Introduction and guest credentials

You know, there's so many things out there that are devices and tools to keep your brain sharp, but very few are like what we're about to talk about. Today we're going to talk with Doctor Patrick Porter.

He is an award winning author and educator, consultant, entrepreneur, social media influencer with, decades of experience operating the largest self-help franchise in the world.

He's really a highly sought after expert within personal improvement and development, and has sold over 3 million of his self-help products worldwide.

So there's very few people who has lots of Porter's expertise, in understanding the most cutting edge of brainwave, technology. So he was a co-developer of the Mk2, which is the first personal light and sound training machine.

Voted the best new gadget of the year in 1989. Sees the Consumer Electronics Show and his team was voted the best new health app at the 2019 Consumer Electronics Show.

And we're going to get into, how our brain can actually be changed, our rhythms and our inner synchrony and our synapses and all these different things can be improved and upgraded by utilizing light and sound and vibration and really transform the way that we think about brain health.

So super excited to, have Doctor Patrick Porter come on to the stage and we will discuss so many cool things. Welcome to the spotlight. I'm so happy to have you. I'm happy to be here.

Thank you. You know, this this thing behind brain health is something that I've been trying to uncover for a very long time. For myself, because of my own, issues with brain health, with concussions and tremors and all this stuff like that.

And so my journey has taken many, many years and discover a lot of different things. But for those of you who are watching at home or possibly who were listening at home, I, I'm actually holding up the brain tap device that my daughters, both my older daughters, are obsessed with right now.

I had to snatch this from the older one because she was about to start a brain tap session. So we're actually going to talk about, what this actually is here with Doctor Porter.

And so, you know, I kind of give him credentials already in the introduction, but I want to know, like from a personal standpoint, like how did you how did you even, like, start developing this stuff like decades ago?

Yeah. Well, it started with my dad being a, a seminar leader and then something called The Civil Method. And they used sound. And Jose Civil was out of Laredo, Texas, and he created a way to use.

He called it the Silver sound.

Origins of Brain Tap and early light-sound experiments

And it would put people into an alpha state, which is we call alpha the neutral to the brain. So most people are either charging ahead or they're passed out.

They don't that neutral. So some people call it meditation, relaxation or prayer or something like that. So what I, I was experimenting with that and then I just loved it.

And then things because my, my job as a psychologist was to help people relax and then help them with their problems. I couldn't get people out of their, nervous system state of, you know, the sympathetic overload.

And so I was actually at a conference, in Vegas, and I was introduced to a technology that was about the size of a breadbox, and it was called the silk, the sales machine skills.

It was the sensory input learning system, and it was all hand delivered. This was before neurofeedback. This was in 86. So, we couldn't measure the brain like we can.

I mean, some people could, but it was very expensive technology. So we did, skin temperature, respiration, heartbeat. And what we found was that we could, they introduce light to the equation.

So we were trying to get people to that alpha state, like, like in Silva. And what we found out was a candle actually flickers at ten hertz frequency.

So, I always look at me. Yeah. So I always look at, ancient traditions and think, how could I make modern technology out of it? Because it must have worked.

It's made it. You know, people meditate to candles for 10,000 years, you know, so we have we have this record of doing it. So we we started doing that.

Then we found out, hey, we could move the brain once we had something called the mind Mirror, which was an advanced technology at the time. They said, still available today as a software system, but it basically could measure if they were in their right brain or the left brain.

And that's when we started to realize that people's brain was out of coherence, which means the two hemispheres weren't communicating. So with that, we I was hired by a company.

It's a long story too long for here, but I got hired in, Scottsdale because the founder of that company actually died, and they didn't know what to do with their technology.

And I was so in love with it. I said, just come in to they come into my office in Scottsdale and I'll look at it. I had an undergraduate degree in electronics, so I said, we can reverse engineer this. And we found out we couldn't.

We had to build something new. But based on the technology that we invented, the very first MC square, which was just like goggles and earphones. And then in 2014, if we fast forward all the things I did between them in 2014, I decided, wow, I mean, I was living in Silicon Valley and wasn't really doing much for the last seven years other than out speaking and and touring.

No, no equipment. I didn't got all the equipment business, but nobody was advancing the technology. So I sat down. I said, if I could build a new piece of equipment, what would it be?

And that's when I started getting into frequencies. And so the ear lights that you have, like people might, they always question, why do you have ear lights?

Well, we have meridians in our body that the Chinese have talked about forever. You know, in Reno. So let me just, pre-qualify real quick. So what I was talking about is on this device that I'm actually holding up, within the actual earphones, there are lights that are emitted from the earphones that goes into the ear.

And, I was a little sort of person, like, what is this? And so, yeah, go ahead. That's one of the calls. So let me kind of explain that a little bit deeper.

Now that you've shown that when every cell of your body has something called a chroma form, which means it's a little battery that charges up with light, sound and vibration.

And of course, also when we eat food. But they're mostly to tell our cells what to do because through bio fatigue exchange, we our body modulates like if we don't get to bed before 10:00 or 2:00 in the morning, we're not going to make as much melatonin, you know.

So it's that's all. So what we did is we looked at what could we do. So those lights are actually broadcasting different frequencies. There's a guide doctor. No J. R.

Who came up with Irit ology. And that sounds a little weird. But they found out that and this was something he didn't invent. He basically looked at the literature in the Chinese literature.

And you look at they if you go there and look at every allergy, you'll see an ear and it has all these points out it that say press here if you want to help the liver press here.

So they had these acupuncture points. So we we don't do the acupuncture. What we do is we're doing it through light. So we're broadcasting that light.

It's pulsating light. And it's actually every two minutes changing to a new energy frequency. And so there's seven frequency realized in the body that when those are in balance the nervous system is in balance.

So like one just I'll just go through one. One tells the sympathetic system that our fight or flight to turn off and turns on our parasympathetic. And we did that when we started doing research with, autistic kids.

They couldn't understand the same way. So then but then I said, well, if it works for them, let's use it for everyone. And then we put the lights in the visor and a lot of people go, why do we have lights in the visor?

Well, fatigue information in the eyes when your eyes are open, you're looking. We've all been to a convention or to a church, and we couldn't hear the pastor or the speaker.

But then we moved our attention and as soon as we saw line of sight with that person, we started to hear them. That's because our ears actually are hearing 25,000 pieces of information every second.

And when somebody says, I can't hear very well, really what they're saying is I don't filter very well because the brain is filtering out those 25,000 pieces of information.

You know, for instance, if you and I were having dinner together and somebody across the way said brain tap because brain taps on our mind right now, we would hear that message.

We wouldn't hear the rest of the conversation. Or if it's a sports team, you know, and then you might have questions. Oh, yeah, the, you know, the Oilers or whatever, you know, people are not the Oilers anymore, is it?

It's the that's all I got. You know. Yeah. So anyway but you know when people think about those things. Yeah those our brain has something called the reticular activating system.

So it's always scanning our environment seeing if it's safe. So we have to come up with unique stimulus that causes a reaction in the brain and the deep core of the brain.

