Neurosage! Using Video Games to Improve Brain Function in Children, Seniors, and Trauma Patients Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Guest Background

Hello and welcome to the Practice Upgrades Summit. I'm Doctor Dennis, permanent, and I'll be your host for today. Our next guest is chief medical officer for Smart Technologies in Austin, Texas, where he developed a patent pending software program called Neuro Sage.

We use to help patients around the world. He manages partners for Brain Share, an online educational platform for doctors and therapists who want to learn about neurological rehabilitation.

He published a book called What If You Knew? And partnered with Developing Minds, a learning center in Abu Dhabi for kids with developmental delays and sensory processing disorders.

He lectures at Life University and in Barcelona and Amsterdam to the International Association of Functional Neurology and Rehabilitation. I offer about digital therapy and childhood development disorders.

He received the 2018 I after humanitarian of the year award and won their Lifetime Achievement Award in 2019 for his advances in software development.

He was recently selected to speak the Movement Conference at the University of Paris Sorbonne. In September on the impact of virtual reality in movement and cognition.

When he isn't traveling, he's seeing new patients in droves in his private practice in Lake Charles, Louisiana, called Ultimate Performance, chiro and Rehab.

This is an amazing young man, a rising star in our profession. So please help me. Welcome to the practice upgrade summit, doctor Kyle Daigle. Doctor Dave, welcome aboard.

Thank doctor Dennis. Well, Doctor Daigle, you have a unique and marvelous combination of experiences and of, of qualifications. Tell me, how did you imagine combining software and computer programing with brain rehabilitation?

Where did this all start? Well, you know, I come from a family that's very big into business, very big entrepreneurs in the oil industry. And so, you know, growing up, my dad always told me to make sure that I set myself apart from anyone else.

So when I sort of practice, you know, I want it to be different. You know, I'm in an area saturated with chiropractors. And again, I wanted to, you know, have something different.

And so I started it, you know, started doing a lot of different type of treatments, for example. People were coming in with, like, you know, low back pain.

And we were doing, you know, manipulations, but we were doing eye movement therapy. And then I started doing vestibular rehab, and combining that with eye movement and then getting great results.

And we started adding and music therapy. And then after I figured out an algorithm, I said, well, look, I need to file a patent on all this. So I go meet a patent attorney.

I tell them, say, look, this is what I'm doing. I want to patent these frequencies using certain colors. And he's like, you can't patent that. You have to patent the software.

So, you know, again, I, I'm very big into personal development.

Origins of Neuro Sage and Software Development

I believe that you know, you can kind of create your own world and your own, you know, goals and destiny. So I started, you know, writing all this stuff down, and said, hey, I need to figure out a way to start a computer software company.

And fortunately, within a couple of weeks of the, you know, asking for the stuff, Steve Rivers, who is the former chief technology officer for Dell? He pops into the picture.

And, when I sat down with him, he's really big in artificial intelligence. I showed him, I said, hey, look, there's this guy's name is Doctor Robert Melillo.

He's got a lot of literature and research over the brain, over the left brain, the right brain. And the different functions. And, you know, I figured out that if you use these colors and you see that this part of the brain, you get rid of pain.

Or if you have, you know, a kid who's got, you know, developmental issues and these kids are nonverbal and I stimulate this part of the brain, I can get these kids to start speaking.

And I want to put this into his software. And so, you know, he fell in love, you know, fell in love with this stuff. And he did some research we look at and say, hey, let's start a company.

And then, you know, my goal was this is that, you know, I'm one person. I do definitely have big expectations of myself. And I want to literally make a, you know, world impact.

So creating a computer software company, and then launching this stuff globally was something that, you know, I felt that, you know, I could do, or that I was up for the challenge.

And again, you know, being a chiropractor, having thick skin, you know, and again, you know, I don't necessarily really care what other people, you know, think, and I mean, I mean that in a way to where, you know, I'm not scared to reach out and, and do something different because I was doing something different, but I was getting different outcomes.

So, yeah. So my goal is to just try to change the world. And I put together a solid team based off of all this. And, that's exactly what we're doing now.

Well, you are having the kind of impact you projected that you would. And that's one of the reasons we want to share your amazing research with our viewers.

Now, tell us about neuro stage. What actually is neuro stage? How do people use it? Okay, so neuro stage is a computer software program. We use specific eye movements, specific visual stimulation in the form of colors.

We've embedded acoustic stimulation. So we have, you know, variations of different sound frequencies. And then the game is based off of, the left and the right brain.

And again, a lot of this stuff is kind of a lineage of Doctor Melillo, who's going to be lecturing at the conference. And again, so, the left brain has let's say, for example, I want to improve someone's, cognitive function or someone's got fine motor skill issues, and I can stimulate the left side of the brain like we built in video games that actually use sensory input through visual and acoustic stimulation to help, you know, activate the left side of the brain.

