Pressing RESET and Healing Forward Transcript

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Introduction to Original Strength

Hey everybody, Dr. Rob Silverman here. Proven Health Alternatives. I've got Mr. Tim Anderson here, I'm excited to share some insights with him. He is the creator of Original Strength System.

The mission of the Original strength is to spread the hope and strength of movement to everybody in the world. You're gonna teach everybody today how to press their reset button, correct?

That is hope, yes sir. So my question is, what is original strength and how did you come about creating this? So original is strength is basically the strength we were born with.

And I stumbled upon this because I was being a knucklehead and overtraining myself as a personal trainer. Instead of allowing my body to recover and rest, I started learning how to do corrective exercises and stacking that on top of my training.

And, but I wasn't fixing myself at all. I mean, in fact, I was still getting, you know, my overuse injuries wouldn't go away, But they were occupying all of my attention.

Cause you, know once you hurt, You kind of just focus on it and it just kind Of consumes you. So it had all Of my intention. And one night I Was just feeling kindof sad and oppressed.

Um, and I asked God to show me how to train to be Bulletproof like Superman, Because I'm, My whole life I've been a big Superman fan. And within two weeks, I picked up a book on learning disorders in children called Smart Moves by Carla Hannaford.

And God just kind of connected the dots for me and showed me how wonderfully designed the human body is. So that's basically how I discovered original strength.

So original strength. What I love about what you just said is strength we are born with to really tap into our genetic potential. Now, one of the things you said, it feels good to feel good also, which means that you can move well.

And that's really funny.

Movement Patterns and Resetting the Nervous System

I wouldn't call it an epiphany, but I had a moment yesterday. You know, everybody knows I'm 59, looking at 60 in September, and my schedule is a little hectic, I guess you could say I've been a bit tired.

One of my friends came up to me at a seminar and said, Rob, you know I don't want to use the word accelerated aging, now I am a vain guy. You say that, it was a shot over the bow.

But it's kind of interesting in that yesterday I was dragging in the office and that moment came when I went and you know I have a postural disorder and I started to do some exercise and i got up and literally I felt 20 years younger like so there are those push-button moments yes everybody needs to see now I don't know if the man upstairs was listening and said hey Rob I gotta give you some energy because you gotta you need to go fix some people but original strength so let me give a definition kind of interesting in that I almost went to AI to get it.

So this was put together for me. It's a movement-based system designed to restore and optimize the body's functional patterns of mobility, stability, and strength.

Before we go any further, let's differentiate mobility stability and strengths. Oh, man. Okay. For me, they're all the

same thing because they are all expression.

Um, so you can't have mobility if you're, if, you don't, have stability. And if he don' have. Stability. You can have, mobility and really, So you, can express your true strength potential when you look, when, You're lacking those.

Um I, I think the human body is just a, it's a big expression suit. And all of those qualities of expression dance together as one whole thing. We like to compartmentalize things out and tease things and look at them separately.

But the truth is, is we build them all at the same time. Wow. Outstanding. So your original strength is based on the premise that a human's beings are inherently designed to move well and that reclaiming these primal movement patterns can help prevent or reverse pain, dysfunction and physical limitation.

Take the baton and run with that. Yes, sir. So all of us were born with a movement sequence, like your developmental sequence. And that movement program that we came into the world with was designed to help us build our brains, our nervous system, entire body together, so that, we could live life on two feet and live amazing lives.

The thing is, is we don't ever lose what we're born with. I know you've heard, and especially you, because I'm sure you help your clients with your patients, use it or lose it.

Well, that is true in the nervous system, you can lose, what you don't use, unless you were born, with it, if you came into the world with It's not yours to lose, it's yours and to live in, right?

So we are designed to life in our developmental sequence, which is pretty much just our foundation of movement. We're designed breathe a certain way, we're design to move our eyes and our head, for a gait pattern where opposite limbs mirror each other.

we were born with these movement programs and nervous system when we come into the world. And if we engage in those programs, they do for us as adults, just what they did for as children.

They help restore our brain, tie our brains back together. they help sharpen our nervous system and they connect our body back again. So it's so neat because no matter how old you are, if you engage your design, your body starts healing and repairing itself and optimizing its ability to move just like it did when you were a child.

Amazing. You know, when you speak about the central nervous system, chiropractors are central-nervous system experts. Interesting in that, as you said, it will basically remember or be able to have access to everything you were born with, but it also remembers every incident, both good and bad.

