Introduction to Dr. Porter and BrainTap

Welcome back to the Reverse Alzheimer's Summit. I'm your host, doctor Heather Sanderson, and I'm joined now by my friend and partner in this summit to bring you a conversation between Doctor Patrick Porter and I.

Doctor Porter is an award winning PhD author, educator, consultant, entrepreneur, and speaker with 30 years of experience operating the largest self-help franchise.

He has become a highly sought after expert within the personal improvement industry, having sold over 3 million of his self-help products worldwide. His newest brain training platform, Brain Tap, is distinctively designed to activate the brain's neuroplasticity.

The Brain Tap headset uses light and sound technology in combination with Doctor Porters proprietary guided visualization audio sessions to help people achieve brain fitness, overcome stress, lose weight, stop smoking, manage pain, accelerate learning, enjoy superb sleep and overcome any number of lifestyle challenges, including cognitive decline.

Additionally, he offers Personal Improvement Providers a turnkey system for helping their clients achieve these same goals and then some. Doctor Porter also is a dean of mine based studies at International Quantum University of Integrative Medicine.

He was awarded the Lifetime Achievement Award in 2020 from IAAF and are doctor Porter. Thank you so much for joining us. Welcome to the show. Well, it's great to be here.

Thank you for having me. So we were chatting a minute ago about neuroplasticity. Would you tell us what that means? Well, used to be 20 years ago. They were told you your brain was fixed.

If something were to happen, you damaged your brain. Nothing could happen. But what we now know is the brain is changing and can grow all the time through something called neurogenesis.

What that means is we grow new. We can grow a new brain with if we get the right stimulus, which usually is, blood flow, circulation back to those areas, the brain and the intelligence, the body can reorganize and the brain, they now know, is holographic in nature, that can read other parts of the brain, can do parts that we didn't think it could.

But with neuroplasticity, we can take a snapshot now of these neuron connections. So think of it like a computer. When we upgrade our computer we want a faster computer.

The more neuron connections we have, the more we can more computing power our brain has as we unfortunately, people think, we grow our brain and we connected as we get older.

The reality is that we unplug our brain when we're born. It's fully connected. That's why we can learn languages. We can learn our whole, basically our whole universe.

And before seven years old, you know, if you take a little child, you go, wow.

Neuroplasticity and Brain Fitness Basics

And then what happens is we unplug. And because the brain is so much of an energy hog, it's going to keep unplugging. Just one example for the listeners, if you speak more than one language, for instance, you have a brain circuit that never shuts down for your whole life.

As long as you learn that language before the age of seven. So I always encourage people to have their children learn more than one language, because if you don't, you'll be like me in college.

You have to learn, and the only thing you take away is banjos and cerveza, you know? So this is the, you know, and and casinos so you can go get your beer.

You go, you know, all these things. It's harder to learn. You know, when we're children, we're in a state of theta brain wave, really mostly. And we absorb a language.

And just to give an example, just to put in perspective, our science officer, he speaks six languages. Wow. He was traveling through India with me. We were doing a university tour, speaking to different universities, and by the time we left in three weeks, he's speaking Hindi.

And I said, Francisco, when did you learn Hindi? He goes by, we're here. But I said, what do you mean? He goes, If I'm around it, he goes, I've learned so many languages that all I have to do is be around him and I'll start doing it.

Because the way our brain think about it, we have a supercomputer in our head, and if we don't use it, we lose it. So because it's beginning again, because it's an energy hog, it's going to keep conserving energy, conserving energy to our detriment.

So that's why brain fitness is so important in this day and age. And what we do. So you have a pilot program, six, six, eight program that you've been doing that shows that basically guides people how to get that neuro plastic change at any age, right? Yes.

We did this study with women 5565. They were all diagnosed by their medical doctor to have dementia. We had to take the Cambridge science testing, which is the cognitive skills test.

They all scored that they had dementia. The the unique thing that we found and we find this with A. D. D. as well is the brain was out of synchronization.

So it was it was not coherent. Right. The right and left brain. The left hemisphere was actually moving slower than the right. And this is just the mechanical the electrical functions of the brain we can measure.

And so we put them on a protocol that was three times a day. Morning we have a morning session we call digital coffee. It's about ten minutes. And there's a brain wave that most people think.

But as we get older that we lose our balance. But really, what we lose is a brain wave called SMA. It's it's between alpha and beta. It's a very small brainwave feature, but it has to do with cognitive thinking in balance.

So we actually did a balance score test with them. Two without doing any exercises. Just the brain tap. And when we when we ended the study after they did that, three times a day that afternoon, we did a reboot because they, we lose energy.

All we all do anyway. But if we haven't trained our brain, it's even more every day at 2:00, our brain drops. I mean, our body drops in temperature two degrees.

So our these bodies are designed for the Serengeti. So we're supposed to be taking a nap like the lions and the zebras. But what do we do? We we drink coffee, tea, eat chocolate, whatever it is to stimulate ourselves.

And we have this great electrical system. So we wanted to train them. We told them, if you really need coffee, do it after your brain dev session, but try to do it without it.

Just to to regulate within our own innate system. And then we have a program that we had them do to put them to sleep. What we find, unfortunately, is most people are running around with their brain trying to go to sleep when they're awake, and that means they have high degree of delta activity, which is deep sleep.

