Sound And Light Frequencies To Help Your Brain Heal Transcript

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Introduction to Dr. Gregory Eckel

Hi, everybody. Welcome back to the reverse Autoimmune Disease Summit series. This is version 5.0 healing the energy body. And I'm really happy to bring you Doctor Gregory Eckel who has spent the last 20 years developing and refining his unique approach to chronic neurological conditions.

In addition to his experience in clinical practice using a combination of naturopathy and Chinese medicine, he's had a deep personal connection with chronic neurological disease since his wife passed from Critchfield Jakob disease, a condition with no known cure, he took a deep dive into research and uncovered regenerative medicine and the development of a brain regenerative program in living memory of his wife.

He's continued to help others with neurodegenerative diseases, improve their quality of life, and find natural solutions. Welcome to the seminar series.

Thank you. So we're going to be talking about sound and light frequencies to help your brain heal, I believe. Yes, that is correct. I do think that is the future of medicine, which has been here for quite some time as well.

Yeah, yeah, it's for the future. Finding the past indeed. Yeah. Turns in some of the ancient systems that always used to. So and of course you do blend Eastern and Western medicine.

And what's your unique combination of doing this and folding in light and sound. You know, it has been an evolution. And as you shared in my bio, I really got into, have had a, a life experience, let's say four years ago that really changed the trajectory for me.

Sound and Light Frequencies for Brain Healing

And in such an odd way, kind of ripped me open to the oneness of all, reinstated my faith with the with the, passing of Soraya, who is a really amazing being, on the planet.

And I just thought, boy, you know, we this is tragic, and I don't wish this on anyone, but to be uniquely positioned as loving husband and, clinician.

I swung for the fence looking for solutions to a really dire, dire situation. You know, Creutzfeldt-Jakob disease, a very rare condition. And it's, you know, 1 in 1,000,000.

I always said that Soraya was 1 in 1,000,000. And unfortunately, the medical community agreed with me with this rare disorder. And it's about 300 people a year that have CJD.

So I didn't, when I went looking for, you know, therapies to change the brain. Like, how do we do that? Idea is similar to mad cow syndrome, which I think people have heard more of, which is misfolded proteins.

And so I started asking the question, how why are these proteins misfolding and how do we get them to stop and in uncovering a ton, of research around sound and light frequencies and that really, you know, is my long winded way of saying, you know, blending where East meets west, naturally.

You know, I like to say I'm a clinicians clinician. I want to move the needle in the real world to get real life changes for people and their health conditions.

And you looking at you know, all matter vibrates, you know, animals, plants, inanimate objects. You know, we're basically getting funneled down here into this friction world.

This mattered body. And, but it is in sound and light frequencies that, can really change. I mean, we have these ancient technologies from chanting, sound therapies, to now newer technologies, starting with infrared, and vibratory, massaging into the body of how do we change matter?

And so bringing that Western approach more with the energetics of the East. You know, I'm a Chinese medicine practitioner studied in Tibet, and in the eastern region of Tibet, called common in the western provinces of China and Taiwan.

I have a master's of science in Oriental medicine. 22 years of clinical experience there, coupled with, Western training and natural medicine. It's really uniquely put me in, in this spot to, you know, speak into these therapies and actually bring them into the clinic with folks, so sorry, my dogs are playing over here.

So they like this topic. They do, they do. They like, sound effects and like, so how how does sound, you know, how how does a light frequency access and heal and help the brain heal.

Yeah. So looking at it, you know, so we've got some research. So I'll start out with that Western component. So on on light. Let's look at Alzheimer's in particular.

You know, discovered in a lab exposure to light pulsing at 40Hz is. So that's 40 beats per second.

Foundational Health Pillars for Brain Health

It showed the cause, the brain of these mice to release a surge of signaling chemicals that help stop the misfolding of beta amyloid plaques. So they also activate micro glial cells in the brain, which is how it's basically the immune system for the brain.

And so looking at that, on just an oscillating signal, showed that there is a ton of literature on, we call it photo bio modulation, which is a mouthful.