Because this happens to us all day long when we're not trying to do it, like, we might get pulled off something, somebody might pull in front of us, make us angry, are the part of the brain that controls emotion, goes offline, and we start screaming at the driver, you know, and it's not logical because I can't hear you unless you have some kind of two way communication with that car.

But our brain overrides that. So what we're doing in a positive way is we're saying, hey, brain, this is the frequency. Now, what I mean by that is if it every cell of our body is that chroma form in the energy at the mitochondria level is always vibrating and teeming with energy.

It's always looking at its environment in its own way through frequency. And it's saying, do I need to adapt? Do I need to change? Do I go into cell danger response?

Do I open up and become more relaxed? And we know this is true now, because what happens in the body is our body matches to the environment and it changes our epigenetics.

They now know that every, every 40s 99% of our genetic code changes or adapts to its environment at that moment. So what we're doing is we're going to use that to our advantage.

We're going to put the healthiest light, which is between 470 and 810 nanometer light. That's what our body's used to using when we're awake.

How light, sound, and ear stimulation affect brain states

And then that's going to feed ourselves the most under prescribed nutrition on Earth today is light, but we're also going to give it sounds that it likes, because there's a lot of irritating sounds out there or a lot of background information, in the brain usually just wipes those out.

If I tell people it's kind of like living next to a, a paper mill and you go to that person's house, you go, how can you stand to live here? That paper mill really stinks.

They go, I don't smell it. That's because the nervous system is really good at it, basically deleting certain pieces of information. So we want to have unique data for the brain every session.

So every session we did we encoded to that and before. But I had my franchise company which I ran for 27 years. We only had 260 session and we ran for that many years.

Now we have 2000 because there's so many different issues that we found out that this could work for, like dementia or, stress, anxiety and all of those things.

So we have to have different protocols and we can't have somebody listening to the same program because they'll, they'll treat it like that, that paper mill, they'll just they won't get the response.

So we don't like we might have like our brain fitness protocol that we use for dementia. It has seven sessions. And what they do is over a six week protocol, they listen to each session once a day, and they rotate through for for the seven weeks.

And that becomes the protocol. So and we have other sessions too. But we so that's how it came about was basically out of a need to help people that I had been working with.

And then advancing. It was easy because once you're involved in this business, for years I tried to get other people to do the equipment, and I didn't want to mess with it because, you know, even though my degrees in electronics, you know, my real business is helping people with psychology, not not making equipment.

But then I finally said, you know what? I've got to do it myself. I've got to create the create it, test it. And now we've we've hired a really good, science officer who works with me so we can get all the protocols correct.

And we're getting a lot of research out there. I'm like, what we're doing with you. I think these are all things that, Because the science is clear now, but it's still new.

People hear about this and they go, that's just a flashing light machine. And they don't understand that the brain follows frequencies of light, sound and vibration all the time.

That's how the sun tells us what to do all day long. Our body anywhere biological system. Right? Right. So let me let me just tell you like sort of my viewpoints on this and how I understand it from my side. Right.

So, we've run over 7000 quantitative EEGs on different people. Yeah. My facility at Texas Center for Lifestyle Medicine. So, whenever you say ten hertz, I'm actually looking at people's brain frequencies or what frequencies they're exhibiting under different conditions.

And so what's happening is, now I'm getting to the point. I can look at someone's brain map, and before I even meet them for the first time, I have a pretty good understanding of possibly how trigger they are and maybe some PTSD in their reasons depression, anxiety, right, toxicities and stuff like that.

And what's interesting is that there's always this underlying, I mean, posterior frequency in the high beta in the brain is like really oscillating high frequencies into gamma.

And that's associated with a lot of like hypervigilance, anxiety, excitement, but also associated like chronic infections, inflammation, stuff like that.

And then when people are like really high powered in the lower frequency, that's where like sleep apnea, sleep disruptions and hypersomnia really comes in with sleep.

So that sleep disturbances. And then when people have high power and the alpha frequencies, or even low power, now frequencies that's associated with, like, chronic, like obsessive compulsive, nature and stuff like that.

And so, yes, we can actually see people's brain frequencies. And if I were to do it three months apart and nothing changes for the patient, it will look almost identical.

So people are triggered and wired into these frequencies that are that the I visually see like on my computer. Right. So what we look at in my facility is that if we are making sure that people have our lifestyle changes and what a good quality supplements or food, nutrition and stuff like that, that we're able to take them into that house of mice frequency, where serotonin is kind of vibrant, where everything feels pretty good.

And that's always the goal here. So as you're talking about the frequencies of the candle being intent and Hertz, I'm like, yeah, ten hertz is like always the goal I want for my patients to to be.

Yeah. And it's so freaky to me that that you know, Kindles flicker at this at ten hertz and we're really one with the universe. When we talk about this. Right.

And so, you know, and and when. So let me ask you this. Like when light is actually emitted, right. Doesn't matter where it falls. Because in my headset right here, we have light coming on to the ears.

And I know there's like meridians and stuff that connects the ears and Chinese medicine. And then there's light in my eyes, the like or sensory organs, our ears and our eyes.

Like how how do these synchronize on and are the frequencies different, whether it's the ears or the eyes or or the same. Yeah, yeah. The, the the base light is the same there.

70 nanometer light. The blue ones and there's 6050 nanometer like the red ones. But what changes is how they pulse. Right. So frequency pulsing. Yeah.

So we're pulsing the frequencies in the ear. So it's kind of like a morse code. But the people don't understand this. But like in Rain Man the movie when Dustin Hoffman counted all those toothpicks in just a second.

Yeah, we can all do that. Our brain is that powerful. But we don't because it's not useful. You know, we're not running around counting all the. Yeah, like panes of glass in a window and bricks on a wall.

But this is what people like savants and things. That's what they do, because the world is too boring for them. The world for most people. The world is happening too fast.

For them, everything's a mathematical equation. So they're figuring it, now, in the eyes, we're we're pulsating in at brain frequencies. So if you and I were to fly a spaceship to Earth, we could measure the frequency of the Earth between 0.05 and 100.

And so the brain will follow them like we have sessions for gamma. And to create that bass drum effect of the gamma frequency, to break down amyloid plaque and to get their brain right.

And we we like to do that in the morning, especially with people that want to wake up their brain. You know, if you do that in the evening, you might find that you've stimulated too much, because also each of these brainwaves tells our gut to produce more neurotransmitters, you know?

So, when we talk about that, the candle, just for your listeners to understand, they've all experienced this, probably they've been relaxing at night by a fire.

And if you're there in a romantic situation, you might get lucky because you're producing. You're actually biohacking because you're producing alpha frequencies which produce acetic coli.

So now you're feeling good. And that's the one we get when we're in love. So when you have that, that feeling, you start to associate that chemical reaction to the people or the events you're around.

That's why people say, I love the ocean because the ocean has a for us is a frequency response about ten hertz. Now, the difference is that we want to get you in theta to at 7.8Hz frequency.

When somebody gets into that field, we see a big gamma burst in their brain activity. And we see a delta burst. And that's cool because we know that when they have that delta burst, I don't know what's going on in gamma.

