Summit Introduction and Ted Carru2019s Background

This is doctor Bob Hoffman. And welcome to the Practice Upgrade Summit. We're so excited about this summit. And right now I have the absolute pleasure to spend some quality time with Doctor Ted Carr and an icon in the chiropractic profession.

In a few moments, we're going to be digging into finding and correcting the deepest physical, toxic, and emotional subluxation. Now, the truth is, for the vast majority of you watching this, Ted needs no introduction.

But for the few of you who may have lived in a cave or just graduated an hour ago, let me tell you that Doctor Ted Carr has made some original and groundbreaking contributions to chiropractic philosophy, to chiropractic science, and to chiropractic art, and to chiropractic politics and specific technique has been taught to about 4000 doctors of chiropractic and other healers around the world, so that we can locate the deeper subluxation, the deepest blockages and interferences, physically and emotionally, that most healers miss Doctor Ted's book on childhood vaccination called Childhood Vaccination Questions All Parents Should Ask, and his most recent book, that cancer is natural.

So is The Cure Our Life Changing, all based on the same philosophical foundation. Ted, it's always a pleasure. We've been dear friends for almost 40 years.

We've worked together many, many projects. We've spoken on the same stage. It's such an honor. It's truly an honor to be able to spend some time with you today.

So welcome on today's call. No, you're most welcome. And it's always a thrill for me to be talking to you. You've been someone I've known, as you said, for a long time.

And we fought many battles together. In fact. And one doctor, you certainly have it. It's been an interesting and fruitful 40 plus years. Yes. And, I thank you for the introduction.

It was, I've been sort of lucky in that things just happened. But, you know, in Hebrew there's no such word as coincidence. They say if it's not there in the Hebrew Bible, it doesn't exist.

So things have just come together in some really fascinating ways. People ask me, what do you do? Because I've done many things in that profession. And one of the things is, they want to know what kind of practice I do, what crst is all about.

And I like the elevator pitch, which you alluded to, and that is, I say, have you ever met a doctor who is able to locate your deepest stresses, your deepest blockages, physical, emotional talks that you may have had since childhood or birth and then correct them?

That's what I do. That's beautiful. Thank you. When I look at that the hard way, because I was in a bad accident, none of this was planned. I guess a blessing in disguise.

I was in a bad accident and became disabled. I lost the ability to use my hands as well as I could barely walk. So, you know, chiropractor, that the hands is not in a position.

So I actually gave up my license to practice. Not many people know that, but I gave up my license to practice, and I began to, experiment on myself. But first, I traveled around the world, mostly throughout the U. S.

and Canada, to find someone who could get me out of pain. And I saw between 40 and 50 different healers, mostly chiropractors, using really every technique to think of, osteopaths, acupuncturists, body workers of all kinds,

physical therapists, even medical.

And I was totally frustrated. After ten years, the pain had not abated, so I started. I did what all I could do. I took matters into my own hands and started combining incredible techniques that I had learned, which independently did not help me.

But the synergy was amazing. So I tell doctors they know 95% of everything I'm teaching.

Philosophy, Vitalism, and the Bodyu2019s Inner Wisdom

It's just a matter of putting things together in the right way, seeing things with new eyes, you might say. So after ten years of intense suffering, I was better in that five days.

And, the pain just went away. My wife had migraines for 12 years. No one could help her and her migraines disappeared. One tap and I realized that there's a whole lot of areas that we are missing when we look for subluxation, which, as we mentioned earlier, is a metaphor for a blockage, for an interference, for a distortion, for an imbalance.

Anything that separates us from our ideal state, from our internal perfection is the subluxation. That and I think Dr. Palmer, alluded to that many times in their writings.

So I started teaching it, because I was getting doctors better. You know, a lot of chiropractors are very ill, and it bothered me. My roommate had chiropractic school, but I went to Sherman a couple of days after graduation, died of cancer.

And, another classmate of mine, she was in the class above me, died of cancer a few years after graduation. And I'm sorry. This is not supposed to happen.