It's light therapy. There's 220 published studies on brain bio photo, bio modulation, increasing connectivity of neuronal connection, increasing the micro glial, the immune system of the brain, increasing the photo receptors of ATP of, energy production in the brain.

And so this is shown in, traumatic brain injuries and Parkinson's disease, in, anxiety, depression post traumatic stress disorder. So that I, I wanted to start with like latest research.

Then we can back up to, doctor Noga. And I'm mispronouncing his name, but the the nose, your scales or frequencies. And he showed in the. Let's see if I have it right in my notes in the 60s, around different frequencies or Hertz, which are beats per second, having different physiologic effects on the body.

And so this light can come into the body. We have photo receptors on our body as well, that receive this information. And I like to say we are light beings.

We can actually measure light particles being emitted from our bodies at this point in time. Yeah. I just got done talking to Doctor Christine Shaffner and and she has been talking about some of the same studies and what's going on with the technology right now that's available to be able to do that.

Photodynamic therapy measuring. And, you know, this is, pretty exciting time to be able to be implementing these, modalities. Yeah, is an amazing time to be doing this.

And there's a confluence with receptivity because there is a lot of chronic illness and suffering where we haven't found a, a panacea or solution. And then looking at it for there's a lot of research now coming out to show like, hey, this is actually, there is some really hard core science behind this stuff.

Yeah. So there are foundational things that everyone can benefit from when we talk about brain health, tissue

health, organ health. And I think sometimes those foundational pillars of health get lost in the shuffle of technology.

What. Well what are what are some of those foundations that everyone can benefit from. You know, definitely want to share those. I also want to share some stuff around sound as well.

So I'll share foundations here. You know, sleep. These are non sexy foundational stuff. So people's eyes glaze over, you know, like, you know, really you do need to sleep, right?

And, you know, getting adequate deep sleep is so necessary because our, our lymphatics are the basically the way the brain detoxifies is activated with deep sleep.

So we can see with chronic sleep deprivation. I mean, you know, that is the new smoking, whether people realize it or not, you would never think to take a pack or two of cigarets a day.

That's the same thing with not enough sleep. So measuring, you know, with a, you know, your Apple Watch or Fitbit or Garmin or, or a ring, there's plenty of devices now to know, you know, are you getting adequate sleep.

And I would say on that front, you want about 20% of REM, 20% of deep and about minimally six hours a night of of restful sleep. So not interrupted, not restless, but restful sleep.

So how do you do that? Like we you know, we need to talk about sleep hygiene of like, what are you doing before bedtime? You can't be watching the boob tube or, you know, movies on the screen with blue lights.

So there's, you know, you can get blue light blockers, you can get programs for on your computer to block the blue light or better yet, you can read an old fashioned book.

I'm a librarian at heart. I love me too, you know. And so having that, you know, actual book where you're reading or you're, you know, you can light some candlelight.

I mean, it's very romantic. You can even just do that for yourself. Dimming the lights, turning the lights off, getting into some. Maybe it's yoga nidra, maybe it's some meditation time, you know, slowing down the activities of the body before bed really sets the stage for you to go to bed.

Also. Fun fact for every hour after 10:00 at night, 10 p.m., you start to waste or burn growth hormone. So growth hormone starts to if you are staying up past 10 p.m..

So if you're into longevity, this component around autoimmunity, we're really wanting our cups to be full. So getting, you know, going to bed with these regular rhythms really does matter.

So sleep really is a big one. I like a bath before bed baths. Those are great. You know, Epsom salts in there, some lavender essential oil candles around and maybe some really quiet music, I love that, yes.

Calm and center. You know, for those empaths or energetically sensitive viewers, there are called mother baths that I do recommend. And I think a lot of people maybe viewing maybe fall into that, like if you experience others emotions or have, you know, empathic abilities, doing salt, just table salt, you know, a lot of it.

So you can get a big bag of just sodium chloride, and doing that, it pulls the energy off of you. It's really cleansing for your feel, your bio field, etc.

or mixing that with one cup of salt with one cup of apple cider vinegar. Now, that's not as therapeutic as you were just talking about. Keesha. You know, essential oils and candles.