Like, I can't remember at 16 that I had the flu. I'm sure I did, But my central nerve system does. It's kind of like muscle memory. it's not really muscle-memory.

Its central nerves system memory, So trying to segue into the idea of what does it mean to press the reset button? So when we press reset, all that means is that is engaging in one of those movements, those pre-programmed movements that you were born with.

It might be engaging and the way you are designed to breathe. it might. Be engaging. In your eye and head movement, the. Way you're designed. To move your eyes in your head or to just to have head control.

Basically a lot of people go through the world without, without head. Control where their head is forward. their posture's not right anyway. And it can also be engaging in your gait pattern, the way you're designed to.

So we are made with four limbs, and it should take four limb for us to fully engage in our gai pattern. And when we do those things, what happens is, for one, we tell the brain that everything is good, I am safe.

And, when the brains feels like you're safe, it does not have to inhibit your body from moving.

Breathing, Head Control, and Rocking

So, many people are hurting or they're tight or restricted in their mobility and their strength expressions just simply because the brained doesn't feel safe enough to allow them to turn it loose, to express themselves the way they want to because brain wants to govern you and protect you.

But when we live in our design, the brain's getting all the information that it's looking for, and it feels pretty safe. So it lets you move. And that change happens in your body at the speed of your nervous system.

That's why we call it pressing reset. Because the moment you tell your brain you're safe by breathing the way you designed, your system immediately gives your feedback and allows it to express itself more optimally.

Absolutely. The central nervous is the spine and the when we treat people in the office, we adhere to a very similar philosophy that you do in that we always up-regulate the brain.

That's the last thing we do. It's kind of like pressing the save button when you work on your laptop. I hear my wife every time saying, Rob, press the Save button.

All the work, all the treatment, and all of the training you did gets washed away. So, big kudos to you. What are your five big resets? So the five the resests are for us in original strength are breathing the way you were designed, number one, having control of your head, activating your vestibular system through your eye and head control, rolling on the floor, learning how to roll and become fluid again, rocking back and forth on your hands and knees, and then crawling on their hands or knees.

or just engaging in your gait pattern in general, but we just say crawling. So your core principles of original strength are breathing, you know, restoring the diaphragm.

So that phrenic nerve and breathing. Well, how critical is, we were talking about having a guest on before we came on, and I'm gonna have a guests come on and really talk about the physiological side, the ability to engage the vagus nerve to get that parasympathetic system to calm the person down and have more rest and digest moment.

So, you know, control your breathing. My trainer comes over and I'm trying to deadlift him, holding my breath. And he's like, can you breathe, please?

You know, breathing is the quality of serenity, if you will. Head control, could you go in a little bit more detail about that? Because people think like it's a bobblehead.

So we're born in the world. This is a most amazing thing about the human design to me. Humans are the mammals that are born relatively, fairly helpless with a big giant watermelon head.

And programmed in all of us is their writing reflex, which is designed to get the child's eyes and head up on the horizon. And what was really neat about that is that the child's head weighs 33% as much as his body does.

So like for a hundred pound person, that would be like they have them having a 33 pound head, which is almost unimaginable. so this child with that big giant watermelon head and his riding reflex day in and day out learns head control by getting his eyes and head up on the horizon, right side up world.

And every single muscle in his body, especially his center muscles or his core muscles, are attached to that head being held on the horizon. So a child develops exquisite head control when they're learning how to tie their bodies together and get up on two feet.

Adults learn to lose exquisite head Because we get sedentary and then we in this world where we're looking down or we are always looking at a screen or in the old days, I would say maybe a book.

In the new days it's a tablet or a screening or whatever. And we wear glasses and we live inside of our frame of

reference. So we don't move our eyes through full range of motion anymore.

We don''t move her head in our neck through four range emotion anymore, we've gotten really good at being still. But if every single muscle in your body is attached to movements of your head, and you no longer move your hand, you're kind of like, Weakening the reflexive connection throughout your entire body between your head.

So regaining head control, being able to hold your eyes and head up on the horizon, be able move your ice and hit through full range of motion. that really actually helps tie your body together.

Not only does it help restore and activate your vestibular system, but all the reflexive connections between your the cellular system and the rest of your, body get restored as well.

So real big takeaway, you're talking about moving your head because most people move their neck. Yeah. Or, or they don't even control it. They're like, like you can see a person like they moved their net, But they're really not going into flexion.

an extension, like their heads just kinda hang in there. Like, and so, I don't know, we can, the human body's amazing at compensating and doing other things.