And then I'll hear stories of chiropractic families having all these issues. And I realize we are not living. In 1895, this is not Dr. Palmer's world.

We are looking at stresses and blockages and subluxation that he did not have or rarely had. So we have to sort of expand our way of looking at things.

Is it the nervous system and subluxation and blockages? Yes, absolutely. And it's much greater than we ever realize. We have far, far more powerful, excuse me, much more power than we realize.

And chiropractors are in a perfect position to take advantage of this and to explore it. So, thank you for the opportunity to come on and speak to your people.

What a pleasure. Listen, everyone watching this, chiropractor or not, they want more miracles. And you are a miracle worker. I've had the absolute pleasure of having you work on me many times.

It's always eye opening and healing. So let's dive in a little bit and talk about that in more detail. You know, you're one of the few people, as I mentioned in the introduction, in our entire profession that has made some original contributions to chiropractic science.

You've been published in peer reviewed biomedical journals to chiropractic arm. You develop KSP specific technique and chiropractic philosophy. Your presentation and and paper does the does the subluxation exist?

Advances and challenges some of our basic beliefs. And before we get into this, because I'd like you to talk about all three, if you can, in a moment that the science, art and philosophy is the foundation of who we are and what we do.

And the chiropractors that I work with and I work with a lot of chiropractors, graduates from all different schools, all

different personalities, all different skill sets, different locations, little cities, big towns, those that master the science, the philosophy and the art consistently excel.

They're the best in class in our profession and docs who are really, really, really good at 1 or 2 of them. But not all three. They don't make it. They're always just barely above the waterline.

You know, they may be brilliant in diagnostics and science and really, they could they could quote research papers. They may even be excellent adjusters.

They still don't make it because they're missing a piece of the puzzle. You have to have all three. And one of the things, quite frankly, I have always so respected about you is your command, your level of mastery of the science, the art and the philosophy.

So I would love you to talk about all three. You can pick whichever one you want to start first, let's dig in and share with our audience some of the the gems, the pearls, the nuggets that we want more people to understand and utilize.

Okay, if we had a few hours, we would probably exhaust the subject. How about a few weeks? Yeah. Really? I, you know, one thing you didn't say and that when you master all three, practicing gets to be fun, it doesn't get to be boring.

And the patients feel that excitement. And I think that's one of the reasons why they're so successful. The doctors are not bored, and they're not in pain because you could work on yourself if you know what you're doing.

And they're really expressing, a world view that the patients so dearly need and are lacking. And so there's a lot yeah, there's so much, that patients really want from us, and they want our philosophy.

You might say, nobody comes to me for philosophy. Well, actually, who you are is a reflection of your philosophy. What you do is a reflection of your philosophy, how you practice science.

And every researcher, every scientist is founded is grounded on philosophical premises. Most people are not aware of that. But these gigantic hospitals with this, $1 million pieces of equipment, and they're taking over the neighborhood and all all of that is grounded on philosophy now.

It's a philosophy of what we call rationalism, or mechanism, in which the body is a machine, whereas our philosophy, empiricism or vitalism is is actual life we work with.

We're not dealing with machines, we're not dealing with parts, we're dealing with the whole person. And that is far greater than the parts, and that has more mysteries and excitements.

So if you take that philosophical understanding and start looking at the body and you say, hey, the body is really wise, it's intelligent and we call it an intelligence.

So because, yeah, you get an intelligence, great. No, no, there's more to that because you can use this understanding. If the body is wise and intelligent, why not tap into that wisdom and let the body tell you what it wants?

And this is ancient empirical healing. It's thousands of years old, old videos. I was really shocked to see this. Old videos of B. J. Palmer. Justin showed him doing that very same thing with all the x rays and all the electrode neurons.

Kepler graph. He had all those machines that he used, the NCM. He practiced physically with his hands energetically in a way that complemented it all and completed it all.

You can actually help patients to a greater degree in every every question they ask, whether it's neurological,

whether it's structural, whether it's nutrition, whether it's toxic.

And I got into the subject just to, you know, a little aside of vaccination because my son was born and I wanted to know, should I, should I not vaccinate him?