But at the end of that six week study to to shorten that conversation here, they went back to their doctor before we tested them. We had them go back to their doctor.

Their doctor said, wow, if you came here like this six weeks ago, we would not have diagnosed with dementia. Wow. Yeah. We had them sit down and do the cognitive skills test.

They scored that they were inside the normal range for their age group. This was 55, 65 females. And then we had that. We measured their brain with a product called the YV which measures brain, synchronization and things of that nature.

We found out that their brain was now synchronized because it was it was coherent, in other words. And, so they're they're doctors, you know, of course, they're not going to take away the diagnosis, but they had no symptoms.

So that gave us we took that to Duke. Duke University is one of our research partners. And we said, what do you think of this research? They said, I don't believe it.

And I and I said, well, here's the research. They said, let's do a bigger study. So we're in the middle right now. We have, Seminole College in Valencia College in Florida that have partnered with us to get 100 people in Florida, women and men.

We're going to do both. We're going to try to get 50 of each to just do the study down there and see what we can do. And I think, I mean, we see this in our clinics.

You know, we're lucky that we have 2300 clinics across the country, and they give us feedback all the time. And while they had already told us this because they put all their information up into a cloud, and the people at Warby contacted us and said, what are you doing over there, brain tap?

These people are getting so much better, faster. And and I had to explain it. You know, everyone knows how lasers work, at least in the field of medicine.

Right. And but through vasodilation, blood flow and circulation, the innate intelligence of the body can take over. And I think, any brain at any age can heal.

We we actually showed significant change wasn't part of the study, but it was 102 years old. And we have the documents that show what happened. After six months of using Brain Tap, she improved her brain function by 30%.

That is incredible. This is so exciting. You know, so we're doing the clinical trial in my office, and we're using both Cambridge Brain Sciences to track the data.

And then also wavy. So it sounds like there's a there's a lot of synergy and overlap in what we're doing now. We're using kind of a Bretherton style approach.

Pilot Study on Dementia and Brain Synchronization

But I can't believe we haven't been also using Brain Tap because I can only imagine when we start to marry those and we start to combine things that we get even more potential benefit for our patients, right?

What we tell people, especially in the because a lot of our doctors are neurological doctors and chiropractors, because we say, after you're done with all of that work, most people don't know that even when you're meditating or sleeping, you're still your brain is still using 20 to 25% of the energy of the body.

So it's a workout, you know, when you're getting that therapy, whatever that therapy is, your brain is getting a workout. So we want them to restore that, restore the brain function before they leave the office.

And we we do this also with chemotherapy centers and things like that. Because people get radiation and chemotherapy, they need to rebuild that. Really, for those familiar with the term ATP production, we need to get the brain producing more energy for rejuvenation, more fuel.

So just to go back to that, the six week, pilot program, you had, how many women in the trial and then how many days or how many times per day were they doing a session, and how long were those sessions?

This pilot was only six people. And that's why we have to do more, you know. Yeah, it was significantly when we did this numbers. It was significant. But we couldn't publish.

You know, it's it's right you need more. So we we figured actually we need 35 people to get the significant number that we need. So we figured we'll get 100, you know, and then we'll get that number because, you know, just the more, the more you have, the better.

We've done some just case studies before that, but because we didn't do the exact same thing, we couldn't put them into the study. And we we actually designed a program for brain tap that's only available to our professionals, because it actually speeds up the left hemisphere and slows down the right.

So we designed that just for the study. And once we once we prove it out we'll make it available to everybody, not, not the general populace because you need to measure the brain before you do that.

We don't want to speed somebody's left hemisphere up when they don't need it. Yeah. Don't want to cause new problems. Yeah. Most of our most of the problems people have is the hemispheres are out of sync.

So the first four minutes of every brain tap session is a synchronizing session. And that has to do with just right down to even heart rate coherency.

I mean, we're trying to get every the whole body just coherent. So the communication between the systems is happening the way it was designed. That's incredible.

So but those women that did that, they were doing three sessions a day. Yes they were, they were doing a morning, afternoon and evening session. And they're about how long each.

Well, the morning session is ten minutes. The afternoon session is 20 and the evening session can be between 25 and 30. But you we hadn't do it with just earbuds in so they could just fall asleep because the the evening sessions, although 90% of our users use it at night, we didn't want to have the interference of the light.

Sometimes the light at night for especially blue eyed people and they are more sensitive to light, so we don't recommend they use it at night after 6:00 because it can over excite the nervous system.

Interesting, but there is a potential that for under an hour a day, doing something that probably feels good and helps you sleep better and helps you feel better day to day anyways, can improve your memory, can improve your cognitive function.

Yeah that's amazing. Yeah. We see because we do a lot with concussion care and with the sports teams and we have a lot of different sports teams that put in ten, 20 chair stations where after their training ritual they'll, they'll go in and with compression pants, you know, to get the bad blood out, especially soccer teams.

In hockey teams, they seem to be the biggest users. And they'll they'll do this afterwards because they don't realize the fatigue. A lot of that is mental.

These are people that are running the whole time. Running in balance takes a lot of energy. You know, even if you're just standing, you know, you're you're using a lot of energy to keep that, keep your position in space and, you know, especially if you're out of balance, you know, it's going to be hard.

Well, then I'm sure at the professional level, or even collegiate level, they there's a lot of mental energy that goes into the strategy, into executing, into thinking ahead, into into playing the game.

