want to know are there other type of treatments, supplementation, nutrients that your body needs, vitamins, minerals, amino acids, things like that nature.

So I can see a lot of the MDs and DOs, and nurse practitioners and PAs, a lots of natural paths that I've known for many years, wanting to learn what you do.

And actually, that whole list that you just listed out, all those types of professions are in my school. That's amazing. I'm loving it. Loving it, I had this one MD call me up.

She was like in Africa, she was in South Africa if I remember correctly. This is an MD, like a regular, not even what I would call a holistic MD. Just like, a straight up MD and she called me, and I just wanna say, you changed my life.

Wow. she's like I am doing things now and helping people I never could have helped before. Great to hear from a medical doctor. I mean, I've heard that 500 times from chiropractors.

That's common. But to have an MD tell me that, it was nice to here. Yeah, that's it's like a blessing. And I heard a lot of acupuncturists tell you that too.

These are acupunctuers who already were good. They say, Pete, you know, i was already a very effective acu puncturist. i already helped a lotta people, but now I'm helping people I never could have helped before.

Yeah, so, you know, obviously you have a history and a passion for martial arts. So I can only imagine the people that you connect with in martial art with the technique that.

You have the zone technique, what you can do with those individuals.

Martial Arts, Mindset, and Healing Philosophy

I want to talk about, your love for Martial Arts and how that has fed into all of this, the discipline and everything else. Sure, well, my path with martial arts, I don't know how many people are aware of the history of New York City, but like I said, it was born in 1967. So imagine, let's say, by the time I'm eight, that's when you start hanging out by yourself.

When you're three years old, your mom's holding. Your head was always on a swivel. Right, right, exactly. You know, when your two years older, mom is like holding your hand, or your dad is holding you hand.

But by time you are eight now, you kind of on the street by your self. So anyone who you know, you just go to chat GPT, just be like, Hey, chat, GP T, how dangerous was Brooklyn, New York in 19 in the 1970s and 80s?

Just ask chat. GP t for those who are not some of the best movies are from that. That's right. It was a treacherous place. So I grew up in a very dangerous environment.

Like, no, again, thankfully, I had loving parents, either safe home, like coming home. I wasn't that was good. However, when I walked out the front door, Brooklyn was just treacherous.

Pretty much seven days a week, something happened. Just something. So at some point, you have to learn how to defend yourself. I just took martial arts, I think I started when was 10, just to survive, quite frankly.

It's funny because I look back, it's like you look, back when you're a kid you don't really evaluate things. Things are just happening. But when your an adult, The kid you like you start thinking about these things that happen then you're like it was laughing.

I remember I went to this uh, Martial arts school when I was 10 and now that i'm looking back, you know what they were teaching us The guy was actually pretty good.

He was a dude who I think like fought in the korean war I thought he learned like tang sudo in korea and then he came back to brooklyn where I guess he was from and And he was showing us like, hey, if someone kidnapped, someone tries to kidnap you, they pick you up, he's like bite their ear as hard as you can.

That's what we're learning. The Mike Tyson. Yeah, just bite your ear, as far as he can, so that was my first foray into martial arts, Just trying to survive, you know.

And it's funny, because I was a very, very athletic kid. I very good at sports. With that said, I wouldn't consider myself tough. Like I, was not what I would call like a natural fighter.

You know, didn't really know how to fight. But I'm just really good sports, so once I started learning how fight, it kind of came easy to me because i was athletic.

Anyway, so then I kind of stopped martial arts. I don't know whatever happened to that. He was a nice guy. The guy who was teaching us to bite people's ears.

Nice guy, but then when I was 16, I got to learn how to fight because the neighborhood was still dangerous and you're getting kind older. People are testing you more because you are not 10. You're like 16. So the stakes become higher.

Two 10 year olds fight. What's going to happen? But 16 year old, you already getting into it. It's getting dangerous. So I went to a Kyokushin dojo, and for those who don't know, anyone can Google it.

Kyokshin, K-Y-O-K-U-S-H-I-N. Now, there's many kinds of martial arts. There's kung fu, karate, taekwondo, jiu jitsu, judo, Brazilian jui jutsu, MMA, whatever.

And everyone takes martial arts for their own reasons like Aikido, you know, people might say, well, I don't really care about practical self-defense.

I just like to make friends and stay in shape. Okay, that's cool. Or let's say someone else is like, no, just wanna learn how to fight. So they just go to like a professional boxing gym or whatever.

For me, i just wanted to learn to how fight like I… I mean, didn't mind making friends. Didn't have mind having a little

community. i didn' mind getting in-shape, but i wanted just to know how figh.

