Keeping your brain healthy and active || Dr. Al Johnson Transcript

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Intro

How important is brain health

Brain challenges

Brain waves

Feeling right

Technology

Biomechanical units

What is hyperbaric

Outro

very intrigued about what our business very intrigued about what our business spotlight guest has to say spotlight guest has to say today because as many of you know i'm a today because as many of you know i'm a big proponent of physical health big proponent of physical health mental health emotional health and all mental health emotional health and all the things that can allow us to thrive the things that can allow us to thrive in those areas in those areas and if we're not paying attention to the and if we're not paying attention to the things that can handicap us things that can handicap us uh then we're not going to be able to uh then we're not going to be able to perform at any peak level perform at any peak level let alone thrive and there's a lot to be let alone thrive and there's a lot to be said about our conversation earlier said about our conversation earlier about about about fear and how fear can certainly uh and fear and how fear can certainly uh and the unhealthy fear can certainly the unhealthy fear can certainly take away from your your performance and take away from your your performance and take away from the joy and take away from the joy and and the the excitement that you can draw and the the excitement that you can draw from life from life in many areas but there's also in many areas but there's also physiological physiological physiological areas that can take a toll areas that can take a toll on your performance and has nothing to on your performance and has nothing to do with an emotional state it has to do do with an emotional state it has to do with a physical state with a physical state so on the line today is dr johnson we so on the line today is dr johnson we had dr johnson on the show and our had dr johnson on the show and our inaugural inaugural inaugural show we had him and there was so much show we had him and there was so much information that information that he gave us that i asked him to come back he gave us that i asked him to come back again and share with us yet another again and share with us yet another portion of of his knowledge portion of of his knowledge with us as it pertained to brain with us as it pertained to brain health and all the things that we need health and all the things that we need to be mindful of in order to have to be mindful of in order to have good brain health and what it and how good brain health and what it and how it's affected by outside and external it's affected by outside and external circumstances sometimes internal too but circumstances sometimes internal too but also external also external so we're going to spend our business so we're going to spend our business spotlight chatting again with dr johnson spotlight chatting again with dr johnson because he is a wealth of knowledge and because he is a wealth of knowledge and if you haven't had a chance to hear the if you haven't had a chance to hear the first show when he was on i encourage first show when he was on i encourage you to go to the archives and listen to you to go to the archives and listen to dr johnson but he's a dr johnson but he's a 40-year veteran uh 40-year veteran uh in medicine so the man certainly knows in medicine so the man certainly knows what he's talking about he's here what he's talking about he's here in in richardson texas running a very in in richardson texas running a very uh high-tech facility called johnson uh high-tech facility called johnson medical associates medical associates if you have had a chance to check him if you have had a chance to check him out i encourage you to check them out out i encourage you to check them out but but but let's dive right into it dr johnson let's dive right into it dr johnson thanks for being back on the show thanks for being back on the show well it's my privilege thanks for having well it's my privilege thanks for having me