Yeah, yeah. The biggest thing we find for professional athletes in their brain is how to disengage. You know, and then that's when they get in trouble.

They start looking at substances that are not really healthy for your body like alcohol or drugs too, because they're so high. You know, they're they're they're they're buzzing up here.

And then they have to go back to regular life. You know, they're not in front of 100,000 people or 30,000 people. And now they get to go home and, you know, make their own popcorn or whatever.

Yeah. Yes, you can be balance. So tell us about the role. And you mentioned it a little bit, but I want to go more into depth about the role in brain waves in reversing Alzheimer's.

So like we think when we think about Alzheimer's, I think a lot of people go to beta amyloid plaques and tall proteins and, you know, maybe the neurons and the finances, but what you're talking about are brain waves.

So tell me how those how those create memory, how they keep us from making memories, how they contribute to this, this world of dementia? Yeah. Well, if you get stuck into chronic, low level stress, if you just under stress all the time, that means, let's say you have a traumatic event in the morning.

Maybe you get a text or a phone call, and in the evening you're still ruminating about it. You probably have a nervous system that is unable to disengage.

That chronic, low level stress is going to influence your gut, which we all know in the field, that that's really important too, because your gut makes all the neurotransmitters.

So if your guts out of balance and there's a lot more to it, I'm sure you have some experts that are going to be talking about that, the gut brain connection.

But if we don't organize so that we can digest. So I tell people that we've got to calm down that beta brain. And you can do that a few ways. Of course, brain tap is one way, but you can do it through breathing through, you know, just body scans.

Prayer is a way when somebody says, why would we pray before we eat? Well, obviously it's a religious ritual, but really it's so we digest our food. And we've had a study done in Provo, Utah, where we showed that when we put people on a session to get them into Elphin, Theta, they actually digested, metabolized more than 30% of the nutrients through an IV than they did when they were just doing it on their own, texting and looking at their phone right.

So when that's when we did that to prove out. When you're doing other therapies at your clinic, you should be using, you know, the technology. But the the reality is that alpha and theta alpha has to do with creative thinking and that creative thinking.

The reason you have to close your eyes, usually to get into visualizing and meditating and doing those things, is it takes a lot of power to do that. But what happens is, in that state of alpha, most people shut down their frontal, the frontal cortex, right.

The the frontal lobe. So basically all reasoning goes out the window and they fall asleep. They go. I tried to meditate. All I do is fall asleep. But when you introduce light into the equation and that light frequency is at whatever hertz frequency you want the brain to be, because they threw entrainment the the like a tuning fork.

In other words, you the brain is going to follow that frequency, you know. And so we're imitating nature. So for instance alpha is like going to the ocean when you're sitting by the ocean you're relaxing.

Even if you didn't want to be there, you might have been irritable. But by the time you get there, you look out at the ocean, you're there for a little bit.

You start feeling good because your your body will actually intriguing to its environment. So in the ocean you're going to get alpha. Alpha produces a seed of choline or instructs the gut to produce a seed, a calling.

You can't do. You can't be stressed and produce that amount of a seed, a calling your your body will try to do it, but what it'll do is it'll rob Peter to pay Paul.

So something's got to give. So when you get it, if you get time in that brainwave. Now we're designed to take naps in the middle of the day. Our bodies are into sleep, you know, longer than we are.

You know, 100 years ago, we used to sleep 12 hours a day. You know, I haven't seen that since I was a kid, you know? So. But the in the process of doing that at night, we're going through these cycles and the cycles all represent different brain waves.

So when we get into alpha we're creating that a seed of choline. When we get into theta we're producing Gabba. Gabba is the most, researched drug on the market before Covid.

Covid kind of push it out. But the reality is that most people are missing theta. It's a very small brainwave right before sleep. Everyone out there has been in that state before consciously, because it's it's when you wake up in the morning, at some point you hear a song, maybe you don't really like it, but that song sticks in your head all day.

Theta is known for its it's called Hyper Ninja Super Memory State. So like the great inventors, when you read about them, they take these cat naps in their labs and these solutions would come flying into their subconscious, out of their subconscious, to their conscious mind.

That was the theta state. And so that's really important to be basically to make the jump from being in the awakened state to the sleeping state. Then there's Delta.

Delta is really important. Now. We should have very little delta. Why we're awake.

Brain Waves, Stress, and Memory Function

It should be less than 10% of our overall brain. When you look at, we call it a full spectrum brainwave because all these brainwaves are going at one time.

It's just where is the prevailing awareness is a proper brainwave when we're awake, is 45% of your brain should be operating in beta, 30% should be operating in alpha.

If we have too much alpha, for instance, and not enough beta, we become attention deficit because we have too much energy and activity. If we have too much beta and too much alpha, I mean too little of both, we become just attention deficit.

We're just not there because theta around arises. Now, to put it in a perspective to for people wondering about autism, we have a lot of luck, really good results with autism because we can encourage alpha activity.

Alpha. I always tell people think of brainwaves like Wi-Fi networks but are healthy, you know, so they're they're basically through electrical signals and also through light signals in the body through something called biotic exchange.

We're actually light beings. So our body at the site level emits light pulses every 40s. And that that's part of it. So there we have redundant systems.