You know, apple cider vinegar has its own flavor, but it's more of a therapeutic bath if you're out, you know, kind of empathic, fully charged. I mean, there's a lot of energy on the planet these days.

So that is one that I actually do prescribe for some patients to. Yeah. It's important. And I think the lack of sleep coupled with the, the morning stimulation with lots of coffee, I mean, it's just it's just not good for your health.

And it, you know, you can take supplements all day long, but if you're not getting these, these basic needs met from your mind, you know, one of those sayings is you're not going to supplement your way out of a bag of potato chips, right?

Yeah, yeah, yeah. So hormones is the next category as far as basics in, foundational work is having your hormones balanced, right? Our hormones, many of them are regulated through the hypothalamus, pituitary axis.

And the hypothalamus is the switchboard operator. And sometimes I imagine this little being in there, like all of our nervous system, comes up into the hypothalamus.

And then there's this being in there connecting the. Where does that signal go in the brain? Well, sometimes they're overworked, right, with this stimulus of the caffeine in the morning.

And then we're trying to take sedatives at night to go to sleep. You know, we're kind of going up and down with our health. So hormones getting hormones checked and tested, is a big foundational component because that is a low hanging fruit, stress hormones, the diurnal variation throughout the day, looking at that, looking at estrogen, progesterone, testosterone, thyroid, you know, those are kind of the basics as far as we don't want that static.

Your innate intelligence should not be distracted by hormones. So we want to have those optimized. The third is an environmental toxicity assessment. So, you know, we're not just floating around in the gray matter of our brain.

We are in the environment and that has an influence on us. So looking at, you know, your home exposures, clean air, clean water, clean food, so organic foods.

So looking at that on the basic level. And then there is some testing that you we can do from an otes test to heavy metal screening. You know really everyone in neurodegenerative states, if you have concerns of dementia, Alzheimer's, or developing some of these things, we want to check for metals because those are a showstopper.

And I find them to be implicated because we store them in fat, and we need to rule them in or rule them out. Not everybody with those conditions has a metal burden, but we definitely want to look at that, because if they're there, they need to be.

You have to get the proverbial lead out. Gut health is another foundational component here. Looking at the microbiome, right. We've all heard the gut is the second brain.

Sure, you've got folks talking about it on your summit. But looking at that microbiome, you know, we'd have 4 to 7 pounds of anaerobic, anaerobic bacteria, which is a little bit gross if we removed it all.

But it just speaks to how important that ecosystem is for our health. You know, many millions of dollars going into the heart, brain, heart gut axis and researching those connections between neurodegeneration and brain health.

So we want to look at, you know, your gut is the second brain. Your neurotransmitters are manufactured there. So that has to be in order. And then finally, you know, the kind of the fifth act axis here is movement.

I don't call it exercise, I call it movement.

Sound Healing, Mantras, and Vagus Nerve Toning

So moving the body, it helps with circulation, which then works on blood flow, which then, you know, in Chinese medicine, we say, you know, the blood carries the healing capabilities of the body.

So what's in your blood matters? But then also is it getting to your brain. So circulation and movement is really key.

For this component for your, for your neurologic health.

So those foundations are really important. And now I'd like to speak to the interaction and intersection between all of them. Like you don't ever want to go in with all guns blazing, detoxing heavy metals.

If your adrenals and hormones are not healthy, just like you also don't want to be doing CrossFit every morning if your adrenals are not healthy. And so, you know, making sure that you're you're in coherence with your systems as you're doing these things, right.

That's right. Yeah. And there is a specific order. So definitely getting connected up with a guide practitioner provider who has been in this path with many people before.

You know, you don't want to just jump off the cliff. Don't don't don't jump. Don't jump. Slow and steady wins. The race is my, you know, basically moniker.

I love the turtle analogy and that you want to finish the race and you want to finish it whole and complete, and safely. So, you know, those are the foundational components, though, that I do find fit.