You know, you and I both probably came from fairly medical backgrounds. We're surrounded by a medical world and part of me was worried. Am I doing the right thing by not vaccinating him?

Is he somehow unprotected? How am I going to deal with the school system? How am I going to deal with my mother in law? But now I'm vaccinated. And you had to, And I realized that unless we had a profoundly, philosophical understanding, the science was pointless because you can use scientific studies to prove anything.

When I was going to school at Sherman, I was living in Spartanburg, South Carolina, and a roommate brought in his friend who was in North Carolina, Raleigh, North Carolina.

I said, what do you do? He said, I'm a researcher.

Science, Research, and the Three Pillars of Chiropractic

So, right. What do you research? I said, I'm proving that cigaret smoking does not cause cancer or heart disease. So I said, you could do that. And he looked at me like I was a lower life form, which being a student, I was actually.

And he says, give me enough money, I'll prove anything. That's the bottom line, isn't it? So we people are so confused about science. You have to have a right, the right philosophical perspective, the foundation, in order to make sense out of the science.

And right now, I'm not sure if this Covid thing also be going crazy, but that is really a philosophical approach, the simplistic way of looking at it, because chiropractors have never subscribed to the germ theory.

We always were looking at the the the cellular theory of Beauchamp, you might say, compared to Pasteur's germ theory and pastures theory was there are germs out there.

We're sitting ducks, we're vulnerable. The germs kind of hit us. We're going to die. We get sick. And they said, no, no, no. It's the terrain. The terrain.

And so, see, we put it in French, the terrain. Whether or not a person is strong and healthy or their body is is fertile ground. And now more and more studies are coming up that germs don't make us sick.

Sickness makes us germs. When we are sick, our body creates what we call viruses. But there's another name for viruses. These are called exosomes, which are actually viral like substances made by each cell, and they're sent out into the body to counteract toxicity and stress.

So there's a whole other way of looking at it. And that means we don't have to be so scared. We don't have to be so nervous. We are the masters. Just like the master circle.

We are the masters of health. Whether or not won't be sick or healthy. And if we are strong and healthy and take care of ourselves, then we don't have to worry about the germs in the air.

They are always there. So philosophy plays a part even in the present. So called Covid world pandemic. But philosophy also plays a part in our care working on patients.

Because if we say the body has an inner wisdom, let's tap into it. You might say, well, that's how do you tap into it? Well, in modern times, good art popularized muscle testing.

But, but he really he didn't know at the time, but he was really tapping into dowsing and pendulums from ancient

days, which were known to give information to us today, physicists talk about the information fields, which is really, a quantum theory quality of how we're all interconnected.

We can use that to the quantum field or the information field to find the subluxation in our patients, to find out why are they not getting better, to find out.

What am I missing? Because my work is based on always searching for. What are we missing? Yeah. Let me just jump in here first. I love what you're saying, and I totally agree.

Look, even you mentioned the Covid time. You know, it really helped us distinguish the different philosophies between medicine and chiropractic. You know, medicine is the answer to the pandemic was to wash your hands, don't touch your face, wear a mask, social distance, all reasonably good suggestions for people who have comorbidity factors or compromised immune system.

I don't think anybody would ever argue with that. But if you look at it, those are just defensive postures. What chiropractors talk about and what none of us ever heard or saw in the media is how does somebody improve their immune function?

How does somebody get healthier so that they don't get sick? And this is our approach it the medical allopathic model, the mechanistic model is defensive in nature.

It's not only the body is a machine that we don't want to break, but how do we not break it? It's defensive. The chiropractic model, the vital istic model is offensive.

How do what do we have to do to get even healthier? And one of the things that I have always appreciated about our philosophy, and one of the major problems in general, and certainly in our profession, is philosophy.

Once you really understanding grasp it, it gives you the ability for critical thinking. You could figure things out. You know, you just talked about a half a dozen things to figure out based on philosophy and in in my 40 plus years in our profession, the ability for many of our colleagues to critically think through challenges, circumstance is it's missing.