We're not just electrical. We're we're we're light sound and vibration. We're we're information packets running

around, you know, living our life. And what happens to an autistic child that we found now we don't work.

We work with doctors that have a lot more. It's not just brain taps. So I don't want anybody to think, hey, just get the brain tapping. All this happens.

We have clinicians like yourself that are doing other things. But what we found was when we can encourage when we can. After six weeks, most of our studies are about six weeks.

So we did a study with 34 autistic children in Orange County, California with Joe Kida handy, Doctor Handy. And what we showed was we could improve their Alpha by 23% as soon as they went over the 23% mark from where they were, which was almost zero.

They were speaking. We had about a 90% speaking rate and she's a speech pathologist. So it worked for her. So she was doing all of her work and she asked me, why did I think that was?

I said, well, you're doing the exercises. And then we're relaxing the brain so it can accept them. You know, if the brain is stressed out, too, because I believe all stress is brain stress.

So if we can relax the brain, you've just taught them some. Maybe they're doing the metronome or they're doing other exercises and they're all stressed out.

And then the next day that all gets washed out. But we want to take short term memories and make them long term memories as fast as possible so the brain can recall and actually feed it back into the system.

And so what we found to in that study, people are wondering six months later, we checked it. They still had 23% self activity. So once the brain learns it in it, it's normal.

That's a normal in, you had mentioned the, amyloid plaque studies. We went and saw Lou Ty because our CEO is friends with the guy who runs the brain lab at MIT.

So we got to meet with her, and she's they had that. They had the all the press about blue light and, gamma and all of that. So we we went there and we showed her our she has a brain tap now, by the way, and she's using it in the, but we showed her that with our device, we can encourage 23% or more gamma activity.

Now, we can only we hope we found that. It doesn't matter how many times you do it, you can only get so much advanced. It's kind of like weight lifting.

Doesn't matter how many times you go to the gym, you can only get so much muscle growth. You can only get so much brainwave change. So what we find is that gamma on the other side, gamma is kind of like a high frequency theta.

And people have really like when I've interviewed or scanned doctors, like I have a brother in law that's a pretty famous, maxillofacial surgeon. And he does just this intricate work.

And, and I said, Carl, I want to measure your brain while you're doing that. And what we found is when he's in his zone, he's in he's actually in gamma with this B like a flow state.

Yes, yes. And we're we're finding that true with athletes too. They, they in creative artist healers like when we when we meet healers people that they don't even think they're healers.

Just people come to them and they heal people. They, they resonate this and now they're studies that actually show our gut biome actually attracts people to us or repels them because it's a field.

We're creating this field of energy through the electromagnetic field. Even though the brain is very low, the heart is like six times more in the gut is actually 12 times more than that.

So you're actually projecting this information out when people say, I got a gut feeling about that person, or they're really it's a brain. So all of this is kind of interconnected.

But the the real thing for what we found is the, the biggest secret weapon to helping with Alzheimer's, to kind of bring it back to the summit. Yeah. Is that we need to get people sleeping and we need to get them to have more level four paralytic sleep, they call it, because that's the only time the Leo lymphoma system, which is a new thing that the medical community found in 2016, which always been there.

But we didn't they didn't know it because they never looked at it while people were sleeping. But that's when it engages and that's when you detox the brain.

So just everyday use we it's like driving your car. You're going to have exhaust. You know our every cell has exhaust system right. And it's all trapped in the brain all day long until you go to sleep.

So if you're not sleeping because your brain is dysregulated, then you're not detoxing. So once we once we can and now they're coming up with a lot of different, medicines, if you will, or vitamins and nutrients that actually, can they do the pairing or they, they bind the toxins and get them out of the system.

They didn't have those before. So now, now, now we can measure it and we can actually see the results. So there's always a combination with what we do with some kind of nutrition or therapy and brain tap to get the best results.

But the study I was talking about we, we wanted to just do the brain tap just to see. So I think if somebody were to put other modalities in with it, it would just get even better results I would imagine.

Yeah. So what is photo bio modulation? Can you explain that mouthful of a word? Well, what they found out was in our you know, they mapped the genome right in in 2002, they made this big buzz here.

We mapped the genome, but they didn't. They may have 1% of it. You know, could you imagine passing your boards and you go I answered 1% of the questions.

You give me my certificate. But what they found out was that other 99% is always in a state of flux, and it emits a light pulse. Every cell of your body, including the mitochondria, emits light pulses.

That's why I can see you. And you can see me. We're sharing our light, in other words. And so what happens at the DNA level? They now know the name that pulse happens.

It happens across the whole system of your body and actually regrade your DNA. And that that changes based on the words you use, the people you're with, the food you consume.

For instance, if they're running, they now know they've they've tracked 2300 different gene expressions that change by the words we use. What foods can do it?

Environment EMF. You know, that's why some people who are sensitive now, they also know the more fear you have, the more you shut those down. So people who are optimistic and more open minded, they tend to tolerate things better because the body adapts.

We are very adaptive in nature. So this and then the dura in the fascia in the body. Now science is showing that that's like fiber optic cabling. That's what carries these bio photonic information.

And each now they, they also know just as a side note that they can only store so much information in silicon. Right. So we've kind of run to the end of our silicon.

How fast can we make a computer there now storing it in two things. Water. They can now structure water and they can hold all the information we in the history of time in one.