Nobody I mean, we're that's kind of new territory for everybody. But in the Delta we know that's when the brain detoxes. So if we can get the brain to that level for whether they're sleeping or not, if we can get the brain in that, it tells the glial and formic system to turn on.

So some people, while they're using brain tap, will be in that moment of paralytic experience because the brain takes you off life. When it's cleaning the brain, it's kind of like, how do I clean the floor while everybody's working on it?

So it says, okay, we're going to stop all work. And some people have woke up in the middle of the night and they have sleep paralysis. And they in 2016, they finally realize that that's the glial lymphoma system coming online.

And it only comes online during that level four, brain experience. And that's so interesting because on the concept of EEG, what we're seeing is that those people would sleep apnea.

Their brain likes to go into the theta and delta frequency during the day, even like a few microseconds at a time. Right. And so that happens for 3 or 4 seconds at a time.

In medicine we call this narcolepsy also Omnia. Right. So these are just sort of diagnoses that we put on people like poor quality sleep that are triggered.

And and what we see on our brain mapping is we see exactly this. If people have really impaired sleep, whether they have sleep apnea or they have dental issues, infections, sinus infection, whatever it is.

Right. If people are going to bed and they're in some sort of infectious or toxic state during the daytime, their brain is like aching for this. For the state of frequency.

And they do wake up and sleep paralysis, you know. And so this is taking the world of like, neurology and putting it into the world of overall health.

And that's why people get really, sort of this, this signal mix ups whenever they have like mold toxicity or heavy metal toxicity, environmental toxins, infections, coronavirus.

Right. These are all sort of neurotoxins. And the exhibiting neurotoxin is actually frequency changes that happen very, very fast. And these patterns are not written about very often.

But they should be. Right. And so I think what brains have is and what you have created here is actually like decades ahead of our time in understanding this, because right now we're starting to publish it.

When I say we, I'm literally someone, me and my team. And we recently published one looking at, the NFL population, what their brain looks like. And so the words that you're speaking is not just some general thing that we're hypothesizing.

We're assuming I can actually see on brainwave data. So when people sit in front of me, I can tell you what frequency brain they are in, in specific situations.

Brainwave balance, EEG patterns, and clinical observations

And, and, and sometimes, when we look at people who have gone through major transformations 1 or 2 years, major transformations, we see. Yes. Now the brain's getting some with our frequency.

It's getting out of the high bit. Austin. Hypervigilance is getting out of a predominant theta state with a brain super sleepy, which I. You know, that's actually what ADHD is.

Sleepy brain for about nine. And so I think that what this is working with, you know, forward modulation and working with frequencies is that we're bringing the whole picture together, not really just looking at one thing, but looking at how the hell do our cells work together from atomic level, from, from, from, from a mitochondria level mitochondria, sort of the energy subunits and every cell in our body minus the red blood cells.

And so whenever, whenever you're talking about these things and I'm sort of visualizing in my head what the patterns, people have or what, and in terms of predominant frequency patterns, these equal disease days, they equal sleep apnea, equal narcolepsy, equal muscle toxicities that equal dementia, parkinsonism, and they're all just affecting sort of different parts of the brain.

So I get goosebumps when you talk about stuff like this. So that's why yeah we tell you what I've seen what I've seen with with some of our base scans, like we have, neurotic HIV and then we it doesn't do right and left hemisphere do brain mapping, but it tells us percentage of brain waves through egg.

And we're finding that almost everyone has over 50% delta when they're awake. And what we find they ask me why is that? And I say if we do the why or some other bigger piece of equipment, we'll show that their brain wants to go to sleep because of inflammation or a traumatic brain injury.

In they that's why they get home at night and they turn on the TV and pass out, and they can't have that quality time with their family because their brain is at regulating.

It's been pulling a it's like pulling a parachute all day long. And then they get home, they get to take the parachute off and then they pass out and they go, man, it's just their brain is their brain trying all day to go to sleep.

And then when they get to sleep, they don't have enough energy. It's like I tell people you've we've all had kids. If you've had a kid, you know, they get too, energized or they get too tired and they can't sleep.

You know, those two things. So what if they don't? They don't have energy in the brain. So those the red blood cells, they don't need mitochondria because they absorb light.

They absorb energy. That's how they they're the transporter for for light energy. And we're designed to be outside

like solar panels, but we're inside, you know, most of the day.

And so we've got to supplement that. That's why I said it's the most under prescribed nutrient. We need light to, to get the brain functioning right. I mean, every day at 2:00, something happens all around the world.

Whatever time zone you're in, your body drops in temperature, two degrees. That's controlled by the light of the sun. So when somebody. What do we do in here in America is we run out and get coffee, tea or chocolate and say, let's stay stimulated.

What the body's saying is I want to reboot, you know, we should be in the Serengeti or wherever taking a nap, not, you know, not out running to Starbucks or wherever to to recharge our system biologically.

So, you know, we have those three regulatory systems and they're all controlled by these brain waves. So in so the neuro hormonal system, if you keep if you keep stimulating pretty soon you're they're going to come see you for adrenal fatigue or some other burnout feature that happens in the body.

Right. Absolutely. And I think another thing to really talk about on the same topic is, prescription medication. So you have stimulants like, methylphenidate, you know, Adderall, vyvanse, stuff like that.

And that is overriding this 2 p.m. drop in body temperature, right? It's like, no, you're supposed to be awake, like right now. Right. And stuff. Yes. That's going to feel good temporarily.

But what happens after months or years is that it doesn't feel so great because you've basically step on the gas with nothing in the tank. Right. And and we can see the effects of this on the quantitative EEG.

Yeah. That's great. That's a good way to say because that's exactly what happens. And then they go to sleep and then there's no energy. You know, you can't just take in deposits.

I mean, making withdrawals without making some deposits. You know, you got to do something to add some value back. Right? And even like antidepressants and anti-anxiety medications, they, they do something a little bit different.

They try to increase serotonin in the brain synapses, but not necessarily serotonin problem. Sometimes it's a it's a cycle problem. We have to respond to the daylight to the, to nighttime so we can have a circadian rhythm response.

And our genes are being expressed and change. And most people and then they're shot when I tell them this is that the medicines that you're taking actually changing your gene expression, especially anything that deals with manipulating the neurotransmitters.

Are we doing any harm? I don't know, I really don't. I'm not against medicine. I think some medicine is great for some people temporarily. But we have to get to the root cause of what's going on.

You know, I tell people, the brain, the brain is using at least 20% of all the energy resources and everything. It's it's like the king gets first cut of everything.

But if it can not do the work, it like it will, it will. It's just like the king says, you want to do that, you go ahead and then it turns off those circuits, those brain circuits.

And then then when you stop, that's what happens that we call it pruning, right? Instead of having neuroplasticity, we have neuro pruning because the brain goes, I don't need to keep those, lights on.

Nobody's in that room anymore. Just turn the lights off. And then what happens is it gets overran and new circuitry gets written in they go. I used to be able to do this.

I used to be able to go all day without eating and then just eat at night, you know, or used to whatever they used to do. And they go, well, that's why you're where you're at right now, because that's what you used to do.