So I hope one of the main messages of the many messages people get from watching this class is to really start to critically think, and what drives that is our philosophy.

Now let's turn our attention, if you would mind to the science. Could you dig into that a little bit more? Some of the research that I had done regarding the science was, it was published in, International Journal of Psychosomatic.

It was, correlating posture and personality, in fact, that, this is work based on, spinal column stress ology by doctor Ward. He, he died about 15 years ago or 20 years.

He, he discovered that on x ray, you can determine a person's personality just by looking in x ray films. So I put that out. It was published in a journal that got a lot of response.

I still get response from it, even though it's so old. And unfortunately, people are not doing much work on it. And yet by looking at an x ray, we can actually see the person and see sometimes intense emotional stress.

This work has been clinically brought out, not because of the Doctor Ward's work, but it was independently discovered by Scott Walker, who developed no or emotional technique. Any.

Yes. And it's beautiful. I love energy, and in fact, I always recommend people do X to to if they want to do emotional work, they could. They should incorporate some of entities, concepts.

Because again we're talking about a blockage, anything preventing us from connecting to our perfection and letting our energies flow. And emotional blockages are a main thing that prevents us from flowing, you might say, so that

we look for emotional blockages.

Scott Walker has done just a great job, dealing with that. So what do you think? Palmer said three things. Cause, subluxation, trauma, thoughts and toxicity.

And I deal with all three. This is what it's all about. We deal with the trial, which is subluxation, structural stuff. So like, we just talked about neck emotional work, CSD, he does a lot of emotional work using our way of doing things.

And which dovetails very well with other people's work and also toxicity and toxicity is what causes so much chronic illness today. Autism, allergies, asthma, cancer, Alzheimer's, dementia, ALS, M. S., Parkinson's, these are all diseases of toxicity.

Diseases of toxicity affect the mitochondria or mitochondria. Well, cancer is essentially a mitochondrial disease. Mitochondria are our energy centers are powerhouses.

And we must understand how they work, how we screw them up. And, one of them is nutritionally, of course, the nervous systems behind all activities that are given.

We must keep the nervous system clear. My book on cancer mentions chiropractic. Not one of the books on cancer mentioned chiropractic. Why not? This is so important, but every book on cancer that I've read, even the ones that are alternative and holistic and natural, miss things.

They missed the chiropractic part. They missed the dental aspect of it, which I. I've given lectures on that and they miss these. If they do nutritional, they tend to be very lopsided.

Let's so be a vegan, which is the worst diet of all. But it can be good temporarily for cleansing, but it eventually causes brain damage. All you can, you know, or, other aspects of diet, but we find that the ketogenic diet is, is excellent for cancer because, cancer cells, unlike regular body cells, cannot metabolize fat.

They can only metabolize carbs. So if you have a very low carb diet, cancer starve. And this is why the ketogenic diet has lately become so popular for chronic illness.

Because you are essentially removing the, the food source, the nutrition from cancer.

Toxicity, Nutrition, and Clinical Assessment

But it's also increases brain function because the brain can use that's much better than it used carbs and they burn cleaner. And these are questions you can ask the body about.

So when you look at how we practice clinically, instead of filling our heads with theories, some of them work. Some of them don't want to ask the patient's body.

Ask their body where are the subluxation, what order should they be corrected? And and most importantly, what posture should they be in? Some patients can must be corrected in the sitting posture, not lying down.

The sitting posture is where they were injured, say in the car accident or the bicycle or whatever. Some patients must be corrected standing, some lying down or some in a combination.

Some people you can only locate their subluxation while they're moving. And I've worked with football players and baseball players. It's a lot of fun, and I'll have them get into position of throwing a ball or catching or running whatever position or hitting batting, and only as they are, like holding the bat and moving in a certain way, there's a subluxation surface and then their range of motion improves and they have more strength.

Same thing with golf, or tennis. Now you're a big golf player, right? But are you. Yes. Are you really? I was guessing, yes. You have that disease, We have World-Class golfers.