And then we have the right side of brain, which deals with like, your posture. It can help out with patients who have anxiety issues. People who have like chronic pain or they have chronic inflammation that we can drive the right brain.

And so what it does is it really adds a form of entertainment. You know, if I'm going to go and do some rehab, you know, I get tired of doing, you know, certain stretches or exercises.

Well, at least this one here you can put ten zone patients, you can put them up to lasers. You can do vibration therapy while you select, you know, the left or the right brain to stimulate.

And they can actually get therapy while they're doing that. So you can kind of combine, you know, other modalities. Well, that is way cool. And anything that has to do with video games, I mean, it stands to reason that if you're dealing with younger clientele, you get a much better chance of engaging them and keeping their attention. So tell us about some of the interesting cases that you're taking care of.

You have such a vast experience with taking care of, let's say, children. What are some of the unusual things that you discovered and some of the amazing interventions that you were able to make?

Yeah. So, you know, last year I did speak about, you know, a couple times, you know, I fly all over, but, probably the one of the coolest cases or the scenarios testing that I did was when I went to London, I went to, the Queen Victoria Hospital and worked with a lot of the guys with Phantom limping.

And again, these are these are guys with some serious pain that are on like, high levels of morphine. You know, they have spinal cord stimulators and these guys are still in significant amount of pain.

And then yet you know here we can throw in some software, start making these guys, you know, playing video games, which is something that, you know, the geriatric population, they're not necessarily used to playing.

But we do have you know, you know we have basic games, we have the intermediate games and we have very advanced games. We have games. Professional athletes, like virtual reality.

But yeah. So you know, being able to help out reducing, you know, 80, 90% of pain with phantom limb pain. I do work with a lot of involuntary movements, so I might get a kid who's got pandas and has really bad involuntary movements following a strep infection.

Or I might see if someone has got Parkinson's disease, or someone who's got really bad cervical dystonia and they can't even, you know, drink. And then they actually, we, we, we built in this tunnel and it's really cool.

But they watch this tunnel and it uses certain colors and certain acoustic stimulations. And around the 4 or 5 minute mark, we've seen drastic reductions, involuntary movements.

So yeah, I have that. And then even taking like, you know, professional athletes and taking these guys who are coming into wellness, who don't really have any type of aches and pains, are just trying to, you know, improve their brain function, their performance and being able to, you know, help some athletes set records, which is cool.

And again, I tell people is this is that, you know, you might not physically notice and you have any pains or you feel like you're, you know, at the peak of your game, but you can always improve your brain function.

And, you know, they say the eyes of the gateway into the brain. And so a lot of people don't really train the eyes. So, you know, behind concussion rehab, you know, now the big stuff is checking people's equilibrium, checking their eyes.

And a lot of the stuff the rehab is actually is doing visual stimulation with, you know, people with TBIs, and so, you know, probably kind of from a public standpoint, one of my really big cases, you know, that's kind of really pushed me on social media is a Navy Seal named John Grant.

We took this guy, you know, on social media to have about a million followers. They reached out through this, military organization to ask you to help with, like, you know, you know, helping them out.

How Neuro Sage Works in Brain Rehabilitation

And, yeah, they, you know, got neuro sage. And, you know, the wife is a pilot instructor. And, we were able to coach her and say, hey, look, these are the platforms.

These are the. So hard to use. This guy went from laying in a hospital bed for 16 hours a day, throughout the year. And now he's mowing his grass. Which is you know, super cool.

I mean, this guy, you know, went from, you know, very, kind of violent moods to, Yeah. Again, not even really moving. And now he's walking, he's actually was very for severing really bad so that, you know, for separation, he was, you know, really unable to speak, but he would just kind of get stuck on certain things like, like that.

And then now he's able to communicate with his wife, and they're going to church, they're going to restaurants and, yeah, I mean, that's from a public standpoint, you know, that's kind of what really, you know, kind of amplified me in my practice, is, you know, people are flying in from all over based off of this case, you know, helping out a pretty significant brain injury on top of it.

He's an American hero. Well, that's stunning. And, you know, most chiropractors have a sort of miracle cases that they can report on, but, no doubt with the extent and depth of your work, you have more than your share.

I, I don't want to leave our viewers, which are a vast gradient of our profession. Some of them are already well versed in function neurology, and some of them are relatively new to the idea of brain rehab.

What are some of the qualifications that you think a chiropractor needs to have in order to be able to engage the advanced work that you're doing? Well, really, it's kind of I think, in a basic standpoint is just thinking about this, you know, the eyes or a midline, what our spine and I tell patients all the time is that, you know, if you look up with your eyes, you don't fall down.