And it always gives us what we ask it for. So if we don' ask for anything though, it doesn't give us anything. But if ask if for mobility and stability and range of motion and the ability to move, It will give that too.

That's really the easiest way to live your life well and to feel good all the time is to move and live in your design. And part of that is, is actively, you know, engaging in the eye movement, full, and engaging your head movement.

Absolutely. Rocking. Why don't you go into a little detail on rocking and cross crawling? So rocking is like, so everybody that has ever seen a child on their hands and knees will probably notice that they've seen the child rock back and forth and maybe even laugh and giggle while they're doing it.

They're really, they are preparing themselves to crawl. Whether they end up crawling or not, rocking, is kind of like crawling before you crawl, But what it does is it teaches your stabilizers in your shoulders and your hips how to stabilize the joints so that your movers can move the joint.

But it also sets your posture. So because the child has that riding reflex when it's on its hands and knees, the head is on the horizon. That's where we get our cervical curve and our lumbar curve from.

So that's really where we develop our posture as a child. And as an adult, that where's we can return to, to try to restore our postures. So posture is more of a, it's an expression.

It's more a reflex. That's not a position that you try hold. Its a positions that express. Um, and it gives you a great sense of the state of person's nervous system.

Pain, Rehab, and Training

Anyway, when we get on our hands and knees and rock back and forth, We're restoring our posture, we're teaching all of our joints how to dance and play together as one whole body, like all the major joints start moving together, the shoulders, knees, hips, ankles, wrists, pelvis, spine, they all learn how dance together.

It's like taking all instruments in the body and making a symphony out of it. And the other thing it does is it soothes your soul and your emotions. And every mother knows this.

If your child is crying and you're trying to calm it down to soothe it, you rock it. One of the easiest, best ways to suit an adult and to help regulate their emotions is to get on their hands and knees and rock back and forth.

So it's not just good for the body, it is good to your souls. I love the metaphor of The Symphony. It has been stated,

if we can appreciate that pain is a protective device, It is not a measure of tissue damage.

How does that fit in with original strength? Oh my gosh. So that's beautiful. Like, so pain does not mean damage I like to say that pain may mean, Hey, your brain's not feeling safe right now.

Maybe it's trying to get your attention to tell you that something's moving or you're not doing something that maybe you should be doing. Um, So in original string, we try not to move into pain because pain Again, the brain doesn't feel safe, but we can move up to the edge of it and flirt with it.

Like, let the bring get comfortable with us just hanging out there, trying to get the know the area. And what's wild is, is if we get to edge pain and we just start breathing in our design, we could sit right up beside pain, and breathe the way we're designed to breathe and tell our brain that we are safe.

A lot of times, that barrier of pain will slide further away. And we'll learn that we can move a little bit more. We have more range of motion and now our brain feels safe enough to let us to, to move more and express ourselves more, and over time, if not for some people, it's weird for.

Some people it is immediate for other people. It just takes more time. But over the time you may find that you're able to push the barrier of pain all the way away and that.

your knees don't hurt anymore, your low back doesn't hurts anymore or whatever was aggravating you is no longer aggravated you because your brain feels safe because you're living in your design and giving it the information it's looking for.

Outstanding. I have another one for you, trying to get you backing up a little bit if you will. Rehab versus training. Both rehab and training are progressive overloads.

They adhere to the side principle. They both increase strength and they both increased resilience. The only real difference between rehab and training is the essentially higher level of weight or intensity.

From an original strength standpoint or pressing reset, if I were looking at those two, I would say Rehab could be considered living in your design so that everything is moving the way it's supposed to.

Everything's functioning properly where you're getting rid of your compensations. And again, if we just move into the movement or the Movement Program we were born with and had that as our foundation, Pretty much everything moves great.

Your body can fully express itself. You're brain feels safe. There's no inhibitions placed on the body by the brain. From a training standpoint, once you're moving well, well then you can add other qualities to your body that maybe you want to have.

Maybe you wanna be stronger, maybe wanna poetic like a ballerina in movement, poetic in movements. And so then you can start stacking training on a very solid foundation of reflexive strength or solid movement foundation.

And then all the skill acquisition and the training that you want to add to that becomes easier. You just have better access to your strength, better to access your flexibility and your mobility.