I cannot golf world class golfers who are loving this work because you're putting people in the right posture. But the posture is not just physical. It can be emotional.

You can look at a person totally subluxation free. Then they think about their ex-wife or their ex-girlfriend, or, a trauma. They had the dog dying when they were a little boy and they subluxation.

What do you do? You correct the subluxation. Is that or correlated with that emotional trauma? Same thing with allergies. You can clear out a person, then you give them an allergen.

So they're looking to tomatoes. Have them smell the tomato. They will subluxation. So you correct them as they are, smelling the tomato or looking at it or what else.

Whatever. They're allergic to strawberries, grass, what have you. And their allergies will disappear. I know it sounds incredible, but you get them too much.

And 99% of the people watching this have never even considered these things. And this is the power of what we can do. Chiropractic chiropractors are so more powerful than they realize, and they can work on patients in different postures, physical and emotional, even toxic, and release what I think you'd call it a, an adverse neurological, sensory disturbance.

It's a nice term. It just means a bad reflex. Right. You know, things are going around, by the way. Think about reflexes. There's actually a pattern in the skull for, obsessive thinking when people are just, they can't get things out of their head.

You actually find that pattern corrected, and suddenly, that adverse reflex, that neurological pattern just dissolves. There's so much fun stuff we can do.

And it has to tie into our philosophy, art and science. We put it together. Nutrition makes more sense. Science makes more sense. The philosophy is, becomes real.

And then, as you said, it's not dogma is something we can argue about and learn from and discuss. Because who wants to listen to someone give you a dog?

Now that's a sure way to kill a profession, and it's boring. So you get. So let's shift just like this. Now you're doing beautiful. This. This is such profound information.

I can't thank you enough. Thank you. Let's turn our attention out a little bit to technique. But instead of digging in to all the details because I would recommend anybody who has it to please go take a KSP seminar, you'll just absolutely love it.

Ted, after all these years of adjusting thousands and thousands of people with cost, why not just share a couple of nuggets of some of the most common things that you have discovered that if we correct, we'd probably help 90% of the people without digging deeper.

There's a is an atlas subluxation that most chiropractors have and they're not aware of. And that's why they're Atlas is keep going out of place. We all know about rotation and laterally inferior superior to the classic ones.

But there's also a posterior lateral movement. I did not discover this, using Csrt. It came up, so I rediscovered it. But this is what's called the Blair listing.

William Blair was brilliant. I don't know if you ever studied his work. I actually studied Blair's work. Oh. Did you? I noticed that with Blair, you needed, I think, 9 or 11 X-rays to locate that Atlas subluxation, but with cost a touch.

And that's all you need. And you locate it. And we've actually discovered that the Blair listing is not just on the, posterior lateral arch of the atlas, but it also, if you go slightly up, it's on the mastoid as well.

And you say, wait a minute, what is that? Turns out that these are acupuncture points relating to the urinary bladder and, gallbladder meridians. What we are doing with our adjustments, some of the most powerful of the cervical work is coinciding with meridians and acupuncture points.

So in that way, chiropractic, backs into a dovetails with acupuncture. We don't have to be separate. We don't have to fight with these people. We can work together.

So that's one of them. The Blair listing. Very powerful. Most people have it and don't know it. And another one is, which we've used. And this, I love to credit my teachers.

You know, in the Talmud, it says if you don't credit your teachers, it's theft. So everybody and I've learned this from so many teachers, as they say, if you take from, one person, it's theft.

But if you take from 100, it's research. Research. So I do a lot of research as much as I can. And one of the cool things is, you can actually and this is by Van Ronk, who developed NFT, which was incredible.

Also asking the body heavy hand on biofeedback way, which was the short leg reflex, which is biofeedback, is also the arm getting weak, you know, AK and it's also, oh, Lord, the toughness instrument, in cranio sacral therapy, they have something called still point where the cranial bone stop looking for a moment to get a yes or no.

And, dowsing pendulums, etc.. Okay. To use the occipital drop, I think it's very easy and simple. And everyone has this ability, and they developed their own unique style of getting information once they get comfortable with it.