So what happens is as you're looking up your posture, muscles are being engaged. And then what's really cool is if you look at the vestibular system, what happens is that it activates your intrinsic muscles, which are going to actually stabilize your spine.

So if you can really think about this, is that if you can start using eye movements in a very simplistic way, and you understand that your equilibrium can control your possible tone, which, you know, we've all been taught in school, it's kind of the basic, really criteria that you need.

You know, what we built neuro stages is it has different sections, for example, balance and coordination. You literally just go to balance in coordination.

The patient has you click on that and the patient actually can play the video game or someone has thing. And then we have different sections to where literally all you have to do is just whatever area that's hurrying on the body, whether it's their spine, whether it's their knee, their back, they have neuropathy.

You just stimulate that area while they're actually playing the game or someone has mood issues, for example, they're having restlessness issues or sleep issues.

We have all these video games embedded in and then it's really cool that this this series, we developed a, intersection game. So, patients who have like chronic inflammation or patients like chronic Lyme disease, and they're having a hard time fighting off infections.

We built this video game that you actually travel through the body and you can, like, zap bacteria. And again, so there's people who talk about meditation and stuff like that.

But if you think about this, hey, you know, I'm going through the entire body and I'm killing off bacteria and killing all viruses, you know, I mean, it's it's it's pretty cool.

Some of the results that you can see from that, but the games are actually all labeled down. So, someone has, you know, a head injury or someone has involuntary movements.

Really? It's a kind of a plug and play system. But, to really kind of grasp a knowledge of, like how and yet because, again, neuroscientists, a computer software company, our software program.

But there is, you know, there's the AI after program that uses we have the functional urology seminar, there's brain chat that we have. And then Doctor Melillo has a childhood development disorder.

But kind of basic criteria is just really I mean, if you're a chiropractor and you understand that, you know, the spine has numerous connections, that's pretty much all you need.

Well, that's very reassuring, because I don't want our, our viewers to feel intimidated. Your your best knowledge is breathtaking. But one of the beautiful things about you use neurosurgery as a as a as a verb, you know? Hey, you nervous age somebody when they got nervous.

I think that's cool. So. So, apparently anybody who feels like they want to engage this material can find a way into your research and can start using it fairly rapidly.

Yes. Yeah. And, you know, the whole goal is this is that when you really start looking at neuroscience, you know, and they get a lot of people, you know, kind of get a little, little frightened over the brain.

And even in school people are like, oh, it's neurology. But you know, the brain is hard wired. And yeah, you know, takes you times you want to learn it.

Clinical Cases and Patient Outcomes

But we built a neurosurgeon to try to you know, take a lot of time from doctors and not having to go and learn in depth. All this information is kind of for, you know, guys like me that are huge nerds to try to do.

But my goal was this is just to try to make this stuff as simplistic as possible. So if you have pain, you literally just click the pain you have balance.

And coordination is just like the balance of coordination issue. So you do your regular treatment. It's just you just add this in and you can enhance your results.

Fantastic. Fantastic. Now, you've mentioned a couple of things that you do in conjunction with the neuro stage approach. Tell us about some of the, the energy modalities and the adjusting modalities that you use.

What are some of the things you do in conjunction with the neurosurgeon? Yeah. Well, I'm a huge diversified guy. I love I love diversified techniques, kind of technique that I use.

But, you know, I fell in love with the acupuncture or acupressure system. So there are certain acupressure points that, you know, I found that if you can use certain like you can take a ten unit and you place a ten unit over certain acupressure points, you know, you can enhance the effect.

So for example, I worked with a patient who's got a spinal cord injury in their they have paralysis. Last year I mentioned to you guys about some of these points.

Yeah. You can enhance the effect of that. So if you use a neuro stage you're getting this audio in as visual sensory stimulation. And then we have an area called the vide plate.

So it's this vibratory stimulation. And there are certain frequencies that we use that can help out with balance and coordination issues. And you have pain and then you have muscle weakness.

And then you have cognitive functions that you can stimulate certain, you know, areas of the brain like the frontal lobes with certain frequencies. So, yeah, you can use electrodes over acupressure points.

You can take electrodes, put them over areas of pain. And then you can use lasers. You have a big fan of the shed light laser with Doctor Brandon Crawford and Doctor Damian.

And that lasers program with a bunch of stuff. So for me, I love sensory stimulation. You know, the brain kind of evolves and develops. All of the sensory stimulation in our patients aren't moving anymore.

You know, they're basically sitting in front of a computer screen all day long. You're not, you know, exercising, you're not moving, you know, moving around.

So that's kind of our job from as a chiropractor is to actually start putting movement into the spine, get them moving around. But yet you got to get their brain moving.