The crazy thing is, and you already know this, Dr. Ra, but the better you move, the more you think and feel, So when you have your foundation of movement and your reflexive strength, you just feel better and think better as a person.

So you're more creative. You can solve problems better. Like everything about you functions optimally at that point. Does that answer your question? Oh, yeah, that's great.

That gives a lot of layers to it. You know, it's funny you say about movement, everything is better. We are in the

longevity era, the insightful conversation of the last three years.

And one of things that I really hear nobody talk about, we all talk exercise, muscle mass is a longevity organ, Gabriella Lyons, etc. But nobody talks about movements.

as a critical screen for longevity. I just saw somebody on the internet try and do a, they call it the longevity test, where you stand on one leg and that one, the foot that's up, you have to now try to put your sneaker on and tie the shoelace and try the other side.

And I fell on my buttocks trying to do that. So that was a little disconcerting. But I believe that we should put in the idea of screening and movements into our longevity armamentarium.

I do not disagree at all. Some of the things like the test, the strength test that they're using for longevity have less to with strength and more to the state of your nervous system.

Here's the thing, in your body right now, anybody listening to this, you have more than enough strength in you body, right, now to live your life the way you want to.

But what you may not have is access to that strength. Again, because your brain is an inhibition organ, and if it doesn't trust you with all that power you've been given, it's going to govern that powers so that you can express it or experience it.

And this is kind of gross to think about, but you got enough strengthen your to break your own bones and pull the tendons off your bones. If you were to be electrocuted, that would very well probably happen.

You just don't have access to it. So really what we need for longevity, especially if we want to add muscle mass and not have sarcopenia and all these other things that we're talking about in the longevity space, the better you move, they easier it will be to have that muscle mess and to also do those other themes.

But again, it's like, so standing on one foot or sitting down and standing up from the floor without having to use your hands is a point of like that's a longevity test as well.

Yes, there's strength involved in that, but really it is the access to the strength that you already have. And I think that what we're missing is most people, you can splint something or you address a symptom, if you don't get to root of it, then you're leaving a lot on the table.

So you can look at somebody and say, well, they can't get up and down from the floor easily. They lack strength.

Longevity, Access to Strength, and Daily Resets

Yes, but really what they lack is the access to their strength, so if you gave them a weight training regimen, that may not be the best thing for them, and it may get them there eventually, But you could get there a whole lot faster, maybe even within a day or three, if help them press reset and get access the strength that's already inside of them.

I love that point about accessing your strength, accessing, your balance, let's say, accensing and mobility, flexibility, they're all intertwined. So we've made a great longevity statement.

I'm gonna add it into my presentations. Now you made really, really good point also about the idea of training. Everybody has to train. My question to you is, how often do I have to reset?

Okay, so that's the million dollar question. So if you look at the design of the human body, we're born breathing a certain way, right? So there is an optimal way for us to breathe.

Well, how often should we breathe that way? If we breath the way we were designed to breath, were essentially

pressing reset on our nervous system and allowing our body to optimally express itself.

And so everybody wants to know, well, how many reps, How many sets, many days a week, blah, but the thing is, is well you're designed to move this way.

Always. You're assigned to engage in your movement design always. So technically every breath you take should be a reset, could be reset. Every step you.

When you engage your gate pattern and you swing in all four limbs together should. How often should somebody do it? all day long, every day for the rest of their lives.

Like we should go around with our tongue on the roof of our mouth, breathing in and out of out nose. We should be able to feel our lungs up from the bottom to the top with every breath, unless there's a tiger chasing us.

Um, we shouldn't be to move our eyes and our head and keep our heads level with the horizon. All the time, We Should be Able to engage in all four limbs moving when we walk or run all the Time.

And in that sense, If you live in your design, you're always pressing reset. Now, short of that, if you just can't do it and you need a regimen, 10 minutes a day, every day will still take advantage of your neuroplasticity and tie your brain together and create wonderful myelinated neural connections that will not go away.

that you'll never lose if you engage in them. And so something as simple as practicing how you're designed to breathe two minutes a day, practicing moving your eyes and head two to minutes today, practice rolling on the floor for two minute, rocking on your hands and knees for 2 minutes, and crawling on you hands or knees 10 total minutes every single day and you will move and feel amazing.

Well, I know what everybody's going to say when they see this live. They're going say, that sounds great. But do you have any examples of these movements, like a video that I can access?