And they have a lot of room left over in one drop of water, that structure. Now they're also storing data in light. So guess what we are. We're light. And water you know.

So all that information is there and it's redundant. But if in part of that I used to, when Doctor Emoto was still alive, he wrote a book called The Secret Life of Water, and he would come out to Quantum University and speak, and it just was amazing what the what you can do.

They actually know that when how you communicate, it shows up in the cellular memory of the water that you will carry in your body. So if you're loving to yourself, if you're caring about yourself now some people as they get Alzheimer's, what happens when the brain gets dysregulated?

Let's imagine you're trying to remember your son's name. They just walked in the room. Well, that's simple for us. If our brains working right, boom. It happens.

But if not, there's eight places or more in the brain where you have to go collect all that data. The brain, like it, stores it all over the place, and then it represents at one time.

But it happens at the speed of light, not at the speed of thought. Thought is even slower than light. I mean, it happens, but let's say that one side of the brain is just even a millisecond off.

The brain will stop the program because it says that's too much work. So it says, let's that data is not there. Let's write it off, because we're used to, we only truly remember the very good times, like our first kiss or wedding, maybe, or, you know, different things like that.

The first time we rode a bike, you know, our awards, whatever those are. And then we remember the very bad times, right in depending upon which one we focus on, that's how we feel today.

So we want to focus on those positives. But the brain is writing off most things. It kind of put in perspective for the listeners. Our brain, just as we're talking here, our ears are processing 25,000 pieces of information while we're talking now that 25,000 pieces of information, we only act on 40 of them.

So our brain has a really good way of sorting out information. And if you, you and I were at a restaurant, you know, it was your favorite restaurant. We're sitting there eating.

You told me about this meal. It's perfect for having this great conversation. Then somebody two tables over says Alzheimer's. We're going to hear it. Even though we didn't hear anything else.

They said, because this reticular activating system or our default mode network is always looking around, is this safe for me? What's going on? And so when when people wonder what's going on when they get older, that sorting system has been compromised.

And so it says that's not that. Those aren't the 40 pieces I want to deal with. I want to know the name, the person you know. But it's not keeping that that information.

It's lost its hierarchy of needs as far as information goes. That's why when you start doing the practice, like what we're talking about and keeping the frontal lobe engaged, I should finish that thought.

I guess the reason we have light in the eyes when people are their eyes are closed, but the light pulses are actually triggering cranial nerve to. So it doesn't matter if you can even see.

As long as you have that nerve, your brain's going to synchronize.

Photo-Biomodulation and Cellular Light Signaling

But when we introduce light into the brain, we actually keep the brain awake. When you when you close your eyes,

the first thing is going to happen is your frontal lobe is going to start shutting down.

This is evident when we watch a movie, right? We're watching a scary movie and we go, oh, it's just a movie, right? We close our eyes and we remind ourselves we're not really there because our mirror neurons are going crazy.

We were either Freddy Krueger or we're being chased by him, you know? So we have to decide. And then we have to say, well, that's just a movie that's not really happening in, but in our when we do, when people go to meditate or relax, they think that when they close their eyes, the brain goes, oh, it's time for sleep.

We want to keep them in that. If you can keep them in that alpha theta brainwave now, they can really produce those neurotransmitters that our brain needs.

We produce. I like to tell people the world's greatest pharmacy is not on the corner. It's not in Walgreens or Walmart. It's in your brain. It's between your ears.

It can create 30,000 different neuro chemicals with the right thoughts. Some of those are good and some bad. So if we can keep it going, then you know the brain will do its work for us and it can reregulate it regulates because of, like tune, like a tuning fork, like I used earlier.

The the body just knows how to do that. It's not something you can't really train the brain to come together. It's got to have the right stimulus. That's why like people do neurofeedback, different things like that to get the brain engaged.

Yeah. I want to share with our listeners some of my clinical experience with brain tapping. As I was telling you, doctor Neil Nathan, also a guest on the summit, is a big fan of yours, and he's a former mentor of mine.

So I have recommended Brain Tap to a number of my patients, and clinically, I haven't used it yet to its potential with Alzheimer's and dementia, but I have been using it with the patients you were describing who are highly sensitive.

They don't they don't tolerate a lot, and many of them have mold toxicity. They find me, you know, because we focus on that at my clinic as well. And what I have noticed is that many of them have experienced early childhood trauma.

And so you what you're describing makes so much sense for why it really, really helps them. This regulation of the nervous system, maybe because it's been mal adapted early on when we can regulate that, they become more tolerant to whatever the stressor is, whether it is a more toxic environment or a relationship or, you know, even like non-organic foods or flying and, you know, travel is a little stressful.

All of these things that we should be able to tolerate a little bit of, some of us, some, some people, many of my patients are unable to and then brain type helps.

So I want you to tell I'm so excited to have you here. Like, tell me exactly what's going on and why. Well, what happens is when if you think about in the and hopefully you remember these days, but in the end you might might be before you.

But in in houses when I was growing up we had fuzes. So if we were running the dryer and the toaster was going, then my sister would turn on the hairdryer.

We blow a fuze, right? So but nowadays we have a we just have a flip. We just go flip the switch. Well our body doesn't have a fuze or a flip switch. It basically just resets, keeps resetting.

So the that's what they call stimming. Like when you when you have a child with the other severe is the autistic child that has stimming. You know, they're trying to they're really trying to get rid of the energy that's built up in the system.