And really they're really kind of repetitively they're getting up watching social media. They're, you know, not necessarily exercising their brain. You know, they're so hyper kind of focused.

They kind of miss the big picture of things. People are getting in car accidents. So the whole goal is to kind of train the eyes and kind of improve the, you know, the student and the auditory system and in conjunction, you know, keep them well aligned.

Well, that makes perfect sense to me. And, you're making it very accessible, which is what I'm hoping for, that our, our viewers will be able to embrace is rather, advanced material, but recognize that even a, a typical chiropractor can begin to utilize some of these principles.

Now, we we live in a very turbulent time. And, while chiropractors are tiptoeing around, trying to make sure they don't step on any landmines, you mentioned before that when the brain is working properly, than the body does a better job in, purging microorganisms of bacteria and viruses, etc..

What are some of the things that you're noticing in the current marketplace that might be different from things you've seen before? Yeah. Well, you know, I think right now everyone's kind of in this fear based people are so scared and really it's going to weaken their immune system.

And then now you have this whole stuff with this, you know, kind of virus. So people are kind of scared to be touching and stuff like that. And it's kind of a perk when you're osages is that it is kind of a noninvasive, you know, you don't even have to touch the patient.

But again, I feel like people have told me to manipulate it, but, yeah, I think that people are, they're living in this fear based world and that's going to drive down, weaken your immune system.

And so you're seeing patients that are going to come in with more pain because they're not moving. People aren't exercising. They're scared to go to the gym because there's this virus.

So again, my practice is still, you know, we're still staying free, booked up. I, we're pretty full at this stuff. And again, it's just, Yeah, I mean, we're based off of results.

So I guess going to answer your question is, is that. Yeah, I think that it's a little different kind of challenging time for people. And, you know, I was I was speaking to a chiropractor, last week, I was doing some consulting with them, you know, teaching them how to use neuro stage.

And he was telling me, I said, man, you know, I used to make, you know, $100,000 a month. I'm only making 20,000 a month right now. And he was asking me, he's like, you know, how's your practice?

And I'm like, you know, we're pretty much, you know, we're slinging it. And, you know, he's like, what are you doing

differently? I'm like, really not anything different.

We're doing the same stuff. But, you know, he kind of went into, you know, building these kind of markets and, you know, trying to take a certain type of, I guess, programs and people right now we're in pain and people are in a lot of inflammation.

You know, people need a lot of a lot of work. And I, you know, my opinion, I think people need like, brain rehab, on top of, you know, getting adjusted.

So, yeah, yeah, well, no doubt. Now, we teach, that, patients need to be able to adapt to their physical, chemical, and emotional stresses and vibrational stresses as well.

And you've done a superb job talking about the physical stresses and the emotional stresses. How about the chemical aspect? Do you get involved with, with the chemistry of the body, with nutrition or anything like that?

Absolutely. I love I'm a big laboratory testing. So I do a lot of food sensitivity testing. We rule out diet modification issues. I do a lot of stool samples.

I'm a real big guy. Was, you know, gut and brain health. But then when you look at the brain, it's kind of neat because, you know, there's, there's actually chemical aspects that they've shown that there's, you know, a lot of, you know, dopamine that's present in the left side of the brain.

So you have all these kids or even adults that are having like quote unquote, ADHD and they get put on a stimulant and it makes their brain basically go, which is actually a function of the left side of the brain.

And yeah, people that get put on like Gaba, are people that are all like serotonin reuptake inhibitors, which activate the right side, the B, which kind of calms them down.

So from a physical standpoint, it's kind of cool when you understand the neurologic or the neurologic application is I can see like the left side of someone's body to drive the right brain, to kind of relax someone.

Or if I want to try to help someone, you know, get activated or help someone kind of move better, or even focus better, then I can start working on the right side of the body.

And, so yeah, so I do that. I'm a huge vagal nerve guy. I love the vagus nerve. And so it's neat, too, about, you know, the acupuncturist acupuncture, about the, the vagus nerve is the a regular branch of the vagus nerve is actually in the ear.

And so, you know, if I use this sound, what can happen to your heart rate? You had a patient earlier this morning who lady had really bad AFib and, I found clinically that typically if you start stimulating the left side, the brain, you know, that actually can help out with patients with arrhythmias.

Chiropractic Qualifications and Treatment Approach

So here's this lady who's got, you know, panic attacks that really bad anxiety, not breathing. And yet we start enhancing the left brain function. And then now we can take our heart rate from 100 and 2040 to like, 60, 78 beats per minute, which is pretty cool.

And you can actually do this too using visual and acoustic stimulation. And then physically from manipulation standpoint, doing right sided adjustments.

