How To Optimize Neurological Health With Sound Therapy Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Welcome

Welcome to the Parkinson's Solutions Summit 2.0. I have as my very, very special guest today, a friend and colleague that I've known for several years now.

It's a truly interesting background, and I know you're going to enjoy this interview. Doctor Sergey Sorin, who is the medical director of the esteemed Chili Sorin Wellness Institute.

Doctor Sorin or Sergey, if I may call you. Yes, sir. I get four different names, either as good. Yeah, good. Very good. Well, welcome. I'm so glad. I should tell folks that he and I are probably a stone's throw away from each other.

we're, in a little town that was, called Ozark, which is sort of, you know, as cities grow. They take over the little towns around them. And, Doctor Sorin is just up the road in Springfield. So.

But here we are on zoom. How are we doing? Wonderful. Wonderful today, sir. great. Great day. You know, love, success stories. That's. You know, I'm sure you do as well.

Functional medicine is about success stories. It's not about the status quo. So, But. Yeah, let's get into it. lots of stuff to cover. Yeah. Well, Doctor Sorin, I know that you have a lot of really interesting information and tools.

Truly tools to share with the folks who are watching the summit. But they may have a, you know, may not know who you are. And, I want to just take a couple of minutes to share a very interesting background.

you certainly sit in in a in the throne, big chair, as it were. As it were. having taken over the Shiley and Wellness Institute and, the namesake being Doctor Norman Sheely, one of the true pioneers and founders of the holistic medicine movement in the United States, is he is because he's still around and inventor and a thought leader.

And it's really, I mean, written, what, 35 or so books. and I want to share with the listeners, just or viewers just a 32nd anecdote. When I was working, years ago with doctor, Shealy and was going to the Institute for Functional Medicine for an annual meeting, and I knew I would see, Doctor Jeff Bland, who's one of the founders of the students from Functional Medicine.

Doctor Shealy said, tell doctor bland that I said hi. And by the way, tell him that everything I know about nutrition I learned from Doctor Bland and Doctor Bland's a lovely, you know, gentleman, a scientist and a pioneer in its own right.

Doctor Sorin's Background and Holistic Roots

And I saw Doctor Bland at the meeting and said, oh, by the way, Doctor Bland, I, I bringing a greeting from Doctor Norman Shealy, who said, by the way, you know, everything I ever learned about nutrition, I learned from you.

And he said, well, that's interesting because everything I ever learned about nutrition, I learned from Doctor Shealy about. Brain deep learning, that that's wonderful.

you know, I'll jump in a little bit. So Doctor Shelly's fascinating, and, he is a man who was born in the wrong century. I think he, you know, his time is literally a couple of centuries ahead from here.

so, this is, one individual who is basically, I'm going to say, we had a recent 90th birthday to you a couple of years ago when he retired officially.

and one of the statements and this is just a quick summary on, how I can summarize Doctor Shealy, the founder of the holistic movement, one of the founders, of my dad, my adopted dad.

I don't think we talked about that. and, you know, really, truly my soul brother and, you know, truly, a holistic pioneer. a man who literally broke the mold on a lot of things.

And we're continuing with, with emotion, making it better, stronger, and the state keeping up with the times. So, discovered the tens units or so called stimulator.

I think, some of those things may sound familiar, doc. Right. yeah. And every day in medicine and neurology and not just just, not just functional or alternative medicine, right?

Yes, sir. Really important. Yeah, yeah, yeah. So. But that it it didn't stop there. So broke the mold, stepped out of the conventional, box, so to speak.

established American holistic Medical Association, American Holistic Nursing Association literally started the big wave, which is, now I hear the word holistic, at least at least the word.

Maybe not the meaning, but at least the words. So the, I think you did it, you know, I mean, the, you know, human, the, you know, colleagues. So that's that's the big picture.

And the number one thing the doctors really did, and we can talk about over 16 patents and inventions, and some of them are together with Doctor Shealy that, you know, I, I'm, I'm glad to share.

then we'll talk about a few things. if your device is a few concepts. Yeah, but the idea, the biggest thing that Doctor Shealy did in bringing this, in, coming around, if there's one thing I can talk about, it's literally holism, remembering and bringing back the concept of what is a human being?

Who am I and what am I doing here on this earth, so to speak? And whether you're a doctor or a it doesn't matter if you're, you know, if you if what a what your profession is or isn't.

we are all human spirit, soul, mind control center, you know, not going to control center. Gone. Gone bad. Well, everything else is going to follow. Follow that pattern.

