Is Your Brain Fog Really Just Menopause? The Hidden Eye-Brain Connection Transcript

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Introduction to Vision and Brain Fog

All right. Welcome back to the conversation, everyone. In today's interview, we're going to talk about how visual overload can worsen brain fog and fatigue, why some women suddenly struggle with screens, focus reading and overstimulation in midlife, and how vision impacts cognition, energy, stress tolerance, even aging.

And, you know, it's really important. We're going to talk about what women can start doing right now to support both their eyes and their brains. And my guest today is Doctor Bryce Appelbaum.

Welcome, doctor Bryce, thank you so much for having me excited for this conversation. It's going to be so good. Let me give you a formal introduction to our audience here.

You are a neural optometrist. You're a TEDx speaker. You're the leading expert on I bring Connection and you've really redefined how we understand vision as a trainable, functional system that drives so much.

It drives cognition, it drives performance, it drives recovery. And you've really helped thousands of people rewire their visual system for some really important things to heal faster, to think sharper, to unlock, really your level of human potential.

And you're also the mastermind behind vision performance training. And that's a breakthrough method that rapidly rewires and upgrades the visual system.

And it creates a significant, measurable change in as little as one week. And I have experienced this and so has my community. So I'm super excited to have you here.

You know, I think that our discussion today is one that's going to surprise a lot of women, because when we think about menopause symptoms, we usually think about hormones, hot flashes, sleep, weight gain, anxiety and brain fog.

But I think you're going to uncover for us today that that exhaustion, overwhelm and mental fatigue and headache, it could be that your brain just isn't working like it used to, and it's connected to the visual system.

Do I have that right, doctor? Brace. Not only do you have that right, I would say it's not. It could be. It is. And I say this with love. But menopause doesn't just affect hormones.

It changes how our brain processes energy, stress, focus, sleep, sensory input and vision. Not eyesight, but how the brain takes into input from the eyes and knows what to do with it.

That sits right in the middle of this important conversation. Oh so good. Well, let's jump right into our questions, because you often say, and I and you even come into my community and talked about this before.

You often say that the difference between eyesight and vision, that there is a difference between it. It's not the same thing. And for women in perimenopause and menopause who are dealing with all of these irritating symptoms the brain fog, the overwhelm, the cognitive function decline.

Why does that distinction between eyesight and vision matter? Thank you for keeping that up. I would say eyesight sometimes is impacted with menopause.

Eyesight vs. Vision in Midlife

Vision always is. So eyesight let's think of as a symptom. It's our ability to focus light clearly. So it's letters on a letter chart. It's a street sign.

That's really what glasses or contacts are for. Vision though is so much more complex. And vision is brain. And it's how our brain filters, organizes, processes, everything coming in through the eyes to not make sense of it, drive meaning and then direct the appropriate action.

So when all of these changes are occurring to how we're taking in the world and how we're responding to the stress within our world, vision is always a piece of that puzzle.

And for many people listening, it is a massive piece. Wow. So, you know, we many of us go to the eye doctor and we get our eyes checked and we get a corrective, you know, prescription for our glasses.

Can you kind of help our audience understand what's the difference between that and what you're actually unpacking here, which is completely different.

Yeah. So I'm not anti glasses I'm not anti context. But they just get you across the start line of having clear images for the brain to make sense of.

But what we're really talking about is what does the brain then do with that information. How does it organize it and then know how to take action. And especially for this audience listening, you know, for most people in our 40s, we start to notice that some things change.

The focusing system within our eyes becomes a little bit more rigid and less flexible. And so we have to start holding things farther away until arms are long enough.

Then you know the drill. We're grabbing those over-the-counter readers. But very often that is really just a Band-Aid type approach, because we're stopping we're preventing the brain from actually using that system.

And I kind of like to say it's almost like saying your knee hurts, you're going to jump into a wheelchair and stop using it. No, you're going to figure out what happened, the root cause, and work your way back to functionality.