So you you bring up a really important piece of the puzzle that I, I, I want to make sure that we get some of your distinctions. How do you actually communicate these rather complex ideas to a typical patient?

I mean, many of them are not coming to you knowing what's wrong with them. They just know they have a

symptom and then they come to you with the symptom.

And then you have to kind of translate what they're experiencing into language that they can understand. Talk a little bit about your communication style.

How do you reach patients? Okay. So inside of neuroscience, we built in, left into right brain intake form through the pediatric chart. We have a pediatric form. We have an adult version.

And so when a patient comes in, they fill this stuff out. And they're having, you know, different type of sleep issues or these patients are having vertigo issues.

So these people are having digestive issues or they're just having chronic, you know, inflammation, or they've been dealing with a chronic infection for years and they can't overcome it.

You know, that's all neurologically my opinion based. And then again these intake forms kind of show that. So I feel like, you know, my intake forms which are part of, you know, neurotic age.

Those things kind of help, you know, the patient cause they start seeing at the very end a tallied up and say, hey, you know, I got a lot more on the left side or the right side.

What does that mean? And then they come into my examination room, I do my examination and, and I have a chart that actually breaks down the functions, the left side, the brain and the right side of the brain.

And so this actually the, the chart that I use is from, focus Builder guys, I'll let you guys are familiar with those, but there's, it's called nerd solution in EU or D solutions.com.

Let me actually do this real quick. Why what we're doing is some people behind me can see this. If I were to take my virtual background off and right behind me here, is actually this this is the poster that I use.

And what it does for me is it makes it easier for me to explain, because at the very top up here, I actually have the neurotransmitters. And then down here it even talks about the aspects of the right side of the brain, the immune system.

And then it even talks about vision. What colors activate the right side, the brain, and then what sounds activate the right side of the brain. And then it tells me motor and sensory issues.

For example, posture. So if I want to really get rid of someone's pain, you know, what I'm going to do is I'm going to do right brain stimulation, and I'm going to use acoustic, and I'm going to use visual as well as some vibration adjustments on the left side of the body.

And then if I have left brain issues, these people typically have issues with sleeping and cognitive issues. And then they also have issues with their immune system.

They're chronically sick all the time because their immune system is weak. So then I'm going to do stuff on the right side of the body to drive the left brain.

And, yeah, it's pretty neat to, to see that. And then, you know, I'm very big into, and Doctor Molina is going to talk about this stuff, too. Is primitive reflexes.

Yeah. It's crazy to see how many patients have chronic migraine headaches. And, they have primitive reflexes, which these reflexes should have been integrated a long time ago.

Maybe they had a concussion, or maybe they had some sort of severe infection. Me personally, I just recently, I bought a brand new house. New house? Five years old.

Moving this new house ended up getting exposed to mold and ended up getting two primitive reflexes come back, which is pretty wild. Wow. Because, you know, I'm pretty active, but, yeah, they were never there before because I teach childhood development, and we don't always check these things, but boom, I get an infection.

These reflexes pop up. I started having all these weird, you know, discordant army of high heart rate vertigo. I'm like, there's something not right now.

So probably to actually get my house tested and run some urine samples. And I actually had mold in both. Wow. Now, are you saying that those primitive reflexes where they're dormant and got reawakened by the mold?

Or are you saying that the mold caused. No, I think that they were they were actually dormant for sure, because, you know, I've, I had a concussion in 2013, and that's kind of a big thing behind what I feel like, you know, people who have these head injuries, they don't really recovers.

They actually have retained primitive reflexes, or they're called frontal early signs. And, that's kind of a little, you know, secret. That part of my rehab, is that, you know, I work on integrating primitive reflexes, and it can help out people with, like, you know, cardiac issues.

The anxiety, you know, digestive issues, sleep disorders. So. Well, that's breathtaking. Now, how does that relate to learning? Well, the, cerebellum, which is going to deal with, kind of like, I, I find personally that the cerebellum deals with cognitive function as well as the frontal lobe.

And so when I work with people who especially like, kids who have ADHD, I find I have primitive reflexes and we found, and Doctor Crawford will mention is probably with, you know, friends, a sponsor.

But if we start stimulating the cerebellum using a laser that we can help out, integrate these reflexes a lot faster, and then that can turn around to improving your cognitive function.

So the better balance you have, the better cognitive function you're going to have. And I give my patients example look at a nursing home and take the person who's got the worst balance in the nursing home and have them take some sort of cognitive test.

It's gonna be pretty poor. So the worse your balance is, the worse your cognitive, you know, score is going to be, the better you improve your balance, the better cognition you're going to be.

Because of this, what deals with balancing coordination is dopamine and what deals with coordination dopamine. What does a cognitive function. Dopamine.