It's not just what I teach, it's what comes out of you. So, the, the NFT Van Ronk found something really fascinating. If you check a few inches away from the long bars, you will be able to correct a disc.

He felt fibers personally have severe disc problems bulging, herniation, horrible pain, whatever, and he would adjust fibers a few inches away from the spine and correct disc problems as this, as if it were surgery just after surgery.

I'd never heard that. That was Blair. It's actually, you know, who first discovered this in America was a woman named Janet Travel. Does that name my grandmother? I'm sure. Right.

She is the one who developed trigger points, but she also developed this, what's called myofascial jealousies. She got it from Europe, surprisingly, came to America.

And one of the people in the chiropractic field that was popularizing it was George Goodhart. And he discovered and of course, Ben Rump discovered it accidentally.

He didn't know what it was. He just said, hey, if you you find this fiber and you dig into it, you really just hit hard. In that case, they're just problems to go away.

I mean, no surgery. Goodhart, developed his own style of doing this, but this has been around I think one of my roles is to find there's little things that we've forgotten and remind people about.

This is this is collective wisdom and collective consciousness and and putting everything we know and collaborating together instead of being individuals, going off on our own tracks alone.

So I love this. On the Shoulders of Giants says that's right.

Technique Insights: Atlas, Cranial Work, and Vagal Tone

One of the things that you and light me about years ago that I've been focused on ever since, on this topic and on this subject, is checking the sphenoid that whenever we're in sympathetic dominance, and 90% of us are in sympathetic dominance in that, in that survival stress mode that the sphenoid locks up and that if you don't, if you

don't adjusted or free it up, you're going to stay in that sympathetic dominant mode and be marinating in cortisol and having all the problems that come from being a sympathetic dominant.

When you just spend a minute or two on the sphenoid, the scenery is it's fascinating. It's a cranial bone, as people know, and it touches every other cranial bone except maybe one, or two that are indirectly affected.

But the movement of the sphenoid affects the movement of every cranial bone. And when the unit is locked up, it affects, the pumping of cerebrospinal fluid, because at the bottom of the skull, the sphenoid meets the occiput.

It's called, you know, based on the pump or the, you know, occipital pump. It pumps. It's a second process. And if it's properly unstable, excited I fix it.

Excuse me. I'm fixated. It will pump cerebrospinal fluid through the brain and the body. Imagine when it's locked up. CSF doesn't flow. And you have the various neurological sequela, of it that you had mentioned.

So, it was cast and we did not know this. We were just doing things on the body. And then we were looking up the science first. We know first. We want to know how does it work?

I don't care about the science. If it doesn't work, I want I want it to work. Then I'll figure out what the hell we're doing. That's so great. Why? So the idea is the number one thing.

And this is the basis that the empirical philosophy, the empirical and parents always said, does it work? Don't give me theories. Does it work? Theories gave us vaccination, which gives us a world of autistic, screwed up kids.

That's what theories do. What we want to know doesn't work. Does it bring about a healthy a person? And, absolutely. You correct the cranial sphenoid and oh, sometimes you need to correct the occiput as well.

And suddenly the people, it's one of the most common things people say. I can see better because the eyes and the sphenoid are interrelated very extensively.

Us a lot of them say they feel lighter. So, if you want to tell doctors, what's one thing they do in the cranial, just tap back the screen on the right, behind your eyes.

You can use your fingers, you can use an, an activator or an adjusting instrument. I like the author's term. I think it works very well, and I recommend that.

But you can use anything that's happening back on the skin. Lloyd's and the Blair listing. Those two things can make such an incredible difference. And it's not like you have to take a whole seminar and spend thousands of hours or hundreds of hours of you try to try it once.

It takes a minute to learn and you will see tremendous changes in patients. And I know that's what you want. You want to give doctors a lot of really good information to think back Monday morning.

That's what this entire program and summit practice upgrade summit is all about. It's upgrading the thinking, the implementation, the healing technique, the understanding.

So you've been right on target. One last thing I want to discuss with you, because we had you and I have and we could go on for hours and hours, but our time is coming to an end in just a couple of minutes.