You know, we have to you have to have that balance in your life. And, yeah. That's why I think, you know, nutrition is important. It's key for brain health. And you got to be moving and breathing.

But you also gotta do something for brain fitness, you know, like the breakout. Yeah, absolutely. Let's talk about nutrition for a second. You know people I think there's a big hyper focus on nutrition these days because it's sort of a sexy thing to talk about.

But a lot of times we have to understand that our choice of food and our cravings is also dependent on light. Energy is dependent on the circadian rhythm, as well. Right?

So if by 2 p.m. your your adrenals are shot because there's either not enough light or you don't see much stimulating light coming in, well, you got to be craving carbs, right?

So a lot of times, you know, people were like, well, I'm like on paper they're like eating the right things, doing the right things, but they're always on like overdrive or sleeping.

Even if they're sleeping, six, seven hours may not be a good six, seven hours. Right. And so that overdrive mechanism, I find, needs to be dealt with first so we can get out of this fight or flight.

So it's like if someone is persistently in a fight or flight, that means there's a tiger always chasing them. And we're not designed to drink a smoothie as we're running away from a tiger.

Or, you know, we put our smoothie down and like, beat the crap out of the tiger or run away and, and a lot of our brain frequency determine how much we absorb and if there's too much food coming in.

If I am drinking that smoothie and there's kale in my smoothie and a tiger's chasing me, I'm going to not tolerate kale. I'm going to develop allergies and intolerances to that kale.

So when people come in, they have a bazillion food intolerances. I'm like, well, yes, food is not the enemy. Let's talk about your brain. Let's talk about what state are you in?

Are you in this person's in fight or flight? Are you in a healing state? Like what state are you in? You know, and if you can't be in a state where the body heals and.

Well, let's let's start with the list item, top down the brain for us, you know, and that's what I love about brain tap and and technologies like these because we, we ask the right questions and we get the right answers.

And this starts a cascade of things. So when we look at brain frequency, we optimize brain frequency. We're able to see that, oh, my gut naturally starts to feel better.

I get less eczema and rashes. My skin starts to be smoother, I stop losing hair. That's kind of cool, right? And all these downstream things, you know, start to happen when we put priority on the fundamental basics that we actually need.

And now I know that, like, is one of them. I didn't know that before, you know. Yeah, we know also that, the brain shrinks two quarters of an inch at night while we sleep because of detoxing.

So in the morning, the worst thing you can do is just grab a cup of coffee. You should grab a water at least 20oz and put some mineral salts in it, because the body's saying, hey, the reason you want that coffee is your brain's going, I need fluids, and they're conditioned.

Like you said, they go there. We need to stimulate that smarter brain wave, the one that's between alpha and beta,

to wake up. And unfortunately, that's the one that atrophies as we age.

So we need to keep that one going. Also, I always recommend especially, most of you don't know this, but Bill, who wrote the big book, he really was an advocate of niacin, and I don't advocate going out and doing a tablespoon today.

Do it slowly. Don't do it without the help of somebody teach you. But niacin does something to the body where it opens up those capillaries and gives you the nice and flush, because the chronic low level stress that everyone's under, they might not feel it in their body, but their capillaries are feeling it.

You know, it's kind of like holding your fist and just doing this. But that's happening in every blood vessel. So the capillaries get damaged and then they get, you know, they did a they did a study with, peanut oil.

And they thought it was so great. But then all the monkeys died six months later because all that oil was not in their bloodstream, was in their capillaries.

So people that's why that's a big thing right now in health is what is your capillary strength. How how much blood flowing through there in the brain.

You know, when you're doing light therapy, what we're going to do is we're going to create vessel dilation, blood flow circulation, micro circulation improvement.

So we're going to work on those capillaries too. But you can help the nutritional side is I it at home every morning I take a tablespoon of niacin before I do my brain tap in the morning just because I'm crazy. And I've been doing it for years.

I would never recommend that to anybody who doesn't do it really slowly. Like my wife can only take like the tip of a spoon. And she's doing that niacin flush.

So everybody has a different, way. But, you know, there's also a lot of other nutrition. I just that's one that most people overlook or they're or they don't like the flush.

Circadian rhythm, nutrition, and avoiding overdrive

So they do have a niacin that doesn't flush too. So I can't remember what it's called. There's another name for it. Yeah. So you bring up a really good point is the capillaries.

You know, I like to say that, you know, your capillaries is what we can see sort of on the outside, on the skin. Right. And so underneath your skin and nails, there's tiny little blood vessels called capillaries.

So whatever's happening in the capillaries is happening in your gut, you know, happening in your teeth, your oral microbiome happening in your sinuses.

And so, so the skin tells a lot about the gut health. And the gut health tells a lot about the brain health and vice versa. So it's it's it's so bidirectional.

Streets are two way street, right. The gut brain connection. And so with the capillaries and I find this very interesting is that and there's a whole other set of capillaries that's in the central nervous system.

And, that for example, in the retina layer. So when light hits the back of the eye, you have the retina is next to it, you have a lot of different capillaries and they supply the PXC, the photosensitive ganglion receptors.

So these receptors talk to the particular activating system that you talked about earlier to either stimulate a hormonal balance that allows for wakefulness or sleepiness.

There's only two ways to go, you know, and so so one of the things that I was confused about, I'm so glad we're talking about this, is that there's some people that have a lot of light exposure through computers, right?

Especially like at nighttime. But that's not necessarily a good light because it overstimulate those pg's. And so your brain's like, I'm always I'm always running away from this tiger.

I have to, like, slow down a little bit. Let's talk about like, what are what are good lights and what are actually bat lights to be exposed to in terms of time and frequency.

Like we're all usually where these at night. These are the blue blocker kind of things for the computer minor prescription so that I can actually see the computer doing it.

But but they're the thing is in, in nature, we would be going to sleep like you and I were, whatever, 2000 years ago. We're sitting around the fire. We don't go get other logs when it burns out.

We just go to sleep. But the nice thing about burning a fire to it emits infrared light. So it not only is it tender, it's frequency, but we're getting eight, ten, eight, 60 nanometer light.

So that's calming down our our nervous system. And so as it does it, it's basically we're being we have a that was our sleep practice back then. And the average person slept 12 hours a day.

Now the average person sleeps less than six. And you know we have TVs that don't shut off. So we have all these things. What's happening when you look at a computer screen and what's so bad about it is not all, only the color, it's that the brain is trying to count all those, pixels.

And when they're going to change. The brain loves patterns. So it's looking at the screen and going, what is that one going to say, even though we're consciously not aware of it?

Because the I this is the interesting part about the idea that I was just reading about, and they say that we take in 2000 pieces of information through our eyes every second, but our brain gives us 10 million pieces of data.

So that means we must be making this up where we were all this coming from, you know, it's filling in the blanks. Yeah. It's like feeding us. It's feeding our brain more information than it's receiving from the environment, or at least at what we can medically say or, you know, discern.