The same goes with the ice. And so when up close to actually become a little bit challenging, that is the prime time to be able to train the brain connection with specific vision performance training exercises that can allow for better stamina, better flexibility, and not being as dependent on those lenses to do the work for you.

And just like we can exercise and strengthen our body, we absolutely can exercise and strengthening our visual system and our eye muscles to keep and maintain what we've developed or to improve what is where the unnecessary struggling is.

So when you go to the eye doctor and they're saying you need these lenses to make something blurry clear, I would always ask about the gene, about how your brain is controlling the functional visual skills and abilities that allow for visual processing, and then recognize there are more than just reactive options.

There are proactive options to really get our eyes to start working better together as a team. So I know it's simple and we're going to unpack that. But before we get into that piece of how to how to retrain the eyes, could you talk about some of the signs that a woman in perimenopause or menopause might actually be dealing with a functional vision problem and not even realize it, especially when she's dealing with all kinds of symptoms that are being blamed on menopause.

Yeah, and I think we could go down a bunch of different paths, but I'm going to hit some of the main ones here. Menopause often comes as kind of like nervous system dysregulation.

And we can absolutely regulate our nervous system through vision. And so that can show up as increased stress sensitivity, sleep disruption, sympathetic dominance, which is what most of this community has heard.

But what it also can show up, as is sensitivity to light, specifically fluorescent lights, screen overload causing headaches, strain, blurry vision, fatigue, decreased productivity, motion sensitivity even when you're not in motion.

Signs of Functional Vision Problems

Having a hard time navigating busy, cluttered environments like a mall, a grocery store where there's this sensory overload in your brain can't take in or process everything.

It can impact focus, energy, productivity throughout the workday, and even happiness. Because for those of us who are on screens all day, or who have run reading all day and have high visual demands, your brain is on overload trying to just align, point and focus the eyes that the ability to process that information becomes impacted.

So then throughout the day, you often have a shorter for you as you come home to your family or deal or deal with your family. And it's oftentimes there's frustration or there's the smallest thing that then creates this reaction within you that wouldn't otherwise because your system is in fight or flight mode.

When we were on screens all day long and we were reading all day long, when we're in these busy visual environments, our visual system is in stress. It's in a fight or flight response, and we all have the opportunity to know how to pull ourselves out of that and allow for healthy balance between that fight or flight system.

So, you know, we're used to you know, we've spent our whole lives going to the eye doctor and getting predictable treatments that we're familiar with.

We get corrective lenses. Sometimes we get surgery to correct the vision. And so what you're suggesting is something different to connect the brain and the eyes.

And it's really a functional issue. So how does that vision performance training differ from all those traditional treatments for women who feel like their brain and nervous system are under more stress during midlife?

I mean, I'm just going to say it like, right now women are probably thinking, you want me to exercise my eyes? Are you freaking kidding me, Bryce? Because I can barely, like, get my Pilates in so 100%.

And what's neat, though, is if you realize Pilates is helping support some of your pain points, you're more likely to go. But if it's just something I feel like I should do, it's way harder to keep on top of that.

So think of estrogen fluctuations impacting so much of our systemic function. But from a vision perspective, it often influences our focusing system, our accommodation, and how well we can maintain flexibility.

Our IT, our convergence or eye movement control, and really our endurance in terms of how we're using our vision. And that can make near tasks suddenly exhausted.

And it can allow women to say, I can't tolerate screens anymore, or I lose my place when I'm reading, or I feel mentally drained and have this brain fog that doesn't seem to be going away.

So sometimes what feels like brain fog is actually a brain overwhelmed by the visual demands. And you go to the eye doctor and share some of these challenges.

They're going to say, we have glasses, we have contacts, we have surgery, we have prism, we have patching, but not really anything that's proactive. And what we do with a functional approach is we recognize there is neuroplasticity for any brain at any age. We all know that.

But for vision as well, any brain can be enhanced and optimized when it comes to vision. But if we think about using your eyes as almost like joysticks to tap into the brain to rewire this off, where to change or using vision, then so much can be done to allow for better stamina and endurance.