I do. I have, 972 videos on YouTube. We'll put it in the show notes. Tell them where they can't access it. If you go to YouTube and search for original strength or the original YouTube page, there are over almost a thousand videos, maybe even by the time you see this, there might be a 1,000 videos of rolling, crawling, rocking, breathing, head control movements, and then some other fun things.

So let's do a little rapid fire. You know, you're from the South, so I'm gonna make you move a bit quicker. My New York isms give me rapid fires, So strap in.

Let's get that spell tied. Here we go. Goals and benefits. Number one, You wanna reclaim your movement patterns. Yes. And all you have to do to that is breathe the way you were designed to breathe.

Learn how to nasal breathe, learn how keep your tongue, if you just learn to keep tongue and roof of your mouth, change your life forever. Um, and then learn How to use your diaphragm to fill your lungs up from the bottom to the top.

If you don't get anything out of today's anything else from today, If he just do that, your Life will improve. So nose breathe, not mouth breathe. Because that's the way we were supposed to do it.

It filters all the toxins out. Yes. When we nose breath, we expire air appropriately. 70% of the toxins that we expire come through our air, expired air.

And put your tongue at the top of your mouth. Outstanding. Restore reflexive strength and stability. All you have to for that, again, is live in your design.

Again, just a little is two minutes a day. If you just got on the floor and rock back and forth on your hands and knees for two minutes a day, if that's all you did, which is ridiculously easy to do, by the way, you will restore your reflexive

strength.

You'll teach your stabilizers how to stabilize your joints. She'll teacher prime movers, how do you move your joint? You reset and restore posture and you'll soothe your soul.

and it's so ridiculously easy that you might even want to do it two or three more times a day, and then you're pushing six minutes a, oh my gosh. And it is so easy to every day.

But if you do, the proof's in the pudding. So you don't just listen to me. If you try it and you it for 10 days, you are going to feel a difference. Wonderful.

More than likely. We're all different. Some people's mileage may vary, but more than like you will feel different, I can attest to that. Enhanced coordination, mobility and posture.

Again, so rocking is also really great for that. But another one that is really, really good for coordination, mobility and posture is crawling on your hands and knees.

Just get on you hands, knees and put your eyes and head up on the horizon and crawl. Let your opposite limbs learn how to move together, mirror each other.

It's great your brain and it's for connecting your body. You want to try and reduce chronic pain or compensation patterns, which will lead me into another question.

To reduce chronic pain, I would always start with breathing. Let your body know you're safe. Make sure you breathing the way you were supposed to breathe.

And by doing so, you'll let your brain know that you are safe because you gonna take your nervous system from fight or flight, which is survival mode, down into rest and digest, what you can look at as the rival mode like where you could thrive.

And if your brain is always scared and it's always thinking there's an emergency and there are always alarms and bells and whistles going off, it may be, It's going to feel unsafe.

And that may one of the reasons why you're experiencing pain. Now in the movement world, there is two screens out there over the last 20 years. Functional movement assessment, functional movement screen.

They usually adhere to a super seven, you know, squat overhead squat, one-legged stance, push-up, core training, et cetera. How do you compare and contrast with that, with what you are doing?

So for the, I actually had the fortune of well, well I used to be a firefighter and I was on the fitness work team and my job was actually to conduct the functional movement screen on entire fire department.

And so I got to perform a few hundred functional move, movement screens on, the only fire apartment in my town. It does take people through those movements, like you said.

And what the functional movement screen then does is it kind of scores the movements. The higher your score, 21 is the highest you can get, the higher you score the better a mover you are.

In the lower your scores or the more asymmetrical your scoring is, then you kind go into corrective exercise mode. And the FMS is a great screen. And what Gray Cook has done for the movement community is just amazing.

But what I learned from doing that, my biggest problem with the fms was, and it's not a problem because this is me thing, it was a me. I always felt bad after doing the SMS on my peers because they felt that.

Practical Demo and Final Takeaway

Like, cause everybody wants to be perfect, right? Like when you get tested, like, and if it's a movement thing, I mean, if you tell me the highest I can score is a 21, Timmy wants a score of 21. You know, anything less than a, 21 I'm going to just like think, how can I get to a twenty one?

So I did like again, hundreds of those screens and sometimes people would just feel bad, you know that they weren't perfect or that maybe they had an asymmetry and they just, they didn't feel good.

And so I didn' t feel And with the OS, we don't score anything. The thing about OriginalStrength is no matter how you move, you're moving good. So with Original Strength we start from good and then from there we just try to reach for better and best.