And then a physical body. When I say body, I'm talking about functional regenerative. I'm talking about root cause. And we got something in common there, doc.

Appreciate you. we're talking about basically, you know, Einstein concept, you know, just, repeating the same things and expecting a different result.

Change the outcome, change the system, change what happens? This is what it's all about. But it takes, a person who is interested in digging, going down that rabbit hole and not stopping until the answer is there, whether it's local answer or whether it's collaboration with other providers and especially with neurology, I'll jump ahead.

This is where your numbers on my speed dial, so that when I run into, you know, when I, when I run into and I don't I'm not saying this to kind of blow the smoke up, you know, you know, as they say, literally I just sent you another client today, and I'm not I'm not bragging again.

But, you know, you know, resources is the key. Whether it's conventional resources, whether it's out of the box resources. But the idea is lay with the full set.

You know, if a person one one of my analogies, if you got a guy with a hammer, everything look looks like a nail. So I mean, it's it's a silly analogy, but, you know, in the conventional world, that's exactly what it is.

And when people come and they're not feeling well, energy, sexual function. but you know what mood? Limbic

relationships. just not don't have the juice to get through life.

chronic medical illnesses, lots of medications. what's going on, folks? God doesn't make junk. And this is what Doctor Sheila's legacy is reminding us.

God doesn't make junk, which means spirit, soul, mind control center. Where's the daily positive? Negative? Where's the goal? Where are we going? Because wherever we send the aim, that's what we're going to get.

Of course, you got to have a follow through and process, but, that's the legacy. Thank you. But you have your own legacy, too. And, Doctor Sean, as we dive into all the solutions that you have to share to help people with Parkinson's, I wonder if you could just take a moment kind of talk about your own journey.

You know. You're a cancer. Survivor and. Yeah, absolutely. the my joining doctor Shelly and becoming adopted by the one of the greatest men. You know, I get we can we all have our heroes, you know, but, this is my my group.

This is the person who shaped and formed my, reality as I grew into it. and it's been a journey of about seven plus years. But it started real early when I was, back in the former Soviet, and I, you know, I don't know, but politically, there's, you know, all kinds of things in that region.

But I'm just going to stay on the human. And, we were born in, in, in Belarus and right between the where the conflict zone is, and I'm sure things are not okay there, but, you know, and again, it is what it is.

my grandmother was a pediatric cardiology just she was the one of the few women in the class at the time. And again, I'm not saying, you know, I'm not saying men, women, but to to get that accomplishment, that was something.

And not only that, she became a pediatric, medical director of the clinic, the only one in town. So, boom. You know, I, I learned a lot because the resources were not present.

The the system was terrible. it was it was everything available for the few select and nothing for everybody else. And, so, what she did was she taught me that you got to look outside the box.

So my journey began early because I knew that the system is not enough. whatever system it is, if it's not doing the job, if the outcome is not okay, come back to the pattern.

What's going on in the pattern? Right. So that. And if it's not, again, Einstein, my favorite quote, definition of insanity seemingly is doing the same thing, expecting a different result.

You're not happy where you are. Change things right? So, this is what I learned. My my uncle was, was a doctor. My mom was a nurse. So when it came for me to to figure out what who am I, what am I, what I want to be in life?

When I grew up, it was a no brainer. It was always the first I'm going to be a doctor. Is there anything else out there? I mean, there was no there was. That was it, you know, I started my journey as a regular, there's a big, you know, and we can talk a lot, but I'm just going to say, you know, this is not about me.

It's about basically what I. You know, how I came to where I came and what I bring to the table. my journey has been that I was brainwashed, and I was literally my my my mind was nearly annihilated and brainwashed.

No. 99 to 99, ten degree through medical school.

Brain Entrainment and Binaural Rhythms

And I'm a 24 year veteran, so I'm familiar with the medical system and also family medicine trained. I've been a medical director a number of places. I've played in a number of fields.

You know, again, you got to find yourself, you know, what I, what I learned is this, is that, you know, when you work with, when you work with a body, when you work with the mind, when you work, with with things, you have to look at challenges as opportunities.

One of my best opportunities was my colon cancer experience in oh seven. I was literally told by for some colleagues who walked in and I was a 32 year old physician, they just got out of medical school.