The bill for many. Yeah. You wanted to talk a little bit about sound. Yeah. So that other frequency that is sound and we all have a voice, you know, you look at it, you know, some of the ancient, textbooks have mantras of just simple sounds like, like, along these lines, one of the older patients.

Yeah, one of these textbooks, comes out of the Vedic tradition in India. And having, a prescribed mantra that, goes through every chakra of the body to cleanse for health, is, I find it really fascinating that we have this transmission through time that has made it to today from eons ago.

That is still effective. You know, they're doing research on different mantras and different finger positions for Alzheimer's and dementia. And neurological change.

I'm always studying. How do we change the brain? I love, you know, what we've pulled into our clinic is we do sound healing. We do prescribe mantras and chants with people.

I love singing together with people you know. Well, what does that do? One, you have a receptor in your ear. The tympanic membrane that is on the vagus nerve.

That's why humming is good for toning your vagus nerve, putting you into parasympathetic activity, rest and regenerate. So without that component, I think it's one of the quickest ways of getting there of we can actually tone our vagus nerve because we do.

It's crazy out there. Right. Like it's there's a stressful world. And so we're looking for things that we can implement do right at home. And everybody has a voice.

So I love, encouraging that. And hearing it actually, is this is free medicine right here. Right. And it's very potent. So potent. You know, one of those sounds is just among my kids.

I was out at the coast for a birthday, component. My daughter has the same birthday as me. Had some friends of hers at the breakfast table, and she's like, oh, here comes my papa.

And we do a morning. And so now, like, she, she shares with me now when her friends see her in the, in the hallways, they, with her. So I know she loves that.

How old is she? She's 17 years old. Oh. That's great. Yeah, that's, Jonathan Goldman. I interviewed him for the summit, and they talk about conscious humming, you know, and just kind of boiling it down to the the one.

Yes. It's just so healing. It's important to be able to use your own voice in that way. Well, is there anything else that

you would like to make sure that we know?

You know, one of the things I think what I'm going to share, I do, qigong, which is energy work and there's a cloud hands prescription that was given to me from my mentor, doctor Wang.

He's a lineage holder in out of China, recognized by the Chinese government, which is interesting, that, he would prescribe patients to correlate the right and left hemisphere of their brain.

And so that's the gift that I would love to give for this summit. And it's a simple component of right, palm up, left palm down. And then you flip them left, palm up, right palm down.

And that will help with making kind of that coherent connection between the right and left hemisphere, creating more heart and brain coherence for our listeners and viewers of the summit.

Do you want to demonstrate it. Yeah. So what we can do, we can take a minute.

Qigong Brain Coherence Exercise and Closing

You know if you kind of sit at the front of your chair and just take a breath into your belly and let that out and you're going to bring your palms up, basically to, to the belly.

So here's your belly. I'm actually going to stand up a little bit. So, shoulder your feet or shoulder width apart, palms together like this. And as you breathe in, you're going to flip your right hand up your left palm down and breathing in, stretch as far as you can go, and you can feel a little bit of a pull in your palms and then flip them out and exhale down.

And stretch that as far as you can. And then you're going to flip the palms and inhale. Hold your breath at the top. Exhale down. Flip those palms. And you're you can do that.

That's three. Inhale up. Flip the palms breathing inhaling up on that right side. Hold the breath. Flip the palms down. And then we're going to just flip side.

So you know as you exhale out we're going to ZL out halfway. And then. Exhale. And then we're going to inhale with the left palm coming up right palm going down.

And then flipping exhaling. So it's just switching which side you are. You're going to inhale again on the left. And exhale. And so just do that on equal amounts on both sides.

But even just doing that here really quickly it changes our state brings us into the present moment. You get that circulation going. So we're talking about, you know, on that sound and light frequencies and, and the healing abilities of the body.

And so I've got that a little bit more drawn out in a, in a video for you. Nice. Thank you so much. I deeply appreciate you taking the time to share some of your wisdom with us.

Thanks for having me on. All right, everybody, until next time, be well.