They don't know how to regulate the energy. If we have all those brainwaves going in the right order, then we regulate energy. That's what really what we're about, where our body takes in energy, even music energy.

Like if you're at a if you're at a party, you don't really want to be there, but they start playing your favorite songs from your high school days. Pretty soon you're tapping your toes, you're smiling, you're having a good time because our body converts that to energy and we've got to use that energy.

So what's happening is if their brain is dysregulated, all the information comes into the central cortex. At the same time, there's no space. This is a this is a phobic reaction.

So what we have to do, they call it a synesthesia actually in psychology which means overlapping sensory systems. So what we what we do is we're going to slow that down time in the brain or in the mind, however you want to think about that at the states of alpha and theta is not relevant.

You know, everybody's had a dream where it felt like it lasted forever. Then you finally wake up and go, do you know how long the average dream last? No. Seven seconds.

Wow. You know, so but there's no time there. So it's kind of like those Star Trek movies where somebody goes into a dream and has a whole lifetime while they get an hour long massage, and it feels like it's been ten minutes.

Yeah. Yeah, exactly. So there's no time when you get into those that place. But what we can do is we can teach the brain to reorganize, as an example, professional athletes like baseball players when we when we interviewed them and they do something called modeling, we want to find out how does these the best hitters in the world in baseball.

How do they do it? Well, when they're in the batter's box, they're not thinking, oh no, that guy's going to throw the ball at 90 miles an hour across the plate.

What they're thinking is, I'm going to slow down that ball so I can see how it's spinning. Now, if you don't have the experience or the brain capacity, you get freaked out.

But they stand in the box. They literally see it leave the fingers of the pitcher in slow motion. They see the rotation of the ball. They know if it's a curve, a screwball or a fastball, and they make the adjustment.

Now, those are experts, right? Those are the now we all do that to some degree. You know, like we call it anticipatory stress. You know, some people actually don't get out of bed to they have enough stress.

You know, they thought of enough catastrophes that it's time to get up. Right. So we want to change that in what happens as you're sharing this about the baseball players.

Like I've watched my daughter fall and I see her falling in slow motion. Right. Is that the same kind of yes, exact going on in my brain, right. It happens when people get in car accidents, too.

They'll say everything just slowed down because you went into a hyper state. It wasn't the everyday, normal, conscious state of reality because you're thinking, what am I going to do?

And I don't be the worst thing to happen like I have two grandchildren and now they're a little older. They're eight and 11. But when they were little, I didn't care if my kids hit their heads everywhere, but every time they hit their head.

Now that I know about brain health, I'm going, oh my God, what am I going to do? I got to get them on the brain helmet, you know, do something to fix their brain.

But I mean, everybody has fallen down anywhere between 3000 to 5000 times growing up. So we all have some traumatic, traumatic injuries. It's just how did our brain remodel around it?

Some people tried to do a shortcut and then they start getting anxiety. And what happens is they then start to use affirmations like anxiety runs in the family, anxiety doesn't run in the family.

The propensity does, but the reality doesn't. You know, that's why there's always that person in the family that doesn't have it, because they don't buy into the family belief, you know?

So but the the now what we know about epigenetics, only 20% of who you are is, is your parent's responsibility. 80% is your environment in your everything that you've done since that time.

So what happens with these? With this fear factor that's happening in the brain is under stress, the brain dysregulated. That's why we're told never like if we get a divorce we lose a job.

We have to move across country. You know we don't. They tell you don't make any real life changing decisions. Don't don't do that. You know, take some time because we don't make good decisions when we're stressed out.

Right. So we have to go to we have to go to an altered state to relax and do that. And most of it is that we are not trained to process our day. And if you remember back to some of my brain tap sessions, I always have people do a review of their day.

And when you train your brain to review your day, you're not leaving anything on the table. You're sorting it out. So that basically it's like, if you worked at IBM during the 70s, you could leave your office until there was no papers on your desk.

It actually looked like nobody work there, because that's where they knew that you had finished up the task for the day.

Clinical Use Cases: Trauma, Autism, and Athletes

Well, we should consider that for our own brain every night. Now, what happens is, if we don't. Or a better way to say that would be, let's imagine watching your favorite TV show or movie and the actors and actresses never rehearsed.

That would be ridiculous, right? We would never see that. But people get up every morning and do that in their own life. They never rehearse how to talk to their children.

They never here's how to talk to their spouse. They never rehearse how to drive across town. They never rehearse how to do anything different. And then when while they're doing it, they get all upset about they're not doing it right.

Well, your time to practice is before you do it. That's where the visualization comes in and the mental practice. So part of the process is just teaching them how to prepare because life happens quickly.

I love what Deepak Chopra said. Years ago I was at a training of his and he said 90% of what's going to happen to you tomorrow, you know, about today.

So what are you pretending not to know? There's a lot of people running around pretending. Now, if that happens long enough, let's say that they do it over seven years, ten years, 20 years.

That damage is being it's a cumulative damage. Like the amazing the amnesia. Like people pretend that that's not happening. They pretend that that's not going on.

Well, the brain starts thinking, that's a pretty good program. That amnesia program you're running. Why don't we start forgetting names and addresses and phone numbers?