And it's often not, I must know strength or length. That's an issue. It's the coordination of the of the eye muscles and how well the inside and outside muscles.

The eyes are working together as a team, and how well the brain is gathering information and making sense of what to do next. Can you give us a little example of some of those vision training exercises?

Absolutely. So well let's go. We'll talk high tech. We'll talk low tech. So we utilize virtual reality, augmented reality I tracking software where we can really raise to somebody awareness what they're doing so they can learn how to self-correct and self-monitor.

So imagine somebody who loses their place with reading. It's likely going to have a tracking problem and not getting motor problem involved. So we have I tracking software where somebody is looking at a screen.

How Vision Training Differs from Traditional Care

The screen is able to track what their eyes are doing, and maybe there's different asteroids floating around. And we're saying, all right, look at the asteroid and the asteroid two and explode if you're looking right at it.

But when you're looking at it and you're saying, I'm looking at it, looking at it's not exploding, that's showing you this spatial mismatch where you perceive it to be is actually different than where it is.

And the sensor on the screen shows you then have a self-correct and then the asteroid explodes. So we can do something like that with sounds kind of fun.

I mean, anything gamified is more fun and allows for better compliance, right? I mean, sounds a whole lot better than going and getting surgery on my eyes 100%.

And then, you know, for surgery, for somebody who has an eye turn, let's say they'll say, let's cut or lengthen one of the eye muscles to help to to somehow achieve a mechanical improvement, which can happen, but never is there a functional improvement, because we need the brain to learn from the experiences and rewire the visual centers of the brain.

So something like that, like that could be you're wearing red green glasses, the red eye sees the red image, or the green eyes sees a green image. We put those images together and we're slowly moving them apart or different positions.

And then you're recognizing, okay, I got to converge my eyes. I got to diverge my eyes to keep it single. And I'm asking you to keep it as you're moving forwards or backwards, or it's projected out a window or on an overhead to really, again, raised awareness what you're doing so you can learn how to self-correct.

The more fun it is, the better the outcomes. But definitely the more quickly that you're seeing your hard work paying off and you're seeing symptoms improve, the more likely you stay with that fire in underneath you to say, I want to be able to hand back to back June calls all day long without feeling like I need to go take a nap, or I want to have my brain be able to do a marathon all day and still function afterwards.

You notice we're talking about brain because everything with the eyes functional vision problems are brain problems. So for addressing them on that brain basis, very different outcomes in terms of where we can help guide you to, you know, I got to know how did you figure this out?

Because nobody else is doing this. Doctor Bracey, you just showed up on the scene with, hey, guys, this is easy to fix and this is how you do it. So what is the journey to figuring this out?

And there needs to be 1000 more people doing this because this is the biggest problem. I look at this as the new pandemic screen time and the visual problems that are consequences of that.

And I mean, are women are just sitting scrolling Instagram or Facebook at the end of the day after they get done with the busy workday. A lot of women in menopause now are still raising teenagers.

They're taking care of aging patients or parents, and they want to check out at the end of the day. So what do we do? We Netflix and binge, or we scroll our phone and we get that dopamine hit and we come back for more.

But that's literally putting a vice on your brain connection. And it's having your visual system become locked up. And then the simplest task becomes so overwhelming and hard.

So for me, I mean, I'm a prior to this work, I was a mess as a kid. I was a reluctant reader. I was the last one paid for sports teams, I was insecure, and I was lost in the classroom and on the soccer field.

You you're like Mr. Popular. I can't even believe that. I mean, honestly, I went I became a avid reader, a stud with athletics and great interpersonal communication skills because of what was done for me with the vision therapy I did decades ago.

We've evolved that space a lot, and now it's a way more holistic approach and one that relies heavily on science and on new advancements. But for me, I went I unlocked my potential through this work and seeing how we can now do that for tens of thousands of patients.