What was your practice of choice? So I went to Kyokushin, this Kyoksin dojo. And Kyokeshin is, for anyone who Googles it, that's why I spelled it. In the world of karate, it is the roughest, period.

Like, there's not even a… Why is that? Because if you watch a movie like The Karate Kid, It's like tag, like, ugh, one point. Kyokusin you're trying to knock each other out cold, you period, You're fighting full contact, full force, and you are trying To knock Each other our cold.

That's the rules. Yeah. It's in the dojo in tournaments, like people are getting knocked out in a doju all the time and tournaments people just being like putting the stretcher.

It is almost like an MMA type of deal. Similar. OK. In fact, for, you know, George St. Pierre, who became a very famous MMA fighter, he has a black belt in Kyokushin.

Oh, Boss Rutan, Who became very. Famous MMA Fighter. Was a he has a black belt in kyokushin. So anyway, so I did kyocshin and I ended up Pretty good at it.

And then in the early 1990s, I competed around the world In that and i I fought the best fighter so And I was training at one point, you know, two hours a day seven days a week It was a big part of my life in The early 90s later on I started brazilian jiu-jitsu, which I now have a Black Belt and also have A Black belt brazillian jujutsu I'm currently training with Halleck Gracie, who's one of the, you know, 500 Gracies, but he's a really good one.

And so I would say that my martial arts experience had a big influence on what I understand about healing and what i teach about. Hmm. Why is that? Well, two things.

Number one, You know what? And I can always speak from my own experience. I cant speak for all martial artists, but I bet you a lot of martial artist have had a similar experience, right?

But I, I I. Can't assume. But because I was fighting at a world class level, because that was finding the best fighters in the world in my style, Because my.

Style was a style where people are trying to knock each other out. It's like you're trying, you trying. To knock the person out, You start learning about the mind.

Like what can you take? Like, of course your body gets tougher as you get hit or whatever, If you're fighting and someone blasts you in the liver, like a great hook to liver or a left middle kick or where they're clenching the knee in a liver.

Can you keep that poker face? Because if you show they hurt, if show you hurt and they are a good professional fighter, they'll finish you. So you just start learning about the mind, how much of it is the body?

How much is it the the spirit? And understanding, because this is a really great example. I can read a book on Zen Buddhism, not to say that that's not good.

I'm sure a booked on zen Buddhism is great. And then I could be like, man, you know, it's really explaining the mind. You know this is and now that I read this book, then Buddhism.

But when I'm two hours into an insane training session in the dojo and I feel like I can't even stand up anymore, my teacher comes behind me, they have a thing called the shinai, it's like a wooden sword, and he just like cracks you with the shinai and you're like.

You know, you can go for two more hours. I'm like, wait a second. And I thought my body had nothing left. But because my mind was engaged with that exchange, all of a sudden, I can't go over two hours, right?

So not to say that a book on Zen Buddhism isn't great as far as understanding the mind, but I learned about the mine in an experiential way that I couldn't have gotten from a And because I understand the mind much better from that and again, I'm not saying that that's required I am sure there's a lot of great healers who never did martial arts and they understand their mind their own way they might have done a Lot of meditation or whatever they did but from my path I understood the minds on a very elite level because of the hardcore and I'll use the word Hardcore martial art training that I did and and one thing you you asked before which I didn't get the answer But I want to say it now I never set out to be like a sports doctor.

It was never like, I'd never thought, oh I'm gonna open like sports chiropractor. Not that that's not great, but I just wanted to take care of anyone.

But with that said, i have had over the years some of the best MMA fighters come to me. BJ Penn was my patient for years and years. And years, Nick Diaz, boss root and who I mentioned picks and Gracie.

I've had a lot of the most Gilbert Melendez. Have had. A lot. Of the. Most famous fighters on this planet as my patients. So that's amazing. It's like it just naturally.

Yeah. Became that yeah, so you kind of I'd mentioned that so I didn't want to let that pass without addressing it Yes, I've had some of the great crone Gracie.

I have some other greatest MMA and jiu-jitsu fighters You know alive as my patients and I can guarantee you one thing all of those people they want results Man, we must be having some psychic connection because I know seriously about 15 years ago.

I was interviewed. It was a pretty big, you know Podcast weren't as developed then but right it was some kind of show they were interviewing me and the interviewer said to me He must have looked something up or whatever.

He said he started listing he was reading he's reading He's like, oh I see and he listed like 15 famous fighters that were my patients Oh, and I said, uh, he said why and i said And I said, because they all want results and that's what they get.

Yeah. So you said that. There's one thing that you mentioned about the six zones, right? You were talking about there's the zone that is responsible for detoxification.