We don't get together enough, that's all I think. I miss you, believe me, I do. I same here as I've studied brain based chiropractic more and more neurologically based chiropractic and and understanding that we're we're not necessarily adjusting bones.

We're stimulating brain function. And when you start to look at it through that lens, it takes on a whole new concept. And our results go through the roof.

I've, I've, I've developed a dramatic appreciation for the vagus nerve. And in fact, connecting back to your book on cancer, I've actually read an article that said that the number one predictor of survivability of cancer, any cancer, is vagal tone.

That one vagal tone is low, survivability is low, and when vagal tone is high, survivability is high. And, you know, the vagus is perhaps the single most important nerve in the entire body.

It literally is the connection between the gut brain axis. It connects our brain to our heart, to all of our organs, to our gut microbiome. I mean, it's just so critical.

Can you just spend a minute or two and talk about your experience, your understanding, your research into how as a, as a chiropractor, we can impact and improve vagal tone?

I first heard about the vagus, connection to chiropractic. You might say, many, many years ago when a doctor told me about crib death, Harris Colter, actually, who was not an M. D.

or DC, who was a PhD multiple times over. And he his theory was that crib death occurs when the vagus nerve is, well, when the meninges at the base of the brain are inflamed and squeezed, the these vagus nerve, which, as we mentioned earlier, affects many things, including breathing.

That's where the baby stops breathing. The the messages are inflamed. The vagus goes into I guess a spasm or is subluxation interfere with and breathing stops.

And he says he's spoken to parents because he did many interviews. They noticed that people stopped breathing and they'd actually going to shake the baby and the breathing would come back, you know, stimulating the base of the brain, the base of the skull, what have you.

And that's why upper cervical techniques, among other things, cranial work also, when it's very meningeal based, can be so powerful because the meninges are that through which the vagus nerve flows.

One of the great ways of releasing meningeal tension on the cranial nerves is sometimes a coccyx adjustment, because the meninges anchor to the same oxygen.

All right. So you have all these interconnections going on. Well how can that work? Second, Logan work so well. Well there's a connection. How come up a cervical work.

So it's of quality I mean the list goes on and on. Exactly. And instead of arguing and fighting about the different techniques, let's understand their commonality.

So we can actually get the patient better. Listen, I think the more you have an ability to critical think like you do, and the more you're around chiropractic and study it and appreciate it.

And love it, the more you realize it's the two extremes the the cranium of the cervical spine, the sphenoid occiput, and the lower end, the sacrum and toxic.

Those are the areas that when we adjust, we reengage the parasympathetic healing system. Those are the areas that stimulate the key healing parts of the nervous system in the brain.

What does it mean from C3 to L5 is never important? I'm not suggesting that, but what I am suggesting is the two extremes are by far the most important.

And even within our history of 100 plus time tested historic techniques, including yours cost, we spend more time at the extremes than almost anywhere else.

There are more upper cervical techniques, s.a.t sacral occipital technique. Logan basic technique, or focusing on

either one or both of those extremes and a simple little concept like that.

If doctors can really grasp and start to utilize and begin to experiment with, their results would improve significantly, and so would their confidence and their self-esteem and their appreciation.

And and all of a sudden, we have an upward spiraling, allowing them to succeed on a higher level and having more joy and more fulfillment and who they are and what they do, and knowing that their life matters and they make this huge contribution.

Ted, you are just a gem and a wealth of information and knowledge. I greatly appreciate you. I have such utmost respect for you. Thank you so much for participating in our practice of Great Summit.

I hope doctors hearing this, seeing this will reach out to you if they haven't already, take your program. I highly recommend and endorse it. Been there myself.

I just think it's wonderful. I think deep down in our DNA is this commitment for constant and never ending improvement the best in class? That's how they think.

So thank you everybody. Have an awesome day Ted God bless you. Keep up the great work. And now people should realize why you're an icon in our profession.

Oh you're very kind. Thank you. It's been it's just been a pleasure, as it always is, to be with you.