I mean, my son was the same thing. He was throwing tantrums over reading every night at an early age, begging his twin sister to read for him so he wouldn't have to decode the words himself.

And I knew what to do. We put him in treatment. He's now an avid reader. He's he's an elite wide receiver on a flag football team that travels around the country, and he's this confident kid because he's recognized how to open.

We've taught him how to open up his world and get his brain to operate the way in, which is wired. I know we're talking to Perry menopausal and menopausal women right now, but I have no right at this moment.

They're thinking this could help my kids, my grandkids, my insert name of person. This works really well for all ages, doesn't it? It does. I mean, I used to say everyone would benefit from this tech work, but not everybody needs it.

That has changed dramatically post-Covid, where screens again are the culprit.

High-Tech Vision Exercises and Brain Rewiring

I mean, the average adult in America spend seven hours and four minutes a day on the screen. The average 8 to 10 year old spends six hours a day on the screen, and 58% of kids have their own device by the time the four years old.

Oh my gosh, that just blows my mind. So yes, anybody would benefit from this. And just like we exercise and strengthen our bodies and we focus on mobility and strength and nutrition, vision needs to be at the top of that list as well.

And when you start to recognize the value that has and start to see things shift, then it's almost like, why did I not have a file on this? And it's because there's so few of us doing this type of work.

I have to say, when you were just saying that, I was just feeling so grateful that I raised my daughter before all this happened. So she was born in 2005, and I think I'm she's like the last little generation that hit that window of iPhones didn't exist when she was born.

They like, there was no iPads. There was there was nothing. It was. So I'm so grateful that I didn't have to deal with that. I just my heart goes out to all of the families raising children today.

I just oh my gosh, I have three young kids. It is. And I know deeply with the impact this is having on them. And we set boundaries that I don't care if they like them or not.

I know what's best for them. I mean, screen time limits, outdoor play, engaging with three dimensional space, and knowing how to actually look somebody in the eye and talk with them because I contact is now becoming one of the biggest pain points for people without even realizing it, because they don't know where to look and they can hold fixation.

And that impacts confidence and mental health and can cause anxiety and can make things make I can, you know, when you're talking to somebody and they're looking everywhere except you, you know, one time I did a transformational, you know, emotional, intelligent, intense course.

And one of the exercises that we had to do was to find a partner you didn't know and stare into their eyes for, you know, an obscene amount of time, like you're staring into this person's eyes for five minutes.

Right? And it is so personal to look into someone's eyes. It is. It's like the window to their soul, right? It's 1,000%. And to be honest, a lot of people can't do that.

It can't. Yeah. And if you think about any change in eye movement as they change in attention, if you can't control your eyes and ability to focus, you can't control how your eyes are moving, you can't control your mind and it's attention.

So looking at that stranger for five minutes and not looking away, I mean, I know the thoughts that were going through your head. And often when you say don't look away, don't look away.

Don't do this. That's what you do because you did not. So that's something that's trainable, just like any sensory system that we like. Well, this is exciting to know that there's a solution.

You know, you've said before that vision doesn't necessarily have to decline with age, which is really different than what most of us are told throughout our lives.

Right? I mean, how many times do we hear like you're 40? Do you need your readers yet? Do you? Oh, you're 45 or 50. You don't need readers yet. I mean, what's.

You must have some really good idea or something because it's coming. I mean, just expect your eyes are going to get worse. So can you explain what you mean by it doesn't have to decline with age, and whether some of the changes that women experience during menopause may actually be more connected to things like stress, or brain overload or visual processing than than just irreversible aging?

I mean, it's such a crapshoot of everything. Oh, you're just getting older. Totally. So cognition often drops as we age. Vision often drops as we age.

Neither of those are normal. That's just common. And there's a big difference between common and normal. I would say, if we think about it again about eyesight, vision differently, vision should not decline as we age.

If it does red flag, we got a problem. Eyesight often does decline with near. But again that's there's some anatomical changes that occur. But you can absolutely kick that can decades down the road and get to a point where you maintain focus and concentration and it and convergence so that your brain can actually attend to that information.