So you fix the balance. And then on top of that, which is pretty cool. Checking out vertical eye movements. Parkinson's patients have got low dopamine.

They take a medication to, you know, upregulate that. What can't they do very well vertical eye movements. What happens to their posture.

Nutrition, Testing, and Environmental Factors

They lose their possibly the cervical tone. Well that all goes back to posture regulation which is coordinated regulation which actually looks at, you know, the cerebellum and the vestibular system.

This is how cool. Like, you know, the neurology then wrong with you, aspect of, of neuro stage and even applying it to chiropractic it all, you know, it kind of meshes and goes hand in hand.

Oh it surely seems to and that's what's so that's what's so brilliant about this, that it fits together so neatly. So let me ask, can you intervene at the balance level if you improve some of these balance, there's also improved cognition.

Or do you have to improve the brain function. And then the balance response to that. Absolutely. You improve someone's balance. You're going to start improving cognitive function.

And we see this too. So we have you know we have neuro practitioners. We have, neurosurgeon nursing homes. And that's what we're seeing is that, hey, look, from a cognitive standpoint, you're sitting there trying to make them play cards and, you know, play pegs or trying to count, but start really work on improving their balance.

What's going to happen is, is their cognitive improvement is they're going to start cognitively improving. And we're seeing that okay. So do you find that some of the more mainstream methods of improving balance, yoga, martial arts, you know, calisthenics, do you find that those also influence and, improve brain function?

We have the brain. Absolutely, absolutely. So, because those are things that doctors in the field are typically more familiar with than some of the more exotic things that you've come in contact with.

Obviously, we would prefer that everybody is as expert as you are, but it's just not likely that they're going to be willing to put in the same, the same time and energy that you do.

That's why I'm digging for simple things that doctors can implement immediately based on the concepts that you're teaching, but using strategies that are very simple.

Now, what exercises are typically, unhealthy for the brain? Are there things that people shouldn't do because it interferes with their ability to balance and coordinate?

Yeah. Well, I mean, I think that, you know, kind of beyond that too, is even playing like violent video games. I, I, you know, there's a lot of research on that now that still have some pretty detrimental.

And that's kind of where people have asked me and say, hey, what about video games? And I was like, you know, video games, just like everything could be beneficial.

It could be bad, you know, violent video games. I felt like, you know, it's not you know, it's definitely not good for the brain, but just people being sedentary.

And so it's not good for the brain. I mean, the brain. Again, like I said earlier, it really thrives off of stimulation. And and again, what I see people is, you know, everyone's stand on their cellphones and now they have the kind of posture, neck.

Yeah. And that's pretty bad for the brain because now you're not getting oxygen to your, you know, your brain. And now you're seeing this huge increase in patients who have sleep apnea and have to wear the CPAp machine.

It's like, where's that coming from? They've lost their cervical curve. Those patients typically aren't you know, routine doing wellness chiropractic and eventually now they start doing chiropractic and they start, you know, seeing significant improvements with their, you know, quality of life and their sleep patterns and oxygen.

But people just don't move. And again, they're texting people, I say, what really, I feel like what really can, can really hinder people's balances if you start testing.

So like, I do a lot of, testing in my clinic and, what I find is, is that patients from a dietary standpoint that can have a huge impact on people's balance and coordination is what's what's what specifically?

Well, it's just this think about if you're going to drink a lot of alcohol, what's going to happen to your balance. You know, that you get pulled over.

They're going to check. So now they're finding out there's certain foods that could actually trigger, you know, certain aspects. There's, doctor that's crazy and speaks on is that, you know, that patients, who have like multiple cirrhosis or autoimmune diseases, they have to be very cautious on eating certain foods, because the immune

system can actually up regulate it and start tagging certain foods.

And those foods actually have what's called molecular mimicry, where certain aspects of the brain or the body that, you know, they share the same DNA as certain foods.

And so your immune system up really eat this food. Boom. Your system tags this area. It could be the cerebellum. And I see that a lot with patients, you know, with gluten, people that, you know, have multiple cirrhosis.

They have balance issues. They're dizzy, they eat gluten. And then for 3 or 4 days they're, you know, can't get out of bed. You're super dizzy. They get off of gluten and then boom, now they're starting to have, you know, improvements.

So it seems like many of these sensitivities are individualized. Are there any across the board, bad actors that people should just always avoid? Well, I mean, I'd say that really, as in food or you would talk about just like, activities.

Well, I was talking about food, but it could be either. Oh yeah. Well, you know, I'd say stuff with MSG especially have a brain function and you're eating stuff that has seasoning with MSG.

You know, glutamate is an exciting toxin for the brain. And so if you have, you know, involuntary movements that can make you start making, you know, more, give you headaches.