We're. So we must be we must have some filters or we must have some way to limit our capacity to see this realm, if you will. Because there are people that like, for instance, our body with light, most people don't realize that our body emits a ten nanometer light.

That's why they can be seen in night vision and why Tom Brady has tb12 clothing that our science officer made. Francisco Solder all. He put ceramics in it.

So, Tom Brady's own energy could come back and heal him. And they sell it now and under armor Nike and Tom Brady and and so we have this light that we have and the this light is we've got to tone it down.

We you know if it's it's like when we're around people there are some people to get around. They're too high energy, they'll say. And they'll just feel it because they're some people are broadcasting more light.

What we find is that's also controlled by the brainwaves. If you have if you have the Delta brainwave like you're talking about, that those people, they did a study actually that Francisco's finding me because he sent me a clip to it.

I said, where's the study? But it said, that they when they measured this light, like, for these, these, glasses you wear, those are your eyes are tuned to a certain frequency and they found that people that are depressed, anxious, you know, just basically angry people, they don't produce as much light.

They produce 200 times, produce 200 times more light when they were meditating. And peace and harmony, you know, so the body, even in a biotech, that's the mitochondria actually sharing that information.

It's telling other cells how to change. And that's the 99% of the epigenetics that changes every 40s that they didn't map in 2003. You know, they they mapped the gene, but they didn't map.

The 99% was changing because we didn't have the technology. Now we do now they now they can say they don't know what it's going to do, but they know it's going to change.

It's kind of like fuzzy logic, which is they don't know where where it's going to change or how it's going to change. So we're basically fireflies. That's what that's what you're saying. That's right.

Yeah. So let me give it such a low level light or, you know, well, low level to us. Some other organism can see it. Mosquitoes can see it, right? Yeah, yeah.

And so, you know, in what you just did for me, was really valuable, and it ties me to an experience in second grade, and second grade, I did an experiment for the science fair.

And it's why fireflies glow. I've always been fascinated by fireflies, cause I was born in China. We have fireflies everywhere, and there's not often that we have electricity 24/7.

I really love these fireflies lighting up the night sky. Right. And so, And what I found, was this beautiful thing called ATP, adenosine triphosphate.

And ATP is what allows the fireflies to glow it's energy. And humans, we make so much ATP, when we're energized to do so. And this ATP, also helps us, emit, infrared frequency, like you said.

And I actually found that out when I was the second, and I'm like, well, this is cool. And so, this ATP, is actually made, mostly when our bodies enter what's called robot respiration, when we're burning oxygen, and then we're using things like niacin.

Riboflavin, B2, nicotinic acid, to, to stimulate this, this thing called a Krebs cycle that I learned in high school. And every turn of the Krebs cycle, we're making 27 of these ATP, you know, like, we're at all every spin.

And then, so when we're depleted or depressed, when they're, there's metabolic issues instead of the Krebs cycle, we go to this lactic acid cycle where we make a lot of lactic acid and we will make two atps.

Right. So as you're saying that that, humans and a lot of the delta frequency, which means these humans are burnt out there in the frequency, right? A lot of humans on the delta frequency, they're making lactic acid.

You probably don't feel very good. They only make them two ATVs. So visually, if I was a mosquito, I could see that this human is emitting a lot less infrared. And that might be, that might be, you know, doing just fine.

The Tom Brady's of the world, right. And so, and it's so interesting that you're saying that now there's there's, like, gear that you can utilize your own, own, light emitting frequencies, or, sorry, light emitting wavelengths, not frequencies, which, light medium wavelengths to actually do a self-healing process through, to sports gear.

So that's, that's so bizarre to me. But that explains why this breaks up device actually works is, we're all I mean, in the end, we're all light, right?

We're all form pocket photons, right? That's right. Yeah. I tell people I'm going to shock you. You're all light beings, and it's not a metaphysical concept anymore.

Science has proved it to be true. You might not like it, but that's what you are. You know, at the at the base, we're all energy. So, you know, there's no separation between me and the desk I'm standing against.

You know, this is there's just energy and we form it in our consciousness and make these realities, you know, and talk like that off the air, because we might get locked up.

But that's the way. That's the way it works. Okay. Exactly. And in fact, if we were made of energy, then there would be no such thing as an MRI, because the more we are testing magnetic frequency differences, that's responding to, very different energy, energy signatures within each cell or body.

That's how MRI is. Know what's the brain? They know the density of our muscles. We know the know ligaments. And they can see the, your ACL. And so, and that's what's super cool, is that the science behind what brings up is and what light, is, is something that's already used in medicine, like an MRI machine.

It's already used, by mosquitoes to track humans that are walking around somebody's know where to bite them. Right. And so the, the science actually, the basic science is actually pretty basic, but applying it from a light emitting frequency to the healing process.

No, that's complex as hell. Oh, right. Right. Yeah. We're in the we have a whole algorithm that we've been using since the 80s that, that I've developed over the years.

Now, it's now we have technology that can make it easier for me to do that, but we can change that. I mean, when we were in private practice, I would do specialized sessions for each person.

Now it's kind of I go to the gym and you go on the you go on the circuit, you know, everybody gets the same thing and somebody goes, well, how do you know they're going to do that?

You could use biofeedback to track it, but I'm going to tell you everybody's going to do what's on there. At least after the third session. The first time they might it might cause a little resistance because it's changed and they can't adapt.

ADHD, flexibility, and training the brain

And some people can't run energy. You know, it's kind of like going to the workout the first time and you get so sore you don't want to go back. But you got to go back.

So you can press those muscles and get those muscle fibers firing and, you know, working for you. And then after about two weeks, you're kind of addicted to go to the gym and you want to do it. Same is true with neurons.

And we were talking about the ATP production. That's why they can measure neuroplasticity is they're measuring actually ATP production in the brain. And they're they're using an algorithm that says, okay, that means there's this many neurons because I don't know, a technology that can count neurons.

But, because there's so many of them, they couldn't do it as fast as they do it. But there's a there's an algorithm because they know the average person only has so much like across the frontal lobe.

You want to have 10.1 or something, you know, if it's match, then you're not going to have dementia or A. D. D. or ADHD. But you see those are different, that voltage.

There's also a book called Voltage is Health. You know, that voltage is measured that same way, you know, so you could have a 100 watt light bulb in there.

But if you're only giving it 30W of energy, it's going to produce like a 31 light bulb, you know? So we need to get we need to turn it up. And the nice thing is that, cells of the body all want to be used, but if you don't want to use them, they're just as comfortable shutting down, you know?

So it's it's just like, use it or lose it kind of mentality. So let's let's try this, to disease states. Right. And so for example, attention deficit disorder for A. D. D.

and ADHD. We're seeing this in younger people now. Right. How do we relate what we have learned from our talk today in technology into that disease? Like a where's the connection there. Right.

Well, you know, they say we have now these kids have the same attention span as a goldfish about six seconds. And that's because they've been trained that way.

Look at the TV commercials. When I was growing up. We'd have a commercial at the end of the hour. Now it's every 15, 20 minutes. So we're being trained out of our attention.

And so what we're talking about, what we see is our training. We want to have what and why he's created. I didn't create this. I just use her, information she was with like some research to.