oh absolutely me oh absolutely let me ask you can you share with us let me ask you can you share with us how important is brain health and what how important is brain health and what are some of the things that we need to are some of the things that we need to be mindful of based on your knowledge be mindful of based on your knowledge and your and your expertise well just as you stated uh expertise well just as you stated uh your brain your brain function is very important if you don't function is very important if you don't have your brain have your brain can't think you really aren't here in can't think you really aren't here in this world this world your body may be but your mind's not and your body may be but your mind's not and your minds are our most important thing your minds are our most important thing that we have to function with to that we have to function with to make living worthwhile make living worthwhile so today what i'd like to talk about so today what i'd like to talk about is those things that are in our is those things that are in our environment that can affect our brain environment that can affect our brain as you've stated the as you've stated the psychological type things with anxiety psychological type things with anxiety and fear and fear short-circuit our brain so that it won't short-circuit our brain so that it won't communicate properly and therefore you communicate properly and therefore you can't think your short-term memory may can't think your short-term memory may be bad be bad you executive function may not work well you executive function may not work well because because because those pathways that you normally use are those pathways that you normally use are are blocked by the other are blocked by the other emotions that are going on so i see a emotions that are going on so i see a lot of people lot of people that have had different types of that have had different types of environmental exposures that affect the environmental exposures that affect the brain brain brain and these can be pesticides pesticides and these can be pesticides pesticides are neurotoxic are neurotoxic other things are volatile organic other things are volatile organic compounds which are like solvents from compounds which are like solvents from paints paints paints or cleaning products they can be or cleaning products they can be fumes from combustion products fumes from combustion products that affect the brain one of the things that affect the brain one of the things that are very very common that are very very common is we put have mercaptans that sulfur is we put have mercaptans that sulfur smell smell smell that's put in our natural gas because that's put in our natural gas because natural gas is a neural toxin natural gas is a neural toxin if you breathe too much of it it will if you breathe too much of it it will kill you kill you so those are things that we look at want so those are things that we look at want to be aware of as we live each day to be aware of as we live each day different hobbies can be a problem if different hobbies can be a problem if that those chemicals in that can affect that those chemicals in that can affect your your your brain from that standpoint brain from that standpoint so there's a whole host of these so there's a whole host of these environmental things that i environmental things that i i look at i deal with on a daily basis i look at i deal with on a daily basis to to to help people feel better function better help people feel better function better at a higher level sometimes it's just at a higher level sometimes it's just past history of concussions where you past history of concussions where you had a brain injury had a brain injury you didn't really realize it but does you didn't really realize it but does affect the brain affect the brain that hinders your executive function that hinders your executive function hinders your memory process hinders your memory process and you may be already functioning at a and you may be already functioning at a high level but you can reach a higher high level but you can reach a higher level level level so what do you find in your experience so what do you find in your experience dealing with folks who have their dealing with folks who have their challenges challenges challenges what do you find becomes let's say a top what do you find becomes let's say a top three physical challenges that people struggle physical challenges that people struggle with brain with brain challenges that people struggle with challenges that people struggle with that does present that does present a problem in performance and and what a problem in performance and and what what are the three causes there's what are the three causes there's there's many right you just there's many right you just mentioned a bunch of them but the top mentioned a bunch of them but the top three that you three that you find what are they well one of the top find what are they well one of the top ones is ones is concussions or head injuries and it may concussions or head injuries and it may be mild ones that you don't pay much be mild ones that you don't pay much attention to attention to but are have affected your brain but are have affected your brain function and function and then the question is well you may then the question is well you may recognize you aren't functioning well or recognize you aren't functioning well or you may not you may not but how do we determine what's going on but how do we determine what's going on there is there is a technique of looking at your brain a technique of looking at your brain waves waves waves which is called the qeg it's a which is called the qeg it's a digitalized digitalized digitalized uh eeg looking at your electrical uh eeg looking at your electrical patterns in your brain patterns in your brain and it actually sorts out the and it actually sorts out the connectivity connectivity connectivity between the different areas of your between the different areas of your brain to see whether they're functioning brain to see whether they're functioning normally or not normally or not and there's patterns that relate to and there's patterns that relate to concussions there's patterns that can concussions

there's patterns that can relate to anxiety there's patterns relate to anxiety there's patterns that relate to toxic effects and so with that relate to toxic effects and so with a really good quality quantitative a really good quality quantitative that's that's that's qe or qeg you can qe or qeg you can look at what these brain patterns are look at what these brain patterns are and then sort out and then sort out what is actually going on and then what is actually going on and then a treatment uh program can be organized a treatment uh program can be organized and set up to help you regain uh and set up to help you regain uh function that you've lost function that you've lost so so can a person doctor who is not so so can a person doctor who is not feeling right and feeling right is is feeling right and feeling right is is i say that in a very simplistic term but i say that in a very simplistic term but but someone who but someone who who knows hey something is not right who knows hey something is not right with me i with me i i'm struggling either with a sense of i'm struggling either with a sense of overwhelming fear or overwhelming overwhelming fear or overwhelming discouragement or a lack of focus discouragement or a lack of focus or uh an inability to to to manage their or uh an inability to to to manage their moods moods moods uh any sort any anything like that uh any sort any anything like that really that a person can struggle with really that a person can struggle with that that that that falls under that category of i'm not falls under that category of i'm not feeling right feeling right so you're saying that based on a so you're saying that based on a person's brain waves person's brain waves and electrical uh um and electrical uh um status that they can status that they can pinpoint to an extent what the problem pinpoint to an extent what the problem is and and what could have caused it is and and what could have caused it yes that's excellent yeah it is yes that's excellent yeah it is and uh it's uh technology that is out and uh it's uh technology that is out there there there that we utilize on a daily basis to look that we utilize on a daily basis to look at underlying causes at underlying causes you can get counseling forever which you can get counseling forever which helps you deal with what the situation helps you deal with what the situation is is is my goal is to look at what the my goal is to look at what the underlying factor is that's affected underlying factor is that's affected the brain and the brain and whether it's a concussion or whether whether it's a concussion or whether it's some abnormality like in your it's some abnormality like in your neural transmitters their serotonin neural transmitters their serotonin epinephrine norepinephrine epinephrine norepinephrine we can now measure those from a specific we can now measure those from a specific urine test urine test to tell whether you're low or high in to tell whether you're low or high in those brain hormones those brain hormones i see a lot of people that are depressed i see a lot of people that are depressed that come in and they say well i've been that come in and they say well i've been taking my taking my ssri or this antidepressant ssri or this antidepressant and it's not helping me we measure their and it's not helping me we measure their brain hormones brain hormones in it by a urine test and find that in it by a urine test and find that their serotonin levels are low so they their serotonin levels are low so they aren't making enough serotonin for the aren't making enough serotonin for the ssri ssri ssri to work it's a blocking it blocks the to work it's a blocking it blocks the reuptake of serotonin reuptake of serotonin but if there's not any serotonin in the but if there's not any serotonin in the block then block then the medical effectiveness is not there the medical effectiveness is not there and there are supplements that you can and there are supplements that you can use to help your body produce use to help your body produce serotonin so that they can be more serotonin so that they can be more effective or even in some cases effective or even in some cases get off the medication and get off the medication and boost the serotonin by natural means boost the serotonin by natural means you know one of the things i've learned you know one of the things i've learned is i've studied even in my own career is i've studied even in my own career and i'm a big and i'm a big reader and there's just certain things reader and there's just certain things that turn me on and learning about that turn me on and learning about the way our physical bodies work are the way our physical bodies work are our what i call our biomechanical units our what i call our biomechanical units work is that we are for lack of a better work is that we are for lack of a better way to put it we are electrically way to put it we are electrically charged organic material right charged organic material right uh i mean i think studies have shown uh i mean i think studies have shown that we are that we are for lack of better way to put it an for lack of better way to put it an organic battery organic battery right so it makes sense that being able right so it makes sense that being able to to to check in with our electrical waves and check in with our electrical waves and and and starting with our brain waves and and starting with our brain waves be able to determine where we are be able to determine where we are falling short where there needs to be a falling short where there needs to be a a tune-up uh per se is that the type of a tune-up uh per se is that the type of service number one that you would offer service number one that you would offer and and the second question right on the and and the second question right on the heels of that doctor is should any heels of that doctor is should any person even those that are feeling fine person even those that are feeling fine should any person uh go in and and also should any person uh go in and and also just for the sake of their own just for the sake of their own well-being well-being well-being and their own sense than their own sense and their own sense than their own sense of well-being should a regular person of well-