Zone two, which is elimination. And right now, I mean, there's a huge movement going on called Make America Healthy Again. And one of the things that we talk about in the whole MAHA movement is all of these toxins, the environmental toxins the toxins in food and how all that stuff is just like…

stuck in us and it's causing all kinds of issues, gene expression change, disease starts to develop. So first, I want to hear your opinion about what do you think about the whole MAHA movement with what RFK Junior's doing?

And then secondly, how is everything that you're doing feed into this positive movement? Well, here's the thing. I have a few things to say about them, that movement.

It goes back to what I said earlier about results. Results, again, I'm all for it. I just wanna say, what are the results? What ends up happening from it?

And if America gets healthier, to use the actual slogan, great. So that's all I can say is, it seems well-intentioned. And I don't know all the details, but from what know, as an outsider looking in, Let's see the results.

If it does make America healthy, great, or healthier, that's number one. Number two, it's interesting. There's a word that we didn't mention yet, but you're a smart guy who understands health very well.

So when I say this word, I'm sure you have your own, you'll kind of light up. You'll have certain things in your brain light-up, and I am sure that you will have thoughts on it.

And the word is adaptation. Hmm because I look at it like this imagine Sam. I don't know someone is really healthy. They're a healthy guy and They go into a hospital where there's a lot of germs or whatever and And they're there for a few hours, but they come out, you know Maybe they'll go home and take a shower and change their clothes I don't know but right someone might say like oh you feel I feel fine because like their body's so healthy Their body adapted to all that stuff.

It has really no effect on them, right? Someone else has a very unhealthy body very unbalanced body They go to a hospital and they get sick, right? Because they're not they can adapt to it.

So what I would say is, yeah, like maybe they are spraying chemtrails and we're all breathing that crap in. Maybe the tap water is basically poisonous.

And, you know, even if you try to drink bottled water, if go a restaurant, order a soup, they made the soup with tapwater or you get a ginger ale, but it comes from the, the gun.

You know the little soda guns they have behind the bar. So you're kind of drinking tap water and your ginger ale or like the ginger alas high fructose corn.

So, you know, like, You know like you doing your best but like You can't run away from right? You're just living in this world where you have like a Fiji water but even Fijian waters good but it's in plastic and plastic is in you and And even like, for example, like you at your house, Sam, when you wash your dishes in your dishwasher, you might go to Whole Foods and you buy like the natural dishwasher liquid, not like Cascade or whatever.

But you're rinsing it with the tap water. On top of that, then you go eat at some nice restaurant in the back. They're washing their dishes with Caspade.

Right. So you are eating off that plate that was like with cascade. My point is this, I'm agreeing with you about all these toxins.

MAHA, Detox Pathways, and Closing Resources

But I would say just like the person who goes to the hospital and like they're fine because their body so balanced and can adapt I Would say that someone whose body I?

Would even go and say mine is someone who's body and mind is balanced I'm not saying that's I think it's ideal to be sucking in chemtrails and drinking tap water and plastic and all this crap and But I bet you they can live a long, healthy life anyway.

Again, is that ideal? No, I mean, you fly, and you have to go through that thing at the airport where they're x-raying you and stuff. I doubt that's a positive experience for your body, but I'd bet You know, Sam takes care of himself, has a healthy body and a health mind.

And Sam's doing his best, but Sam still leads to the restaurant where they wash the dishes of the cascade and Sam flies somewhere and he goes through that stupid x-ray.

But one day someone was like, damn sam sam's 90s 96 years old it looks great you know because because like your body can adapt to that crap and eliminate the garbage so that's what i would say about i'm happy that you actually said that because you're gonna live to at least 96 Well, I'm hoping about, you know, according to these other biohackers, maybe about 150 or 200. Let's go for 150, 150. Okay, let's do 150 and let go.

According to Brian Johnson, he's not even going to die. I think 150 is selling them short. This way we have the… That means everybody in this room has to be around to actually…

Right. But 160 plus, this way, you know, we don't want to limit it to 160. Exactly. I'm happy that you say that because some people get so focused on, oh, I got to eliminate this, and I get it.

You know, but at the end of the day, you can't just run away from these toxins. They're in our environment, so one of things that you do is, and correct me if I'm wrong here, is you're going to enhance their detox pathways in their body.

Totally, going too. extremely important, and even on the functional medicine side, it's like, you're not gonna get rid of all the toxins, so what are some of the things that we can do to enhance the detox pathways so you can get those toxins out of your system?

It could be something as basic as doing an infrared soda, right, to help sweat out some those of toxins. So what you are doing is something that I would say more people have to do more of Right.

And go through those processes to enhance those detox path. I would agree. When you're talking about detox pathways, as you phrased it, there's kind of like an easy checklist.