So, for instance, my wife at 42 blew out the candles literally that day and then could no longer read the back of the medicine bottle. And she's like, Bryce, do something.

Luckily, she knew the functional eye guy and never had benefited from any of this work and still that point. But we put her through a very specific sequence of training, and we can go over a couple exercises now if they'll be helpful

that everyone could start doing today.

I think everybody would love to go away from this conversation with some tools. Yes, definitely. Well, so she went through the right type of work with the right motivation and the right compliance, reverse the age related changes.

And she now has the focus and system of somebody half her age. And just like she exercises every day, she exercises her brain connection to.

Why Screen Time Is Worsening the Problem

Before you get into this, before you teach us the exercises, what I'm hearing you say is like this whole conversation and what I'm hearing you say is we can actually improve our brain performance.

What was so the the common way to say that is we're smarter, we're faster or right. That's what I'm hearing. You say that by doing this vision training, our brain works better.

It works like we did when we were younger. I can remember when I never had to keep a list. I never had to write anything down. I always remembered everything.

Everything was crystal clear. I knew exactly where I had to be when I had to do it, what I had to do. That doesn't happen. I have to write things down.

Now, I know this sounds a little aggressive, but that is absolutely related to vision, both when the brain has less energy available, inefficient vision becomes much harder to compensate for, and it becomes your new normal.

And you are the visual system becomes locked up. And when I say you, anyone past 40 is having to put in significant effort just to lock in with central processing.

That's the type of thing that drains this, the brain's capacity for what you would be dedicating that towards otherwise. So everybody needs to run that walk towards these exercises that you're going to show us right now, because we all want to be smarter and faster.

And, you know, we want to be smarter and faster than our kids. So 100% and visually, that doesn't have to to falter with time. And so what do we do? All right.

So the single most effective I answer size for exactly what we're talking about is called I pushups or near far focus. And this has gone viral a dozen times now on social media because it actually works.

And what it means I'm going to hit at the end here so that you have to actually listen to what we're doing. So cover up an eye with a hand and then stick a thumb your thumbs up like you give somebody a thumbs up with the nail portion facing you.

And which we can do is slowly bring your thumb towards you as close as you can until it gets a little blurry, and then stop and maybe clear when it gets blurry.

Okay, so hold on. So it could be blurry all the way out. That's okay. I mean here is clear, here is blurry. I'm about 53 year old eyes. I'm going to say it right now like my eyes are old Bryce I you're they're not old.

They're just tired. So you're gonna stare at that finger, think about really locking in on it, looking hard. Stimulate the focusing system. Almost like compressing your side vision and tunneling in on it.

Okay. Older for five seconds. Okay. They didn't look out to the distance for five seconds, and then back at your thumb for five seconds back in the distance.

So this is a turn on turn off turn on, turn off. Building flexibility with the focusing system. You can do this with your

readers on and you'll be able to hold it closer, but ideally do it without.

Do it the same amount of time right as you do left eye. Most people listening will recognize that one of the eyes can hold that thought. I'm a little closer than the other, which means under two eye conditions, we're actually focusing rises slightly different planes because of this rivalry.

Competition of the brain's ability to process both eyes together. Okay, we have a question. Hold on. So I'm wearing contacts. I know where people are wondering right now.

I know their brains are going to go to. But what if you wear contacts? What if you wear glasses? Can you do you do this with your contacts in with your glasses in on?

I would say do it both ways, but ideally do it in the way that you go through daily life. Okay, you're wearing readers during daily life. Do this with the readers on if you're not, don't.

This is the type of thing let's say. Laura, you got a millimeter closer in a week. Millimeters add up to centimeters, centimeters out to inches, inches add up to much more.

This exercise is so impactful that if you do this every day, a couple of minutes each eye, you literally will not need stronger reading glasses. Most people will actually be able to rely on weaker ones, and some be able to get rid of them all together well.