I, I'm in if you live in United States, I feel like, you know, gluten is definitely something to try to avoid. You know, I've been on a gluten free diet since 2013.

And again, I went on that based off of feeling like, you know, crap after having a concussion and, it jacked my system up. And I mentioned that, you know, again, when I talked to you guys last year.

So I think gluten is probably, in my opinion, probably one of the worst foods or food groups that you can eat. I can go to Europe and I go all the time, and I love eating pizza and pasta and have no issues.

But if I eat something like that here, I feel like I start having kind of histamine. I kind of feel like I get a little bit inflamed and kind of start itching it, having some kind of aches and pains. So gluten, MSG.

So do you think that that's kind of because of genetic modification, that it's more okay in Europe than it is here, or what would the reason for that?

So what I feel kind of is maybe a culprit is, you know, we have I do a lot of environmental toxins and heavy metal toxin testing. And I find that majority of patients that we do do that, have glyphosate, which is roundup.

So the question is, is where is this stuff coming from? So I think if you're eating a lot of wheat products, you know, they actually have like Roundup Ready, seeds and stuff like that.

And that could be a contributing factor. And then people say, what did that do on organic gluten? Then I'm like, well, you know, it's typically grown in the same vicinity.

It might share the same irrigation canal. So, you know, there could be, you know, pesticides that are sprayed on one field that actually, you know, runoff gets into the water sources that can go into the organic field or you have wind and Mother Nature comes through it.

Have a wind, and it picks up seeds and it transplants these things into another film, and you get cross pollination. And so that could actually, you know, have an impact.

But so yeah, I think that, you know, GMOs and pesticides and stuff like that can have an impact of weakening, you know, your digestive system, which is going to feed the brain.

Geez, I got to say, that's pretty terrifying because I do my level best to stay, organic and 95% GMO free. And, you know, the the concern that there may be some cross pollination or some irrigation, confluence is it's, kind of unsettling.

But, yeah, I it's not the only thing that we do to keep ourselves healthy, though, with all the things that we do, we probably have a pretty good chance of remaining consistent.

Well, you know, unless you're testing. I mean, that's what happened to me is, you know, I run labs on myself pretty frequently. And, you know, I was actually going to the store, it was a juice store.

That was right by my house. And I, you know, pretty much 98%, maybe 99%, you know, organic. And my glass fat levels were like nine point something, and that's like, super high.

Anything like above, like 2.6 or threes, you know, considered high. So I'm like, where in the world is this stuff coming from? And again, I'm just doing conventional juicing.

And that was the only thing that I would say that I was doing.

Future of Chiropractic and Closing Remarks

You know, on a, on a bad standpoint. And, yeah, I mean, it's kind of scary to see that, you know, I was even personally myself. Well, look, I mean, Kyle, it's a reason why the overall health of the population is so poor because we're doing so much to keep ourselves healthy, and we might have an injury or might have a glitch in our diet.

And, the fact is, we're doing more than just about anybody, and we're still subject to it. Imagine the poor guy out there who's trying to hack their way through, who's living on cheeseburgers and pizza.

First, this has been such a rich exchange. And I, I want to make sure that we squeeze all the juice out of this because, I want everybody to be embracing the work that you're doing and using it on a regular basis.

You mentioned running blood tests. What kind of blood panels that you run, what kind of blood chemistries do you typically run on a patient as a screen to find out what's going on with them?

Yeah. Well, there's a thing out there for if you want to think, if you want to run like a neurological panel, which is one of my favorite things to run, there's a company out there called Vibrant America and they have this panel out there.

It's called a Neural Zoomer Plus. And it's great because it looks at the blood brain barrier status to making sure that, you know, patients who, you know, might be having autoimmune issues, they could be eating certain things, or maybe they have like an infection or something.

You want to make sure that barrier solid, or you might have someone who's having issues where, you know, they're having these weird physical or twitching going on, maybe that, you know, now they're having an issue and, you know, one of their dopamine receptors.

So I love to run that, kind of a standard thing. I love to rule out mold. I find that mycotoxins is something very, very common to see. And I'm in southwest Louisiana.

But I work with, you know, doctors all over, and I see that, you know, that's kind of a common stuff, too, is that, you know, we have air conditioning leaks.

People, actually, you know, I had a little kid one time who, he started having developmental issues and coming to find out he had a cat, a huge, black mold infection.

So testing for mycotoxins, checking for heavy metals and environmental toxins. You know, it's just not uncommon

to see that, you know, patients are around, paint.

I've seen patients who've been diagnosed with ALS. They actually, my opinion probably been misdiagnosed because they have led, you know, high levels of lead in their system.

And so it's kind of cool because here's this horrible diagnosis that someone gets. But the question is, is why do you have that in the first place? And if you have these heavy metals where is embedded and stuff in the fatty tissue, which is nervous tissue, a nervous system tissue.