You know, I got, I was married unhappily, but I was married. That's another big part of it. feelings, emotions. You know, we can talk neurology. We can talk neuro. Numerous if there's. I love that stuff.

We can talk about, you know, all kinds of, you know, the limbic system and so on and so forth in, in all sorts of neurological terms. But the short of it, what happens to the person?

Where are we in any given, part of life? And so, that that was the greatest gift that was literally on the spot. Boom. Through a reminder and realization that, hey, I'm already coming from a background of questioning the system when, when, when it's not working and it's not working because I'm going to be dead in two years.

What is it? You know, you're a 32 year old man. You just got married, you know, you got you just got your medical license degree, just bought a house.

And the thing it's all about possessions are things. But boom, now you're dead. What's the. You know. Right. What's going on now? That's, That. Yeah. That gets attention, doesn't it?

You know, and it did. so this is the beginning of my holistic journey. This is when I started writing. I said, okay, if I do nothing else, I'm going to write a book about my journey, my experience, my thoughts.

But I made it through chemo, partial chemo, and then actually, I, you know, at that point I was in remission, and, basically defied the odds. I've had multiple other journey journeys in my life.

I've learned through everything I do clinically, literally has been through personal experience, my, for instance, my regenerative practice. And again, you know, this is where I do injections in via, PRP, in mesenchymal, you know, cells, in other words, regenerative options, you know, decompression, lots of other things that came from another personal experience.

I crashed the vehicle at over 100 miles an hour, and I was nearly paralyzed. I was actually paralyzed for a little bit for, you know, with a blow up fracture of L3, plus lots of other injuries, you know, lots of other accidents.

I've had adventurous lifestyle I'm learning about, so, everything that I've touched in my medical practice comes from a direct personal experience in realizing that you can do better.

And again, just on another personal journey, personal expression. so I was told by the by this by the surgeon, spine surgeon, that I might be able to walk.

I might be traveling, but consider, the end of the lower body, you know, as is, in other words, lucky to be alive. I'm a martial artist. I decided to get back into martial arts.

I. You know, I said to myself right after the injury, I set a goal. I'm getting back. I'm getting the blood belt. I'm finishing it, and I did. Now it's not the same black belt, but it's a testament.

to the capacity of humans to and, but, you know, don't let me get too far out of the topic because we're talking about neurology and, and Parkinson's.

And there's a lot I want to focus on, on that as we go. Oh, please. Well, I wonder if we could, kind of using a little bit of your background and when, you know, when we first met several years ago.

Now, one of the tools that you kind of brought with you, on your journey to Springfield was or is because I'm sure you still utilize it. The role of sound as as therapy?

yes. Brain entrainment, binaural rhythms. I think you own a small company related to that. And and this goes right into brain health. So I wonder if we could spend a few minutes just talking about binaural rhythms, brain and training.

Thank you. Thank you, thank you. What? at some point when I, I had a near-death out-of-body, situation. So I'll just talk about a personal situation and how that literally led into the bigger picture.

And what I discovered was that I had a near-death out-of-body experience. Now, I cannot put into neurochemical terms. It's very difficult, but it's almost 10,000 years.

10,000 years. Download boom all at once. And then. Not not wish. Not, believe know that I am a spirit soul. And, by the way, if we drop the internet, you know, just, you know, we we have some, sometime receptors, will reconnect.

But, so, this is when I knew that I am a spirit soul with a control center and a physical being that needs to be optimized and supported. But, what I learned is also energy, energy frequency and vibration.

And there's enough literature, there's enough studies, there's enough. science literally to say that it is a real thing, but that science is hidden under the blanket, so to speak, under the rug.

And if you want to look for it, you got to look in spin places that are not typical, not the New England, England Journal of Medicine, but the Google Scholar, for example.

There's other hidden, you know, hidden sources that really publish everything that's available. And if you look, there's a huge body of literature. When I talk about frequency, energy and vibration, it brings me back to the quote by, Nicholas Tesla, which literally states, if you want to understand the universe and if you want to understand ourselves, our life is our our universe, so to speak.

It's our existence. It's our journey. Good, bad or ugly. And usually combination energy frequency and vibration frequency. And then health of the cell, atom, molecule, you mitochondria and energy production centers, but also cellular function, cellular communication organs.

and then ultimately the entire key brain is correct. Yeah. But I mean, it's true that if we go to just the cellular level of the neuron itself, right?