being should a regular person who's feeling fine also go in and get a who's feeling fine also go in and get a checkup like this as well just to make checkup like this as well just to make sure that the battery sure that the battery is running right sure exactly is running right sure exactly those people who are interested in those people who are interested in i see those people all the time where we i see those people all the time where we look at a battery of tests to help look look at a battery of tests to help look at what their brain is doing at what their brain is doing what their body is doing physically what what their body is doing physically what underlying chemicals they may have in their body chemicals they may have in their body that they aren't really aware of that that they aren't really aware of that may be hindering may be hindering some of their metabolic functions some of their metabolic functions and then look at fairly simple ways to and then look at fairly simple ways to correct those either correct those either toxins get them out of the system toxins get them out of the system if there's been damage done to correct if there's been damage done to correct the damage that has been done the damage that has been done i recently had a person that had played i recently had a person that had played soccer soccer soccer and had chronic migraine headaches and had chronic migraine headaches and didn't realize it but under qeg it and didn't realize it but under qeg it showed showed showed traumatic brain injury wow and traumatic brain injury wow and once she got through a series of once she got through a series of hyperbaric treatments hyperbaric treatments the migraines have stopped and her qeg the migraines have stopped and her qeg has markedly improved uh showing the has markedly improved uh showing the better better better connectivity better function of the connectivity better function of the brain brain brain so brain healing can be achieved brain so brain healing can be achieved brain function can be improved function can be improved incredible doctor in the last 30 seconds incredible doctor in the last 30 seconds could you share a little bit about could you share a little bit about hyperbaric hyperbaric hyperbaric oxygen treatments because you made oxygen treatments because you made mention of that and we're going to mention of that and we're going to actually have you back in about a month actually have you back in about a month to specifically speak about that as well to specifically speak about that as well but in the last 20 25 seconds could you but in the last 20 25 seconds could you share share share thought before we go to commercial sure thought before we go to commercial sure hyperbaric is uh oxygen hyperbaric is uh oxygen under pressure so you're in a person's under pressure so you're in a person's in a chamber breathing oxygen that fully in a chamber breathing oxygen that fully saturates the blood vessels saturates the blood vessels normally your hemoglobin carries oxygen normally your hemoglobin carries oxygen but in this case the whole vessel but in this case the whole vessel carries it carries it and you deliver it 10 to 15 times more and you deliver it 10 to 15 times more concentrated to the tissues concentrated to the tissues which creates healing in all the body's which creates healing in all the body's tissues including the brain so we get tissues including the brain so we get increased brain function increased brain function increased muscle function uh increase increased muscle function uh increase lung and lung and bowel function even if there's been bowel function even if there's been damage done to those areas damage done to those areas guys we love having dr johnson on the guys we love having dr johnson on the show we're going to have him back again show we're going to have him back again in four weeks in four weeks you can get a ton more information by you can get a ton more information by visiting a site visiting a site johnsonmedicalassociates.com johnsonmedicalassociates.com johnsonmedicalassociates.com fantastic site fantastic facility and fantastic site fantastic facility and once again dr jones we appreciate you once again dr jones we appreciate you being on the show we'll speak to you being on the show we'll speak to you soon soon soon thank you so much look forward to thank you so much look forward to