So that's cool for us is that we can actually, you know, recommend diet modifications, supplements and stuff to get rid of that. And as you can see, you know, it's one thing about me that I like to I'm all in and I want to give as many, you know, as much knowledge as possible and, you know, for, for my, you know, my part in the, in the something is, is I'm always going to overkill.

I just, you know, there's no, there's no hiding anything. I, you know, I want everyone to be successful. And really, that's, you know why? You know, neurosurgeons built.

Just because I started seeing all these awesome results. And, you know, I have a very, you know, a prominent practice, but it's just like, hey, you know, what's it good just being in Lake Charles, Louisiana.

So let's get this stuff all out to the world. And, you know, my goal as a professional is, you know, chiropractors. You know, I feel like we kind of get put on the backburner, but we're very bright, intelligent people.

And I do feel that, you know, we have the key to health. And, you know, my goal was to just find out, you know, amplify everyone's practice by just using this additional, you know, sensory stimulation or functional neurology to try to help, you know, enhance that.

So, or these guys don't have to go out there and, and pound and do 150 hours a year and study it. It's just like, hey, look, I'm trying to give you a gift that can really, you know, be a turnkey for your practice.

Well, I sure hope people pick up on your amazing generosity because it's no question at all to the end, all to their destiny and the destiny of the patients that they serve.

You've mentioned, Doctor Melillo, you've mentioned Doctor Khorasan, who are some other of your heroes and influences and why? Yeah, I got to give credit to Doctor Brandon Brock.

You know, Doctor Brandon Brock, he practices in Dallas, Texas. He's a really big TBI guy. He's really big into immunology. He's actually a business partner of mine and Brain Chatwood, along with Doctor Ryan Cedar Mark.

But, yeah, I'd say doctor to is crazy. And Doctor Robert Lowe and Doctor Britton, and doctor Brandon Brock. Those are probably my top three guys that I would say that have really been very influential.

And then, you know, on the spin off of that from, from kind of like a personal development meditation standpoint, Doctor Dispenza you know, I love Doctor Dispenza.

You know, it's really cool his you know, I actually was doing his self-healing meditation going through this really toxic mold experience that I went through.

And, and then I love Dave Asprey to what, you know, he's definitely a doctor, but they've asked for is is is incredible guy. And, you know, again, from a remote experience I can kind of relate to about, you know, that.

So yeah, those are my heroes, man. Fantastic. Fantastic. Well, you brushed up against my last question just before, but I'd like to hear you elaborate on it.

You've got a tremendous vantage point on the profession. You know, I've been a chiropractor for 43 years. You

probably aren't 43 years old, so I got not nine years in.

Yeah. So there you go. Yeah. So, you have a remarkable opportunity to project what you believe the future of chiropractic is going to be. When you're my age and you look around our profession, what do you expect to see?

Where is our profession headed, then? I really feel like we should just be more integrated in. And I just think that, you know, we should in my opinion, limit ourselves.

And, I get I feel like the more tools that we have in our toolbox, you know, the more that we can help patients out. So I think being more integrated, more diverse, I think that the more complex that we can get or comprehensive, like I said earlier, is running laboratory testing, you know, you can really benefit patients.

And then from a financial standpoint, too, it also it helps, you know, bolster your, you know, your financial life. You know, you can take more vacations, but overall you're helping patients out.

So I think in the future I like to see chiropractors really become, you know, really what we say we are is really a holistic dollar. We're looking at doctor looking at, you know, nutrition.

We're looking at running laboratory testing. We're looking at making sure people have good spinal health. And then most importantly my opinion is brain health.

And so I think that's kind of, you know, we're doctors is a nervous system. And, you know, what's going to control all that is, is our brief. But our spine has a lot of stimulation to the brain.

So it's just like, yeah, you know, I just feel like we need to be more comprehensive. And that's kind of, you know, my goal was to just say, hey, look, you know, I have this software company in this program that really can enhance the brain's function.

And you guys do exactly what you do is just, you know, do your manipulations and nutrition or whatever else, you know, acupressure, apply kinesiology, a different type of, you know, techniques.

But here's this, you know, additional stimulation that you can use. So, you know, I think, you know, becoming more overall kind of a comprehensive, you know, wellness is what I really hopefully in the future it's going to be fabulous.

Fabulous. Well, you have been, a beacon in the darkness. You are exposing doctors to ideas and concepts that if they can find a way to integrate them, they're going to have so much more impact on the people that they that they touch and serve.

It's been an absolute delight to have you in our summit. Thank you. Kyle Daigle, a rising star, a brilliant young man. Thank you so much for being with us today.

Thank you, Doctor Dennis, for the opportunity.