Nerve cells and they communicate with one another, they do their job ultimately by way of electrical transmission, the sodium, potassium channels, the conduction, you know, chloride and other ions ultimately translates into what's called an action potential.

That's how nerve cells work. That's straight up science. And when we measure this globally at the surface of the brain, we call that electroencephalography.

And of course, if anyone, even the untrained eye looks at an EEG that short for electroencephalography, on on a computer. Now, it used to be on paper when, when we were in school.

But what you see are squiggly lines up and down squiggly lines. And I tell my patients, look, if my right hand to my left hand represents a span of time, and that time is one second, all we need to do is count how many squiggly lines are there between my right hand and my left hand.

And if we say, well, if there's one squiggly line or two squiggly lines or three, maybe we'll call that frequency slow wave frequency. And we name that delta.

And then if we go a little faster 5 or 6, then that's theta. We go a little bit faster 8 to 12 up and down squiggly lines.

It's alpha, then it's beta, then it's and.

Then delta and then then gamma. Yeah. Right. And so forth. But in the end it's also known. And correct me if I'm not wrong, that these brain wave frequencies are associated with specific brain states, whether it's yes, whether it's focus, whether it's learning and memory and so forth.

So if we have a tool that actually allows us to harness externally to essentially tune the brainwaves to the state, that is the goal state. Maybe you're studying for an exam, right?

Maybe you want to improve your focus. Maybe you want to improve your memory. Correct me if I'm wrong, but I think that's really at the core of all of this.

It is. Absolutely. And thank you. The way you described it now, I actually, we started with a company, small company, with a physician partner of mine back maybe ten, 15 years ago.

and it was basically changed name to a couple of times, eventually came under, surely saw in wellness in the real holistic doc RHD but, the idea is, energy frequency, vibration and the languages of the brain.

I literally, have a, trademark on the statement, the speaking the languages of your brain, which is exactly what it is built relaxation stage three deep sleep reset.

Essential. You're not doing that. You're not. You can maintain circadian rhythms, circadian rhythms being off, including sleep, melatonin, serotonin. and we can talk about neurochemicals and all kinds of things.

It goes everything goes bad. In other words, including hormonal, metabolic, functional, chronic disease, mood, energy function, just being alive, not not enjoying or not enjoying.

Yeah. you know, one absolutely. Theta theta is fascinating. That's the next, range. And again, depending on who you talk to, there's different frequency numbers.

And you know, theta is really it's a wonderful state. It's where the children are kids. and if you ever watch a kid recover and, regenerate from injury, mental emotional PTSD, they are a lot more resilient than we are.

It's almost they're in their own magical world. And that's what theta is. It's a magical world that is also connected to gamma. I'll get to that in a second.

Gamma is the in the zone boom that that actually made that, made it made that a point of his studies and focus. So that's we're going to get to this device and it's not just found then there is then you have alpha Alpha that I would describe as, you know, if you're driving it to neutral, it's kind of like, you know, you can shift into a higher gear performance function.

You can get down into relaxation. Alpha is missing from most of us, and it's the. This is where most of us are in some sympathetic, activated stress state that, like the shaman.

Or do you prefer can, it's, let me ask. yeah. Let me ask you a question. How many well, people do you see in your practice? People who come to you just because they feel well and they want and they're happy?

You know, people come to us because they have problems. You know, you, you know, something is going on, something is not there. And the medical profession is not picking it up.

It's just not on the radar. It's just a whole new category. So then we get into beta. Beta is the wonderful, interesting state, of we people usually say between, you know, from 13, up until maybe 12, for, for another ten points or so, give or take.

The beta is, there's a high beta and there's low beta. A high beta is actually counterproductive for things. It it's the,

OCD it's, it's the nonproductive, running the same things through the mind without purpose.

Literally, and feeling terrible. but, the low beta is the functional, in the zone. I'm where I'm present, I'm listening, where I'm talking. And then there's gamma, which is about 40 cycles per second.

And that's fascinating because that relates to a number of different things. and doesn't have to be just 40 cycles. You know, it's just the most well-known frequency, but it is well known.

And this is where the meditators this is where you will literally if you go into a cave, you know, somebody who's been a mystic sitting in the cave, Long Beard or, you know, just basic however, in, in the zone, enjoying absolutely everything, living on nothing and being absolutely happy and perfectly healthy somehow, you know, this is the person who is in the in the gamma, and we don't know what that is, even though we have capacity.