And she wrote a book called The Master Brainwave. And it's it was written a long time ago, but it's still true today. About 45% beta, 30% alpha. The rest could be kind of if the lower the delta, the better.

The more focus, the more concentration. But if we can train that way. So what we do is we have a training that we're going to take them to Alpha first because they need to learn and master that ten cycle rhythm, but we don't take them just to ten cycles.

That's the problem most people have, because the brain needs to adapt every 3 to 6 seconds. If not, it calls it wallpaper and goes off and does something else.

So instead of having a feedback loop with the brain, what we've done is we've we've created kind of a frequency. They call it the science. It's called frequency follow response.

So we created a trigger response. Now what we had to do in the lab was how fast can we run and the brain keep up without losing it. Because if we go too fast, the brain's going to go, oh no, I can't do that.

I'm out of here. So that's where the algorithm comes in and why it changes. Like you might notice every once in a while when you're using it, the light goes away, but it doesn't.

When your brain is balanced, you don't see the light anymore because they're off set a little bit. So yeah, at first people will. That's one of the ways we know the brain's balanced.

A lot of people will lift up, they'll look open their eyes. Oh, that's still flashing, but it's kind of like the brain's in a in a movie theater. You know, the projector.

Yeah, we don't see that. So that's one of the ways. The other is that, when we do the dual voice, because there's different levels of training and not all of our children's series or our even our learning series are used with the dual voice.

Because if you already have attention deficit, that might cause a little bit more problem to to get balanced. But the reason we're doing that is we want to train the brain again under stress will shut down.

So every brain does this. If you're right brained and you get under stress, you're probably going to find that your left brain is going to shut down so you don't have access to logic.

So you're going to be emotional. Are you going to scream, yell, do whatever. That's why children do that more than hopefully adults. But if you're if you're emotional, if you're logical, you can't have a creative solution.

You know, a lot of times you might logically know it like the alcoholic that knows better, but they still do it because as soon as they their brain goes offline, they don't have access to that creativity.

So what we do with Attention Deficit is we want to create what I call neurological flexible, kind of like heart rate variability. You want to be able to get into the stress state, get out of the stress state.

So we're always looking at clock speed. How fast does the brain change those. And it can be measured now. So how fast can you move from state to state.

And the best is to be in all three of them. Almost like in a like in quantum physics where you're in two states at the same time, the body is if you're in the neutral state, it's like you have a 33% of the low frequency waves, which is the, parasympathetic, and then the high frequency waves, which are the, sympathetic.

And then you have the very high frequency, which is the neuro hormonal. Those are all controlled by brain waves. So if we can get them in the right place, that tells the nervous system, basically the brain is kind of like it doesn't do much, really, as much as people think.

It's the nervous system in all the innate intelligence of the body that's doing all that work. But the brain has to be in the right physiological state.

If not, it's like trying to see the Statue of Liberty in Euston. You know, you can only see it on a postcard. You can't see it in person, you know, but people want to get to that state of New York, but they're in their new state.

You got to get to New York. So that's why we're going to do the brainwave training. He's got to get them into that physiological state and then, then the psychology matches or vice versa.

You can get into the psychological state in the physiology matches if you're flexible, if you have that nervous system flexibility. Right. So then we started with talking about ADHD and worthy focus, is supposed to be directive, but now we're talking about a physiologic state that's optimal for everything, whether it's ATC, depression, bipolar, Alzheimer's disease.

Right. And so whenever and this is what, what the biggest takeaway from, from this talk is, is that whenever the brain is balanced, when in terms of frequency, balance and functionality balance, things can heal, connections can reconnect, right?

And synapses, can be better as well. And I tell a lot of people this is that, you know, people want to, you know, reverse a specific disease. I was like, no, this is not about reversing.

This is about improving the the hardware in the software process in the brain to get you into a state that you never, maybe even you've never even been before.

Right. And this is why I tell people with like, PTSD, because I'm always living in the trauma in the past. And that trauma was creating headaches or insomnia and stuff like that.

Well, now let's let's see if we can get the brain what it actually needs so that it can remain in the sort of healing, you know, healing state and the power and transformation of the brain's ability to do that is second to none.

I mean, there's no organ like plug the brain, you know that there's really not. Right. And so as part of, as part of this whole process and people, because people on the summit that are listening to you, me, right now, they're going to be bombarded with a lot of information technology and stuff right there. Right.

But the primary functions of the brain still require light, still requires frequencies and sound. It still requires, on the atomic level, fundamental concepts that are not just applicable to humans, but to all species.

And, and we are talking about, quantum physics today. We're talking about, things that every cell in our body actually, requires to function at that optimal state.

And that's what this summit's about. It's about finding the optimal brain state and where it really should be in. Right. So let me let me ask you this, this last question is because there's a lot of naysayers, man.

There's a lot of people like that. Oh, this like you said, this is just a little device that emits a little light frequencies.

And, and what do you say to those people?

Number one and number two is, how do you convince those naysayers that this is actually something that that works out? Well, I was fortunate to go visit Lu Tai in MIT.

So if you want to find a fixed brain, you know, you go to MIT, right? So, and luckily for me, our science officer knows I mean, our CEO knows the guy who runs the brain lab at MIT.

She she's the one who put out the the report about blue light frequency, blue light at 40Hz frequency breaks down amyloid plaque. I did the whole study.

I've met with her twice, and they they spent $10 million making a blue light flashing room, and that's that. They built it. It's going to be it. When if you asked her what her competition is, she'll hold up our headset.

Because when I went to visit her, I said, I said, you know, you get 6% in your study. I said, we found that we get 21% on average with brain tape, but we don't even have to do 40Hz frequency.

We do have gamma frequencies. Now she go, she goes. Why is that? I said, well, because when you go across the ten hertz barrier and you go across 7.8, you get a gamma burst and you get a delta burst.

And I said, I gave her a headset. I said, go test it for yourself. She came back and said, you're right, you know so. And she if anybody would know, she would know.

And they have all the tools there. And so we had, one of our, investors that didn't know that we had been there like two months before that. He went in because he was a Harvard guy.

And he knows the guy, too. And he was being asked to invest in this thing. And he asked her, he said, what do you what's out there in the market that competes?

She reaches down out of the door, pulls out the brain tip headset. She goes, this little headset is getting massive changes because of what's going on.

And we can't figure it out because I didn't give him my algorithm. I just gave him the the hardware, and I gave him access to our app. Now, I'm sure they're pretty smart.

They could figure it out if they wanted to put the energy into it. But they, the whole thing is that man is complex. Spirit is simple. So we need to, you know, I'm always like you.

That's.

Evidence, ancient traditions, and dual-voice training

That's why I was saying, I always look in ancient traditions in India, for instance, in the Vedas, if you were depressed, anxious. All the problems we see today with the brain, you would one of your.

What they would tell you to do is go outside for two hours before sunrise and said, yes. And so. And they people go, why did did they take you in the morning?

Why did they do yoga in the morning? That's because these ancient traditions knew that that's when more infrared light was hitting the planet than any other time.