And it's it doesn't, you know, so that's why you have to rehearse. You have to play with my grandmother, who lived to be 93 and had a great memory up to the day she died.

I was, for lack of a better word, babysitting for her. So my aunt would go on a cruise and I could go golfing during the day in in, Albuquerque, New Mexico.

And I came back from golf, and I hear talking out loud, I thought she was on the telephone. She was in there for almost an hour in which she came out.

She says, why didn't you tell me you were here? And I said, well, you were on the telephone because I wasn't on the telephone. I said, well, what were you doing?

She says, I was reviewing all of my favorite vacations. Oh that's great. I bet she was a happy woman, too, because, yeah, she spent her time thinking about her wonderful vacations.

Your family history is really fascinating. Then you. This is how you got into the brain space and the relaxation space kind of mindfulness and meditation was you have eight brothers and sisters, is that right? Yes.

And then your dad was the one who introduced you. And, I mean, this would be before meditation was cool, before it was something that people knew about.

In most families that would be talked about. So can you just describe what that was like? Yeah. Well, part of what I tell people is you have to reframe your past.

So I always tell people I was blessed to be the son of an alcoholic, you know, at the time when I was 12 years old, I didn't think that. But looking back, because the the sister and the priest, we were Catholic, they came over Sister Mary and Father Fitzpatrick said, Michael, we're going to teach you to do technology driven meditation.

It was something called the Silver Method and it's still in practice right now. People do it. He, he he went there and he couldn't relax. So he was using alcohol as his prescribed his own personal prescription to de-stress.

And it didn't work very well. I mean, he made a point of, yeah, we see this a lot and families right. When people are addicted to any sort of substance, whether it's pills or alcohol or heroin, they're really looking for an out there looking to be more comfortable.

And that helps us creates a more compassion around substance abuse. Exactly. There's a really good book called Finding Your Perfect High by John Marshall, and he talked about brain balance.

This was back in the 80s. You know. So and I and we all had to read that book. My dad was really big on everybody reading, which was really good. You know, I read books that, you know, people going through midlife crisis were reading, but I read them in high school because we, we would have family discussions around them.

You know, we would have we had reading assignments. And because he thought the reason that in, in his mother was a nurse, but she was addicted to prescription drugs because at that time the nurses could prescribe for themselves.

She was actually at the wrong. The same time, she was sent home from the hospital to die, and she lived to be 90. Like I said. And, they took her off all her medicine and she lived.

They told her she was too toxic. She was going to die just in her home. And and then she began to live. So we got we went from being really pharmaceutical driven family to a health, because my dad, when my dad got the help, my mother got into nutrition.

So we had kind of the double whammy, you know, we we got all the sugar out of our house, all the dyes, every. I mean, I don't know if you remember Yule Gibbons, but I was voted to be the next year.

Gibbons by my high school class, you know, so, you know, there because I ate weird, you know, I didn't eat what they served. I brought my own food. Eight healthy, not as healthy as I can eat now because we didn't know that

much back then, but it was healthier than most.

And my dad, my dad had made a really big effort to say, you know, the reason he got in trouble was he didn't know any way to make sure all of his kids knew.

And out of all of our kids, all of my brothers and sisters, we only had one brother that for about 20 years decided to go against the grain, you know, not follow the meditation, not not eat healthy and he paid for it with gout.

And he's he's still alive, but he's not in really good health now he's trying to get healthy. You know, it's it's a lot easier to keep your body healthy than try to repair it once it's broken down.

But I think that that really changed my dad. It helped him so much. He decided to go back to school, got his degree in psychology and started working with people.

And then that's how we began. I really wasn't going to do what he did. I didn't really think that way, but I would school for electronics first. That's why we have the electronics.

So my undergraduates in electronics. Then I went to school to get my degree in psychology. Oh that's great. And this is that brain stuff is really there's this like magical combination of the two, the three creative combination.

I want to go back to sleep. You know, I've you talked a bit about how important that is for detoxing the brain, but there's a lot, of people who struggle with getting good sleep.

So what are the brain waves and what would be and what's going on with the use of brain tab when you are trying to get sleep and hoping to improve it?

Well, one thing is they need to have a sleep hygiene program. If they're having trouble, that means about two hours before sleep they need to start preparing.

Turn off any broadcast news, anything that's going to be over exciting. Maybe watch some comedies or something like that. If you're going to watch TV, there's a lot of different ways.

Start turning off lights in your home. Because what what happens if they're having trouble sleeping is the body doesn't know it's sleep time. You know, what used to happen, and this is how we.

I've always thought about what is an ancient technology or an ancient tradition. And how can we make it modern technology. If you and I were in the Serengeti again and it was nighttime and we were out hunting and gathering or whatever you're doing, we come back to the tribal village.

We're going to have a fire, and that fire is going to be crackling at a certain rhythm and cadence. That fire is actually at ten hertz frequency.

Sleep, Detox, and Brain Recovery

When we when we built our first light and sound machine, we measured the frequency of a candle because there's a meditation called the Jyoti Meditation.

And you look at it in what you do is you breathe and try to move the candle, and the flickering of the candle would put you into a deep state of relaxation or meditation.

Then when they got LEDs, we could imitate that. So we could take people from a beta state and disengage what's happening when they're laying in bed and they do it.

Most people too, that are having trouble sleeping think you're supposed to go to sleep. Close your eyes and you're dead to the world. That's not really good.