So in other words, the concept is the human mind and the body. There's, there's a communication. Everything is one, like I said before, holistic, holy.

So once you understand this concept and once you understand, the control center can take you in a good direction or bad direction, you know, again, in the impersonal heaven or hell, health wise or otherwise, peace or anxiety and so on and so forth.

And what I learned is that we have every tool that we covered needed. I'll see this very slowly for for the audience and for myself, because I need to hear this myself.

and I remind myself every morning, God doesn't make junk. Which means we have the hidden. We have the hardware, we have the software. We just need to get the owner's manual, learn, understand.

There's techniques, there's biofeedback, there's orogenic training, six phrase exercise. And I'll get into it if we if you if you if you if we can.

Sound, Frequency, and Parkinson's Support

Oh yeah. But to summarize and I use a similar analogy where I talk about I'm an old Star Trek fan. So I talk about the, the, you know, the command deck on the enterprise where on the original Star Trek guys.

So that's where Captain Kirk, you know, sits. But all of the all of the Star Trek captains, in other words, and the ship is operated from that command deck.

And that command deck in real world, you know, terms is, is our brain. So if we can get better control of what the signals are that are coming from the brain, what I hear you saying is that it's going to really have essentially a trickle down effect on all these other systems in the body.

So the interesting thing is that and this is, you know, not only great technology that I encourage people to use today, and I call this binaural rhythms or sometimes called binaural beats.

And what we're talking about is the science of brain entrainment, or how we can sort of take control externally by using a technology tool, in this case, very specific sound recording that, by the way, you and there's lots of it out there, I'm sure there's good, there's bad.

And I recommend, Doctor Sauron's specific, specific, reportings. But the bottom line is that each ear has to receive a separate sound channel in order for this science to work, but it is really fascinating.

And, you know, if we can entrain these brain rhythms, delta theta alpha, you know, beta gamma, ultimately, and we can take control over the commands that are coming from the brain to everything else, then it has enormous potential for whatever outcome it is that you want.

You know. Optimization. Optimization. I and I'm going to say something I don't know if it's really true, but I think it's a really good analogy. I love music, all kinds of music.

But one of my nurses and I were talking yesterday about, some of the grunge bands of the 90s, and I said, you know, sometimes that kind of music, it can be.

I don't really find it particularly entertaining, even though I love all kinds of music. But in my CrossFit days, you know, that kind of music got me motivated in the gym sometimes.

But I will say that, you know, it's, you know, we've had a lot of tragedy within that specific genre of people taking their lives. Right? And the point is that I find that music very, very dark.

Now, I, I'm sure it's dark for a lot of reasons, but I think that it's dark in part because at an unconscious level, those tones, those rhythms that we hear in that music kind of beyond even just the words or the lyrics, if you will take us as human beings to a very dark place and it's, you know, not everybody's going to necessarily agree with that, but I certainly wouldn't be surprised if hidden within those rhythms of that kind of music is actually binaural or brain and train meant, and not not on and not not in a sort of, devious way, but it's just part of the style, if you will.

Precisely. Actually, music has been, excuse expression, but, music in itself has been bastardized, according to some sources, including the radio, the switch in the frequency in the beach and the tone in the.

Yeah. And, again, I'm not going to go down to the down too much rabbit hole here because that's not so much as much medical conversation. But there's a concern, there's a concern that the quality of music and the sound that is being produced in our world is actually meant to disrupt as opposed to to build up.

Right. And that. Well, and then, by contrast, I remember years ago there was some kind of poll that I heard National Public Radio or something like, what is the happiest song ever, you know?

And everybody has their happy song. But I think one of the top two or so, was from Earth, Wind and Fire, and it's the song September. And yes, it's one of your favorite songs, certainly one of my favorite songs, and makes me want to move and dance, which is a great for Parkinson's disease.

Yes. The point here is, why does certain sound make us feel certain ways, right? Whether it's very dark, whether maybe you listen to classical music and you close your eyes and you're on this grand adventure, right?

Yes, yes, yes, energy. It's all energy, right? It's all. Energy. And energy vibration. But we can translate that into other types of energy as well. And it's interesting I have absolutely.