And best being what is optimal for you. When we do an Original strength screen and assessment, there's no score, but what we're doing is we are trying to look at how easily can you access your fundamental developmental movements.

Because if you don't have access to those, nothing else matters. So we're just looking for, can you press reset easily? And if can't, great, we'll good.

We're gonna start from right there and we gonna teach you how to press Reset. Which means is, maybe we just gonna to teach how you breathe, help you remember how your designed to breathe and were gonna go from there.

That's really the biggest difference. And I learned so much about movement from, from the FMS and from Grey Cook and his book movement and stuff. And he talks a lot about the developmental sequence in those as well.

So I, again, I don't have anything against it. It's just that when I'm looking at people, what I have learned is, is if I teach them how to press reset, it doesn't matter what their score is because their scores instantly changes at the speed of their nervous system.

So if, if somebody's missing something in their developmental sequence and they suddenly start doing it, they certainly press the reset button, everything about their body is going to move better and differently than it did five seconds before.

It is literally like a reset. Your body responds so fast at this speed, your nervous, which is over 300 miles per per hour, and it doesn't take long for a nerve signal to go from your ankle to your brain and back to ankle.

So it's like that. And so that is the most beautiful, wonderful thing about the human body is that it is capable of change in an instant. It's such an amazing design.

Yeah, it's a millisecond. It is unbelievable how fast it is. And, you know, I pose a question about the screen. I was also trained in a screen and I think the green has its positives in that it will really show you what's wrong.

I think the problem with the screen was that there's no intra-examiner reliability. So that number system that you talked about, you and I may look at something and may think it's a three, and you may it a two.

When we communicate with each other about the client-patient, we may not be on the same page. That said, I really like what you just said about resetting the nervous system and just here are five basic ideas, five basically movements that every child does.

And I'll tell you something, if you're an adult and you go home after listening to this podcast and try and rock or crawl on ground, it's gonna be quite challenging.

I agree with you, breathing. even changing how you breathe. I mean, right now, breath work has grown vastly in our worlds with the taping of the mouth.

But here's the big question. My buddy from Geneva, he always says, Rob, I listen to your 45-minute podcast every

week. He typically asks for three takeaways.

We're not gonna do that. And I'm gonna ask you to give him one takeaway right know that will immediately make an impact on his world. All right. The one takeaway, uh, first know this, you're not designed to be weak, frail, fragile, or broken.

Your body's designed a heel and be strong throughout your entire life. If you live to. 123, your body is still designed. And you still design to enjoy a quality of life and one of the easiest things you can do that takes almost zero energy to get there or to put you on your way to there is place your tongue on the roof of your mouth.

And if you don't know where that is, just swallow and feel where it goes and then do your best to keep it there forever. Because it makes everything about how you move better.

Fabulous. Could you just go through a few things so everybody could do it so when we get a comment section, everybody tries it? Tell them how to do and give them an exercise and walk them through it.

Yeah, so let's look at breathing real quick. So like I said, you want to put your tongue under your mouth. If you swallow and feel where your tone goes, that's pretty much the home position.

Keep your time there. Now close your lips. And if you wanted to take your hands and put them around your waist. For those that you can see, it's like you're standing like Superman where you thumbs are almost on your kidneys and your forefingers wrap around up to your belly.

and you wanna breathe deep down inside your fingers, like you're trying to move your finger with your breath. So in and out through your nose, tongue's on the roof of your mouth, and your standing like Superman, And you trying move you fingers just gently with you breath, If you get really good at this, you just gonna feel good.

Everything's gonna move better, You're gonna to feel better. You gonna feeling calmer, more creative, And this is how you're designed to breathe. In and out through your nose, tongue out of your mouth, filling your lungs up from the bottom to the top.

That's it. There's your two minutes. Goodness gracious. And that really impinged on my day's schedule. Just being a little facetious. Again, everybody, Tim Anderson, creator of Original Strength Systems, author, speaker, movement coach.

You've written several books. I love your motto. It feels good to feel good. And you wanna help people learn how to feeling good in their own body. So I don't need to put on 20 pounds of muscle mass to fell good, I've got it all in my central nervous system.

Its innate, if you will. Is your birth given right? Yes. Fabulous. Love it. Bring it back to the original primal reflexes. Everybody original strength, Tim Anderson.

My name is Dr. Rob Silverman. Always yours in health.