I say on the easy checklist, one, getting their body balanced. If it was coming to me or one of my students and specifically getting zone two balanced, great.

But let's say that they never met me, or my other students. They just go to some acupuncturist, but the acupunturists balances their bodies out. A balanced body will eliminate toxins well.

So one would be getting your body balance. to be eating good food because if you have certain, let's say some certain fruits or vegetables, it helps your body eliminate.

So you get your balance somehow, eat well, exercise because when you move, you sweat and that's a nice way for toxin elimination. Also, when your abs become stronger, which is good for your elimination, Rest you know when you sleep at night your body repairs a lot of damage done during the day do it physically and mentally actually so get the body balance eat well move well sleep well and I think also trying to, if someone can kind of move worry toward hope and move fear toward faith and moves hate toward love.

Mindset. Right. And move lack of forgiveness to forgiveness and moved greed toward kindness and selfishness toward generosity That is good for the cells in your body and that will help your buddy eliminate Well, because I bet you there are people out there that I don't bet I know there people up there were so full of worry and negative emotions that makes them constipated they can't even live they couldn't do the most basic kind of elimination, but them just relaxing and going toward the more positive emotions that will help heal their body.

Absolutely. Stress will kill you. I mean, stress will cause adrenal fatigue, all kinds of stuff. So, you know, obviously with your background in martial arts, I would only assume that you're a believer in meditation.

Well, good question. Good question, so it's funny because Kyokushin, the kind of martial art that I really came up in, they do have, we meditate the beginning and end of class, every class.

Um, I like meditation for myself. I, like it. And with that said, as we know, um, there's many paths to success. There's probably someone out there who never meditates, but they pray or, you know that's whatever.

So there are many, paths of success, But I do like, meditation. And again, my only advice for the novice meditator is do it in a relaxed way. Don't torture yourself.

I think some people are like, oh, I read this meditation book and it says the best meditation is between four and six AM. So they set their alarm at four AM, they're freaking miserable.

They're cold, the freaking misery was sitting there, like ate it, but they just like doing it. But they are tense, their shoulders are up, They are not relaxed and they like meditating every morning, But their miserable I would rather say if you want to meditate, just take five minutes a day if want.

Just get into a this is an important word. Relax. A relaxed breathe. Right. Breathe a relaxed position physically, a

relax mental. I just relax. And now that you relax and you're in a comfortable way, you just close your eyes and just relaxed for five.

Minutes and that could be your daily meditation. It's a lot better than torturing yourself at four a.m. every day. Now, by the way. If there's someone who can wake up at 4am and be relaxed, good, I'm not telling you not to meditate at four am.

I was just saying, if you're gonna relax, excuse me, If you gonna meditate, do it in a relaxed fashion. So doc, as we wrap up here, all right, um, is there someone listening or watching the podcast that really resonates with your message on your healing techniques and they want more.

Right. What is one thing you can leave them off with? Well, I would say this. There's two types of listeners who would fit into what you talked about.

One would be a doctor or healer. Another would a lay person who's just, you know, interested in health. I'd say if there is a Doctor or Healer listening, whether it's a chiropractor or any other type of doctor or healer, an energy worker or massage therapist, and they wanna learn what I'm doing, they just go to zoneschoolofhealing.com.

So it is zonesschoolof healing. com. They can sign up for the online course right there. And the basic course itself is 60 hours of me teaching them online.

I have advanced courses. 60 Hours? Yeah, I've advanced course with 500 hours. But my most basic courses 60hours. You could do five minutes a day or an hour a Day or whatever you want.

You have they get lifetime access when they join and they can also click on live seminars and They can come take a seminar in person if they'd like to to so there's hands-on stuff.

Yes Yes, so that's that for the doctors and healers chiropractors, etc. Let's say someone's listening. Who's like, I'm a real estate agent. Ima, i'ma plumber I not i not joining your school, but I just want to be healthier and On the same website, zoneschoolofhealing.com, there's a directory of my certified people.

There's three levels of certification. They're certified, which means, you know, they're pretty into it. there is advanced certified which mean they are more into.

And then there are mastermind certified. Which is like my highest level student. How many of those are there? 50 out of the 1500. So you can go to the website and you find on the directory someone who can help you.

Awesome man, amazing amazing and that we're where can people find you? My Well, they can always contact me through zone school of healing calm, which is the main, you know zone School website and I do have an Instagram which at zone.

School of Healing and Between the two of them. They'll be able to catch up with me Amazing, amazing. It was a pleasure having you on the podcast, and I'm going to have you check my head and everything.

We'll keep the cameras recording and this will be a little bit of behind the scenes so people can watch it. But guys, make sure that you click on a links down below.

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