Yeah. So you're out there, you're getting. But they didn't have helmet lights like we have or brain taps, you know. So they had to they had to make it work in the, the what.

They I don't know how they got the information or you know, that's that's another that's a maybe an ancient alien

episode or something. But I don't, you know, I don't know, it's kind of because there's a lot of information out there in ancient texts from China and from especially from China and from India, that it's like we're just rediscovering what we're making it even easier, though, because I remember I was in, Ames Bhopal, which is the All India Institute of Medical Sciences, which we do a lot of work with them and publish some papers.

And Doctor Baron said, well, we don't use technology. And I said, what do you mean you don't use technology? So we don't. I said, I'm hearing music playing while they're meditating.

I said, that's called the Mozart effect. You're actually putting them into a ten hertz frequency just with the music. That's that's cheating. I said, also, you're having them sit in certain positions and breathe in certain ways.

That's the technology. I said, why are they using a candle? Oh, that's to help their focus. No, that's because that kindles biohacking them. It's it's putting them in its frequencies. Hertz.

Yeah. Yeah. So I said what you're doing is you're just using ancient traditions. There is modern technology. You can do it. That's how I got inspired, Paul, to do three different studies last year.

So I said, look, I'm already doing what you're doing, but I'm doing it with technology. Help me prove. And then because they're losing their culture over there because of because of the money, they're becoming more American, which in some cases is good, but in other cases is bad.

And but they had a great culture as far as the family would meditate and relax. And even if their life wasn't so good, they had their spiritual life, you know, to, you know, kind of fall back on.

Now they're becoming more material and they're losing. Nobody wants to meditate because they think that's silly. And, you know, they have billion people over there.

So we got to help them remember who they were. Yeah, absolutely. And I'm from China. I'm Buddhist. And I'll tell you that. What I know is that, you know, sitting one and a half, two hours, before sunrise, but also with specific chants and what I really discovered is that, ancient civilizations have come up with very similar frequency chants, completely independently, and that's practiced at sunrise and right after sunset.

And, and what's fascinating is that these oscillating frequencies of sound, when combined with light, is a technology that we see today. Right? And like the duo voice that I do, they do that in Tibetan monasteries all the time.

They put a monk on each side and they're doing they're blowing out the circuits to get new circuitry so that, that, that, neophyte can, can start to chant those chants.

If they can't, they have different. Then they use sound technology to do that. But they know how to do it. They know how to get their voices to make those frequencies.

Yeah. So they're literally getting their voice into a very specific frequency. They've trained years to do that. So they're able to, to reproduce the, the, the dual voice.

And for people listening who don't know what dual voice, can you just explain what what that means? So what we did in the in my early days, with my mic square, I used to be the voice of the square.

That was when it wasn't my company. I was just working for them. And what I. What we wanted to have was this was done with cassette. So as a long time ago in the.

But what we wanted to do when the mind mirror came out, which was that led bank that showed us what's on the right, left side, it was really I mean, if you saw, did you think it was just a joke?

But it it actually did measure, you know, brainwave activity, but instead of showing it on a screen, because we didn't have screens like this, it had a bank of LEDs.

And what we found was after a while of meditating almost everyone's brain, what half of it shut off it or lowered its energy. And so what we did is I said, what if I introduce a sound on the other ear?

Then the brain lit up and then we introduced another sound and the other the brain lit up. And what we found out was after about 3 or 4 minutes, it's kind of like the synchronizing metronomes on YouTube where you they start them all at different times and they synchronize because the brain wants to be synchronized.

But if it if it only has one source of truth or information, it will start powering down because it's not in danger anymore. And when you talk about the hyper vigilance, that's one of the biggest problems we have today is I mean, we're getting shell shock every day, you know, with different things.

People don't know what foot's going to drop. And so they're they're in there. So the brain is shutting down. But when you introduce that voice like mine, I'm introducing a positive message because there's two attentions.

Everybody can listen to us or they can listen to what's going on in their house. Right. But if we introduce a third piece of information, like music in the background now, their brain will either listen to us or the music.

But what if we gave them this information plus this information? Again, differently? Now the brain's always getting that information. So now the for instance, if you want to lose weight, you want to be a nonsmoker.

If you want to increase your focus and concentration, then now no matter where they turn, they're getting this information. And that was also from a study that they did in biology class.

They, they, they wanted to test students and they put in the corner of the class all of the periodic table, but it would just flip. And for six months, the students didn't know why it was over there, what it was doing. It just kept flipping.

And they're doing the rest of their work. And then it came time to do the this periodic table. They didn't get any lessons from the teacher. They beat.

The teacher basically handed out a test. Everybody in the class passed the test. Some got A's, but everybody got a 70 or above. And they never were trained. But they were.

It was because everybody in the classroom, everyone was going to be off track, right? They're going to they're going to fill up and they're going to want to they're going to disassociate.

What they would do is they would look over at there and they would learn that they didn't know that, because the moment, the best place to learn is the moment.

You're curious, right. So you're bored. You look around, oh, that red picture over there, or that, you know, whatever's going on. And they, they picked up off.

So like, when our kids were little, I used to have things like that going all the time in the house. Like to learn spelling words or mathematics. There's a lot of things.

And I thought that was great. Why don't they do that more often in the classroom instead of having silly things? He called it his digital. What do they call those boards in the classroom where they usually put up the little, you know, like, what if it's Halloween, they decorate it, or if it's, Oh, right.

Right. They they have that neutral, more like a cork board. They would put things on. But he did it with, with this projector and it proved to be very, very, very good.

So that's interesting because right now all the rage these days on social media is, Asmr, you know, autonomous and pretty in response, where people like, are eating food and into, like, you know, the left and right channels of different speakers.

And it's sort of a sort of tingling and pleasure, full response. That's they're the putting people into the alpha frequency. That's all the rage right now on, on like Tik Tok, Instagram and stuff like that.

So we're talking about that the because ours is kind of like that when people first use it. Some people will get the chills like they do. And yeah, I was talking to someone.

I have a, I have a mic that does 360 sound that I use out in nature for some, some things that I get. And I was talking to somebody who's like an expert at that.

So we should do some recordings for Brain Tap with that. But I think it would have to be a special audience because it's kind of weird, you know, this is somebody munch on a sandwich or something.

Well, yeah. Yeah. And it's and it's an it's so interesting because Asmr is, is how, those people who are experts in hypnosis gets people into that hypnotic state, which is a low alpha state.

I eat a Hertz. Yeah. And all these different things are. And I feel like Brain tap is sort of a combination of a lot of the things that's been done traditionally for a very long period of time.

On top of that is so much of the science to it. And then comparing that to the multi-million dollar machine at MIT that emits these, these blue light, and, and it's, and it's so interesting how all these things kind of fit together into this little device.

So let's talk about specifically as we close the let's talk about the brain app for a second, what is actually on the app. Well, the app we've actually done studies that it just takes about twice as long, like a sleep study.

When we did it with the coal miners, they were able to get 70% improvement in three weeks with the head headset. But when they use the app, it took six weeks.