But this is the type of thing that Mike we're talking about earlier. This isn't that sexiest, not that fun. And it takes work and we all remember to do it.

The people who say vision exercises don't work are the same people that say normal exercise doesn't work. You got to do it. You got to know what to do and you got to do the right stuff.

And so something like this, there's way more advanced and dialed in ways to do this with the right type of tech and equipment and things like that.

Vision Decline, Aging, and Neuroplasticity

But you're doing if you do enough push ups, you're going to get stronger arms and a stronger chest. But most people aren't going to sit there and do push ups all day.

Same thing is with with the visual system. But give yourself two weeks and I can guarantee you'll see a difference, especially if we're adding a few others.

But then that usually is enough to keep you going. If that's important to you to say, I don't want to be so dependent on my glasses, I want to look at my loved one without having to put on glasses to see if they're smiling at me or not.

I mean, there's a lot that we can do to open up our world through these types of practices. Doctor Brice, is there any consideration for women over men?

So let's just talk to the women right now. So women in midlife, their hormones are shifting, their bodies go through a much bigger metamorphosis than men at the same age.

A lot happens to us. Is there any consideration for menopausal women based on hormones, you know, shifts in the body, or does this work regardless of all that?

And is there any impact on those changes in the body on what the woman is trying to achieve here? Great question. So definitely this impacts every gender.

But there are changes with women in particular different from men. So women have a one and a half to two times

higher prevalence of dry eye disease than men.

So the irritation, the gritty feeling, the kind of sensitivity on the front surface, a lot of that is from hormonal changes and specifically declines in estrogen levels, which can exacerbate dryness and then increase the need for other strategies to maintain clarity and comfort.

Think about when there's dryness like that. The front the windshield of the car is becoming foggy and blurry, and there's smudges on it and the windshield wipers aren't going to clean it off.

The driver then behind that windshield starts to freak out and figure out, how do I see through this? Around this, the driver behind the front surface of the eye that's that's irritated, then starts to compensate with the inside or outside muscles of the eyes to allow for instability and fatigue.

And then we start to go down this big cycle. So that's one big piece. Women experience migraines at about a three times rate of men. Women are way more likely to take care of everybody else rather than themselves, and they're often the caregivers and the bear and bear the burden of of the entire family.

And so they almost feel like their own symptoms don't matter. But also, women's bodies are physiologically much more susceptible to stress than men's.

And everything we're talking about is a response to stress from the environment, whether it's visual stress, whether it's emotional stress, physical stress.

But then our visual system adapts. And so those are big pieces of this. But then even more so, I mean, there's higher likelihoods of macular degeneration for women than for men.

And we know that digital eyestrain symptoms women report 20% higher likelihood of those than men. And their studies that actually support and prove this.

And even the blinking that is a consequence of this. The average person blinks about 15 times a minute. When we go to a screen, it goes to 3 to 5 times a minute.

And so women oftentimes are then almost stepping on that open wound when dryness keeps getting worse. And we're not able to clear that front surface there.

So definitely changes in women. There's changes. There's more likelihood for women to have certain types of head injuries as well. And that can then cause symptoms to be much worse as well.

So there's a lot here. And women are absolutely superheroes and way more special than men, but also way more sensitive to these challenges. So we need to support women.

And that's why this summit is is so incredible and so grateful to be on here talking about what what women can do to help make life a lot more enjoyable and achieve better happiness.

Doctor Bryce, I'm. I am thinking that the women listening right now are feeling very seen, no pun intended. But you you have just validated, right? You validated like, okay, this is this is I'm not making this stuff up.

I'm different than my male counterpart. Right? My body was reacting different and it's not their fault. So you know, we we mentioned early on that you have a vision performance training.

And I know there's a couple of different ways that people can do this. Could you talk a little bit about why somebody, you know, we talked about that exercise where we can do the the vision push ups.

Right. But there's so much more to this to get that really sharp brain function and to ditch the readers and ditch the glasses. So if somebody wanted to fast track that and actually solve this, could you talk a little bit more about how

you do that with people?