The best way to go to sleep is to go to sleep. Lay there, process your day. Do some breathing exercises. I usually teach them two different breathing exercises.

Now, of course, they're going to do breathing exercises when they do the brain tap, but let's say they don't have it because some of the listeners here might not have it.

You lay in bed and there's something called box breathing, which is pretty simple. Breathe into the conifer. Hold it. The count of four. Breathe out to the kind of four, then hold it the count of four.

And you just keep doing that box breathing. While you're doing that, you. You scan your body in, you don't. You basically focus when you focus on a part of the body, energy follows thought.

So as you think of that part of the body, blood flows to that area, circulation increases, and with faster dilation and blood flow, relaxation follows.

So you're going to move up through the body doing that. The other one that a lot of more more people like this one than the other. It's the same process with the body.

But you breathe into the kind of for you're in. When you breathe in, you engage the sympathetic system. So that's your survivor brain and that's that's probably already activated, but you want to activate it just to make sure that your brain knows.

And then when you breathe out, you breathe out to the kind of eight. This engages the parasympathetic. So that's your thriving brain. So and as you do it, what I tell people at the end of a just really try to get it all out.

What happens then is we've all been in an experience where we are over frustrated and we finally went, I'm just tired of it. Well, that's your body shaking. It off.

And if you notice pets your pets like especially dogs, when they get nervous, they'll shake. They're doing the same thing. They're trying to shake off that energy.

And so with our bodies, if we do that at night, what will happen is eventually you won't make it up to your hips, relax and you'll be out. But you've trained your body to unwind our body.

For those that know what a capacitor is, like Elon Musk batteries are capacitors. They hold a charge and they just charge slowly. Our bodies are like a capacitor.

They hold a charge, and then we have to discharge them. Now. Hopefully we discharge them by walking 10,000 steps a day, drinking half our body's weight and water, eating healthy foods, all the thing.

You know, if we lived on, the island with Gilligan and Maryann, you know, it would all be great. But because we don't, our body keeps getting interrupted.

These natural patterns keep getting interrupted. Interrupted. So at night, we can at least bring balance back, to our bodies. And what will happen is, even though we're asleep, your body will continue the process of relaxing.

So when you wake up in the morning, you don't have clenched teeth. You don't have a I. We work with people that they wake up in a ball like a fetal position.

They don't understand it. And they're telling you they've been doing it for years. And that's because they're going through trauma while they're sleeping, because the kinetic energy that is built up throughout their life has never been discharged.

So that's why exercise, we all know people that we're really negative are having a bad time in their life. They start an exercise protocol and pretty soon they're all smiles and happy.

Because you're your physiology does affect your psychology and vice versa. So it's best to do both. That's great. Yes. A couple other people on the summit here have been talking about sleep apnea and oxygen at night.

And I think the combination of both of these things, we never really relax, get into the right state at night and then keep your airway open. You're going to get you know, we don't think of sleep as a very productive time.

But if you can really harness the potential of the detox and of that resetting for the next day, your brain is going to be in a much better place in the morning.

Yeah. And I think too, unfortunately, over time, especially during the 70s and 80s and 90s, people would brag about how much sleep they didn't get. Like, I only slept five hours, only slept six hours.

I mean, in college we can get away with that as we get better looking more intelligent with age, we have to sleep more, you know, that's you know, that's a.

And so like myself, it's not always eight hours. We just finished a study in Australia that's going to we're writing it up to be published. But it was with mine workers, who work in coal mines.

And when we were doing our baseline studies, we were using something called the bias trap. We partnered with them in the study, and during that, most of the people were sleeping 7 to 9 hours a night, but still scoring on the insomnia scale.

So in that, that proved that's something I already knew. It's not time in bed, it's depth of sleep. So you need one hour of deep sleep over time. It's not all at one time.

It's over time and then two hours minimum with REM sleep. And now you're producing enough of those neurotransmitters to have the, the mood regulation.

We all. It's normal to be depressed. It's not normal to stay depressed. You know, it's kind of like we flow in and out of these states of consciousness.

And if we can do that, but usually it's measured by something called heart rate variability. For those that are listening you if you're able to get stressed and then relax, that's great.

If you're not able to do that, then you don't have that regularity, but you need that ability to adapt to the environment in front of you. Doctor Porter, this is so helpful.

Closing Thoughts and Where to Find BrainTap

Really fascinating work that you're doing and so beneficial. I mean, I have watched bring to help transform lives in my clinical practice. And so it's really an honor and a privilege to have you here today.

Thank you so much for taking the time. Well, it's great to be here and we have a mission of bettering a billion brain. So we need to at any age, we need to better their brains.

Spread the word. I want our listeners to know where they can find more about you and about Brain Tap. Well, they can go anywhere online at at doctor Dr.

Patrick Porter. Doctor Porter. They can check out my website. They can also if they want, they can go get a free ebook and a 15 day trial on our app for $0.99.

And they get to keep the book no matter what. They they can download it. That's over at Brain Tap Dot Pro. They can they can head over there and you can get a free copy.

And we're pretty much it. They just do hashtag brain tap. They're going to see thousands of reviews out there and

people that are using it. That's awesome.

That's so great. Thank you so much again for creating this. We're doing the work you're doing to better brains and for being here with us today. Well, thank you for allowing me to.