Yeah. Yeah, I forgot, you know, speaking of that and you know, again, we can go down this rabbit hole, you know, as, as, you know, all day long. And I would love it, but, you know, there's actually just, interestingly enough, you took, there was a they went with music, therapy into nursing homes.

and they did studies and they, they, they studies people who, whose brains work on Parkinson's, dementia, movement disorders, literally just not present.

degree very advanced. Yes, sir. Yeah. And then do these are usually place where, you know, there's no drugs, you know, you you can't even slow down. It's it's, it's it's just maintenance until you dive in a terrible way to say it.

and they put on headphones like you had a headphones with, the soundtracks from their childhood episodes, you know, things that they got up, they danced, they talked, at least for a while.

Yes. There. It's like the movie awakenings with Robert De Niro. And that's, of course, a great, great movie for anyone in Parkinson's to see. And just for reminder, the folks in that movie had what's called post and syphilitic Parkinson's disease.

They didn't have the neurodegenerative disorder, but it was still response to leave a Dopa therapy. So what's a scene in the movie where music just sort of brought them to life and they were dancing and so forth.

So we have sound as healing energy. are there a particular frequencies that you find most helpful for perhaps people with Parkinson's? yes, sir. with Parkinson's, Doctor Shelley and myself had been experimenting a lot, and we got a couple of patents, that, you know, basically came out the one of the things that came out and the I don't want to brag, but I got a lifetime award achievement, just, you know, a little last year, I think, you know, at a Swiss conference that was not for sick people.

It was more for athletes, ballplayers, you know, just being, you know, bigger, you know, people who want to optimize, you know, not to say that there's something wrong with not feeling well. You got to get better, you know?

But this was literally about getting in the zone, getting into getting to your best place. And, one of the the reward was basically for that for dads.

And I work on, on, on the ring on, on the BMF unit. And I can talk about that. That's another use of frequency. from a to me coming from a different angle.

So a back to back almost a couple of decades ago, dead back to really I should say that she relief, you know, about a concept in the idea that if you take, a certain frequency, speaking of frequency and the Earth frequency, Schumann, is at 7.83 cycles per second.

And it's been of technology and devices. We we were able to, measure, to measure that. and, so what happens was 7.883. Okay. They did an interesting experiments in research.

They took students, they took them in bunkers with the healthy and people put them in and they, we got sick mentally, emotionally, physically. There's a whole there's an interesting study in back in the 50s.

and then they reintroduced the Truman frequency, 7.83 cycles per second, and most of it returned even though they were still in same bunker, you know, terrible experiment.

What? I want to be in the bunker for a prolonged period of time. No. You know, I'm sure people you know will do anything for money, you know? So, anyway, so that's interesting.

So that was dad's founding, original, original concept to bring in and introduce a box with, which actually makes these frequencies. And I want to show you what I'm wearing.

So this is what the actual box looks like. Again I'm not bragging, but you know, this little device is what got us. This is what led to that. The award.

And, it's, the interesting thing on all of that concept is, the. And I can't really talk about too much word research there. There's, there's a few issues with the FDA.

You know, you can say certain things. You can also see certain things. So I'm just going to stay in the clear if you if you want to optimize cellular function from inside out, if you want to optimize the mitochondria and the energy production, you can't do anything without energy production takes energy to do work in the body, in life.

communications, alignment. it's interesting you start work on the cellular level stabilization. A lot of the chronic stuff goes away. and, the other interesting thing that we found is the device was producing also a few other frequencies, and then it was some beneficial effects.

And then we focused in on that, and we created a special mode for those when we discovered that there was additional benefit. Delta, for example, was another mode that I personally added to the device.

and the delta, that's what we're talking about 0 to 3 cycles per second. So what that means is it's, I this is well, you

put a charger in, overnight. It's hot.

It's portable device. That's another upgrade. again, it's just it's a nice touch and it's small. You can carry it everywhere. the ring goes under the pillow when I sleep.

and then, the device is being charged, so I'm in Delta, I mean, and so in support. I'm getting my good sleep. Rest regeneration. so that means that the restores circadian cycle, circadian rhythms.

It's almost like a slow recharge of for the body while you're sleeping. And then you get up and you continue with either gamma mode. Full optimization.

I'm not a morning person, not typically. And I have to do work in the morning. So how do I get a smile on, you know, in just the, and I don't drink coffee anymore.

So boom, there you go. You know, So yeah, perfectly say so. We've Segway now from talking about how sound can tune into certain frequencies to how electromagnetic fields.

Produce, you know. Can similarly perhaps, entrain the brain as well. So and that's the key word entrainment. again, thank you so much. You know, we are so fast in the, in the world, in the medical community.