Yeah, I would say there's like there's four paths. So first path is do nothing. And a lot of people listening are crushing that because they didn't know this stuff existed.

At-Home Vision Pushups and Training Paths

But now at least the seed is planted and they know, okay, this is in my back pocket. I can do this stuff when I want to. Second path would be kind of simple at home exercises.

So kind of like sit ups, air squats and push ups. So we talked about I push ups. There's II stretches, there's peripheral pointing. And I think we spoke about that on a recorded call that we did previously.

Happy to go over those as well. Third path is Screen Fit, which is our online vision training program designed to teach the specific visual skills and abilities needed for for life.

We've had thousands of people go through this as young as five, as old as 89, with 100% of people who have finished the first course seeing a reduction in symptoms.

So who can say they have 100% success rate? And the key is who finished right? No you can't ladies. You got to do the work. You can't lose if you just show up. Right.

Like I'm always telling my own community that you can't fail if you just show up like you. This will work for you. It will absolutely work. And especially when with screen fit, pretty much every exercise requires no equipment, and it's a video of me explaining what to do.

Even put the phone or tablet down so it's not more screen time to treat screen time. I know the irony. You're doing it on a screen, but you got to put that screen.

Yeah. That's not we probably should have made that clear. But these are things you can do at a stoplight in the bathroom when you're picking up a loved one from somewhere or at the dinner table.

And that is a really robust way to make a significant improvement in terms of your brain connection. Then fourth path is in our in-office intensives. And so we see people every week from all around the world who fly in for treatment.

And it's like a boot camp. Better results faster because there's more opportunity for the brain to learn less time between the learning. And so the reason we have screen fit is because not everybody is able to come to Maryland and spend a week with us, and we want this to be as accessible as possible for the world.

So there's definitely, I would say, anyone listening start screen fit. It's a low investment. Hi, hi. Return on the effort and on the investment. And a great way to start having vision be on the front burner in terms of your life.

And I will guarantee you that you start to notice things change, that maybe even realize we're related to the eyeballs. Okay, so how do they get screen fit?

And I know you created a special coupon for people for women watching. And I mean, they use it for your kids. You can use it for your husbands, whatever.

But since we're on a menopause summit here, we use the word menopause. So tell us how to get it. Yeah, let's use the word menopause as the code and make sure you're spelling it correctly.

But if you go to screen. Com click on the enroll section. The enrollment for the first course is for 97. So just under $500. With coed menopause that's going to knock off $200.

So it's going to bring it to 297. And you only have to buy it once. Everyone in the family can do it. There's no it's we're in the process of turning this into an app where it's going to be gamified, but it's still very robust right now.

And you don't when you buy access to it. I'm not supposed to say this, but you you can keep access indefinitely. So amazing. You're not supposed to say it. I love it. You're like, But I'm the CEO.

So what I'm saying, I'm saying that. Why not? That's amazing. And how generous of you that everybody in the family can use it. That's wonderful. I mean, this is this is my experience to be brides.

I've known you for many, many years, and my experience of you is just get the information out there, get it in the hands of families, get it into the hands of people who really need this.

Because everybody does at this point, because we live in such a screen world. It's I mean, they're watching us on a screen right now. The irony is the new pandemic 100%, and we can all thrive in this world.

We just have to do the right type of work to get to that place where we can handle these demands. Yeah, absolutely. So I have one more question for you.

You know, if a woman listening today is feeling mentally exhausted, overstimulated, foggy, frustrated, right, the whole menopause condition and her brain doesn't feel the same as it used to.

If you could give her one thing that you would want her to take away from this conversation, what would it be? Only get one thing, Yeah, you had one thing like the most important thing.

So I would say the most important thing is everyone listening. Your symptoms matter. What you're going through matters. Your experience in life matters.

And a lot of times you're told this is in your head when the thing can be. Doctors aren't doing the right tests to figure out any of these challenges.