So everything's on there. The app is what drives the the the headset. So the app has, different programs, 2000 different programs. So for those technicians that are out there that are doing neurofeedback or biofeedback, we have session specific for that.

We have over 400 sessions. If you have the device that can tell you what the brain's doing, you can actually select specific sessions for the brain to train.

But if you don't, then we have protocols based on symptoms like let's say that they want to lose weight or they want to stop smoking, or they want to get over, some kind of addiction or they want to improve their sports.

We have football, baseball, you know, all sorts of different sports programs people use because it doesn't always have to be about problems. You can improve your life, too, even to the point where we have a series that I did with, Napoleon Hill's group thinking Grow Rich.

We have 17 sessions to take the book and transform it into 17 brain tap sessions. So I believe and I did this at Quantum University, where I head up the brain based wellness, which is really neurofeedback and biofeedback practitioners, just helping them get through their schooling.

And, we took the course and turned it into a brain tap course. So they get the conscious learning, but then all their notes were put into brain taps so they could listen to their notes and do a brain tap session.

So they're not all stressing about learning it. What we found is we took a four year course and make it a two year course.

Brain Tap app, protocols, and how to try it

So so they want the stress of learning. And my my goal is to someday, you know, when, when things are, a little

different out there is to change the way we learn because it's so, so eloquent. There's still the 1800s.

I mean, we have all this technology and all this great way of learning. And there's there's a lot of ways to create super learning. And but we're stuck in. Yeah.

So for the app, people really just need, a smartphone and yeah, you just need your own earphones so you can listen to the earbuds. You're in. The nice thing is that you can even listen in an open room.

We have people that just you can because it has isotropic tones, which is a mono frequency. It's like a waterfall. A waterfall is an isotropic tone because it creates a frequency of about ten hertz.

So we can still use those. It sounds a little weird. We don't we don't make that sound. So you can actually consciously hear it, but it makes a cortical response.

So your brain is hearing it. But you're not consciously and it's it's actually modulating the binaural. So that that's the way that the brain hears the two different sounds in the years, like the similar you're talking about.

So it gives you that feeling. But what we're doing is we're layering it so that if we don't remember, if we don't catch the one we want to catch the second, because there's our first and second attention and I put a lot of time into that, because when at first we had people that either liked it or didn't like it, now it's very rare that someone doesn't like the experience because we're it's a, it's a, it's an immersion, you know, into a different reality for ten, 15, 20 minutes.

It's pleasurable. It's not there's no resistance there. It's like it's like going on a fun ride at Disneyland, but you're doing it for the mind, right?

And of course, the people versus the headset that synchronizes the app and that allows the whole magic to happen as well. Right? My favorite one is floating down the Nile.

Yeah. There you go. Journey to Egypt. Yep, that's a long one. That's a long one. But it's, it's the one that resonated with me the most. Is very interesting.

That's the one I do. And I like when I got back from my trip yesterday from Vegas, it's a 40 minute reboot. Oh, yeah. It's the imagery is is so awesome too.

And I, I get a different experience every time I actually do it as well. So it's very interesting. The sensations, the and the experiences, from, what Brain Tap is, it's so freaky to me that every time is sort of a different experience with the same program.

But that's just how our brain works, is whatever state and physiological state the brain's in response to things, you know, quite differently, whether it's trip back from Vegas and I did it back on the flying back from Canada as well.

So awesome. So, can how can people try the app? On on brain tap on the on the phone. Well, if they go to brain tap.info, they can get 15 days free on the app.

No credit card necessary. Just download it, use it. They can also get a book that I wrote called Drive and Overdrive, which is the condition we've been talking about all day.

You know, everybody wants to go 100 miles an hour, but then they wonder why their body is burning out. You can't just keep the gas pedal to the floor and, and think everything's going to be cool.

So they can get that for free. That'll give them some good. They can also just check us out on social media at Dr. Patrick Porter, at Doctor Patrick Porter.

And they can see all the I do a lot of the little videos that they like, what they, they heard here. They can we put out

new new videos every day pretty much.

Yeah. And you have some of the most influential people in the world using Brain Tap, UFC fighters and, you know, heard about you and Joe Rogan and all sorts of different people.

So this is something that I think it's highly respected in the sort of the high performance field. And I think it really should be respected in the news launch of the climb, the Alzheimer's, Parkinson's field as well.

And so hopefully we'll get there as well, you know, well, ten years ago I couldn't even get to a neurological conference. They told me that. And they said they said get us some data.

And so I did. Two years ago, they gave me a lifetime achievement award. So that's the way it worked. Well, one minute, one minute. It's crazy. But now they're in.

That all happen because the this, doctor, doctor Kirk's daughter started using, brain tap for her son for in. And when it started helping his family, then he realized, hey, there might be something to this toy, you know, that that that's that's what they were calling it, you know, and it just because it doesn't cost a lot of money doesn't mean that it's not affect.

You know, I could charge a lot more for this because I back in the 80s, I charge $500 for my machine. So I'm trying to keep it as low price as possible because we want to help a billion brains.

And you can't do that at, you know, $5,000 a pop. You know, that's a very select group that can afford that. Yeah. No. Absolutely. So, last question and then I'll jump off is, what do you now know that you wish you knew when you started developing the brain to journey?

Well, I think what I wish I would have known is that you could combine all of these at one time, because most of them came along 3 to 5 years later. The six different sciences that we have inside there.

And I was always trying to prove out which one was better until I finally said no. These two work pretty good together. And now, of course, they calling that stacking therapies or stacking hacks or whatever, like you and I always thought you had to do them separate.

And so it took me quite a number of years to figure out that you could do them. And also don't fight the power. You know, I, I always, I like tai chi because you don't fight force against force.

You know, I tried I tried to like a bullet to try to cabinet to get it in places before. And if I just kind of relaxed back and just let it evolve, I would have been a lot less stressed myself.

Being a a stress free business, you know? And just because there are people out there that are always looking for a solution, right? I tried to go to the wrong people, which I didn't know.

They were the wrong people at the time. I thought they were the right ones. Right? I absolutely so listen, thanks for a lot for coming on. What an excellent discussion.

It's actually one of the longer sessions, discussion. But for me, it's worth every second because, for my brain, it puts a lot of pieces together that I was actually missing, from in the neuroscience, world.

So. Yeah, once again, thanks for coming on. And, I'm going to leave people with, the takeaway that I wish people, can have as they listen to this. We talked about some really complex stuff on a very short amount of time.

I don't expect everyone to fully understand, appreciate. But here's what I appreciate is that you have that supporter here that's giving his all, and to making something that is seemingly so simple, but create such a dramatic effect on brain health.

And these are the people that we really need to put forward, in the spotlight, that's doing the work of people trying to make technology accessible to the public, you know, not costing millions or even thousands of dollars for something really simple, to work on.

So simple and so easy that my eight year old daughter is absolutely obsessed with Brain tap. Much and use it much more than than I do that. But that's because she's my daughter and she gets everything.

I guess. So. Yeah. So I want to thank you both for listening. And thank you, Doctor Porter, for being on. I thank you for having me.