And you're on the same page as me on this. I mean, that's what I love about working with you. You can always look for an external solution. There's always a surgery.

There's always a drug, there's always a chemical. It's well, you know, that somebody is going to want to say to us, especially if you get willing to be, you know, yeah, be that, be the money for that.

You know, it's a business. You know, it's that's the reality.

Patient Outcomes, Resources, and Closing

So who do you trust? The bottom line is, if you're feeling well, you're getting the results you want, rate you there. If you're not, that means change the pattern.

We love to be able to offer solutions to people that are just a little outside the box, because most people can't go to their local neurologist with Parkinson's and get a prescription for leave a Dopa, which of course is very important.

The overall management leave a dope, a car, be dope. if you can't, then often I say, you know, you can't do all the other things that can really help you with your Parkinson's.

But we've spent, a fairly good amount of time. We've really, come full circle in our interview talking about how energy ultimately impacts brain function.

And since the brain is the command center for the rest of the body, we can use this top down or trickle down approach, if you will. If we want to improve the health and the function of the rest of the body as well.

Absolutely. One one specific example just to, you know, because, I can still see the symbol in my mind's eye really clear and blew my mind, literally blew my mind.

There was a Parkinson's patient, a man in his late 80s, and, he was a late, in a late stage. He was barely moving, and, you know, with Parkinson's, there's also an associated dementia.

There's associated, depression, anxiety. So he was basically in the in, in his personal hell. And the family and the caregivers were at a place where they were considering a placement in a home.

And, this was a family that was not crazy about being in a nursing home or assisted living. You know, they wanted

to be together with their loved ones, but they couldn't.

It was getting too into too intense. and I understand that that happens. doc, doctor Shealy, introduced the PMF device of, you know, of course, a few, a few nutritionals, nutraceuticals, you know, give the system what it needs.

working with orogenic training, the phrase exercise that we maybe we can get to before the talk is over. So we can the audience can maybe enjoy the benefit for themselves.

And I'll and I can do a little guidance as we go along and then biogenic. So in other words, that the 68, exercise program that Doctor Sheila and I developed and put together online so that you don't have to come and see us for two week intensive, which was which is what we used to do.

You know, travel is a little hard to state. So, there is, it's interesting. It's fascinating to have seen this gentleman two months later walk into the clinic.

First time around, he was in a wheelchair, and then he was carried from the wheelchair, to the examination table. he walked in. Now, not saying he's going to run marathons in the near future, but you know what?

And he said, thank you. I feel better. Yes. I would love to talk about all these other things. We have to round up this interview because you're going to have some other folks coming on.

But perhaps, I know, we ask, all of our interviewees to, consider offering some sort of gift to, participants in the summit. And, I know that you have so many tools in your toolbox when it comes to energy, medicine, and other healing modalities that perhaps we'll come up with something, really, really special in the spirit of yourself and Doctor Shealy, that we can share with the summit participants and allow them to download that, at no cost and, and truly great benefit.

Thank you. Let me ask you, before we wrap up, if folks do want to find out more about all of the things that you do, is there a website? where do you direct them? Yes, sir.

I, well, we have, I'm sure we have Facebook, social media. I'm not as savvy in that, but let me give the website and I will probably we can include all that information.

as well. website is, real, really holistic. Holistic. I see that. I spelled it right, doc back, dot com. the telephone number to the clinic is (417) 351-5221.

And, basically, we are yeah, we're happy to get to to answer questions. And yes, you're absolutely right back. The sheely, and he, you know, he is at 92 now, going on 92, doing as well as he can after a little bit of a serious health challenge at the age of 90.

But he recovered, that well, and, one of the things when I, when I mentioned to him that you and I are having this talk today, he literally said with the biggest smile, can say hello and give my love and give my best to everyone.

And I'm doing the same. I want to give our love, our heart, blessing, healing and recovery as much as possible. And I just want to say one thing before we.

Before we terminate. God does not make junk. We can go into all kinds of neurologic terminology. And I love neuro neurochemistry, neuro plasticity. Working with the tools that we have, we got we have we have everything we need.

Let's remember and again, thank you for the work that you do. And, let's appreciate you, sir. doctor Sergey Suren Shealy, thank you so much for being part of the Parkinson's Solution Summit.

I look forward to reconnecting very soon. Yes, sir.