That's a problem with the doctors, not with you. Vision problems during menopause are not always about eyesight. They're about brain energy. And brain energy is vision.

And the visual system is one of the highest energy demanding systems in the entire body, but in the brain, which is why these hormonal shifts that happen can hit so freaking hard for so many people.

And although you can't always control the hormonal changes, although when you work with somebody like Laura, you definitely can.

Women, Hormones, and Dry Eye Challenges

You can improve how efficiently the brain processes the world during those experiences. You know, Doctor Bryce, I work with men and women, but primarily women.

Women follow me. I don't know, women. Women just happen to be my biggest audience. And we work on helping women clear infections, toxins, nutrient division sees unresolved stress and trauma so they can fix their energy, their brain function.

You know, get rid of the irritating symptoms like the joint pain and the skin issues and the digestive bloat and constipation. So this is like what I call the cluster of, you know, middle aged deficiency syndrome is what I call it.

Like it's just this whole thing. And here's the thing. I can't tell you how many women I work with who do all the things, and they still have brain fog.

And this could be the missing puzzle piece. I'm always telling our community, you're a puzzle, and we're trying to

put you together and figure out what's the missing piece.

So for those of you who have done all the things right, you've done the parasite cleanses you've done, you've done the nutritional evaluations and replenishing.

You've done the detoxing. You've moved metals out of your body. You've moved mold out. You've moved. You know, you're working on getting the the plastics out of the body and you're still not getting brain function.

You could be missing this very important piece. This could be the key for you. And let me just add to that, I've worked with people who have been under your incredible guidance and care, and you are so thorough when you're checking all the boxes for brain fog, there's not a whole lot left.

And not this could be the missing piece. I would say for everyone listening, this is definitely 100% a piece of the puzzle. But again, the more that you're tackling, the bigger that piece gets in terms of the likelihood that this is going to change your life, when you start to recognize vision influences every aspect of health and longevity.

So good. You know, I really have a hope for everybody who's still with us and watching this. I have two hopes for you. My my first hope is that you get this vision training and use it for yourself and your family.

And, you know, hand it to your if you're a grandma, hand it to your to your daughter or your son and say use this on the on the kids. If you're a mom and you want to hand it off to your adult or teenage children or young children, you know, get this into the hands of people.

And my second hope for you is that you get long term access to this summit because it is full of just usable information. Our speakers pour into you, give you everything they've got, and you can come back to this over and over again.

So make sure you purchase the summit as well so you can have long term access to it. Doctor Bryce is it is always wonderful seeing you. It is absolutely one of my favorite things to do to spend time with you.

And I get to see you at the end of the month, which I'm really excited about. Yes. So I'll see you then, my friend.

Getting Started with ScreenFit and Final Takeaway

And one more time. Just let let our let our audience know where they can find. What's your website again? How can they find you? You're all over social media.

I mean, you're just exploding all over the world. You're. I'm going to be one of those people that says, I knew him back when I listen, I am just getting started here.

The world needs this and my mission is changing how the world is seeing vision. And so appreciate this opportunity to list of speakers and content in this summit is truly next level.

So anyone listening you're silly not to buy this. If it's not going to help you this second, it's going to help you in the future because we're all going down this path and just so grateful to be included here.

So you can find us at my vision first. That's our practice website host. Everything on their screen fit is fit. And remember the code menopause if you want to purchase that.

And then social media are probably our most robust platform is Instagram. And it's just Doctor Bryce Appelbaum Doctor Bryce app Elden. But we spell Appelbaum not like the fruit because my ancestors wanted to make life really challenging for us. It's E. L.

instead of Ellie. But you'll find you'll find this when you when you start typing it in. I love it, doctor Bryce. It's always a pleasure to spend time with you.

Thank you so much for pouring into our community. And even bigger. Thank you for pouring into the world. What you are doing is going to change the life of our children and and our children's children.

You're just getting started, like you said, and I'm just thrilled that I get to help spread the word. So thank you so much. And until next time, take good care everyone, by now.