# Rewiring Your Brain To Heal Chronic Inflammatory Conditions Transcript

(Transcripts are generated by AI and may contain errors)

## Introduction and interview overview

Well, welcome back to the conquering Chronic Inflammation Summit. I'm your host, Doctor David Jokers. And today I've got the honor of interviewing Jason Prall.

He is a health educator, practitioner, author, and filmmaker. In 2018, he launched the Human Longevity Project, a nine part film series that uncovers the true nature of chronic disease in our modern world.

He also has a bestselling book called Beyond Longevity A Proven Plan for Healing Faster, Feeling Better, and Thriving at Any Age. He's a wealth information.

Today, we're talking about how to rewire your nervous system to get out of the stock mood. If your brain and your neurology is in a stuck mode, and how to optimize cellular health to reduce inflammation your body, you guys are in for a treat here.

Be sure to check out Jason Prall and his book Beyond Longevity. And let's go into this interview. Well here with Jason Prall, the bestselling author of Beyond Longevity, which is really a fascinating book.

Proven Plan for Healing Faster, Feeling better, and Thriving in Any age. I've interviewed Jason several times. I always tell him it's one of my favorite books that I've read in the last five years.

And he is just a wealth of knowledge, and we were just talking before I hit record about these, really these, these challenging chronic health cases, people that have tried everything and still don't seem to it.

They seem to plateau and not not really get health results. And how this can be an issue of brain imbalances and the brain being stuck in kind of a, an a danger or, or threat mode and not being able to get balanced and out of that and into kind of this peace time physiology where it could heal and balance itself.

And so we're going to do a deep dive on this element of brain imbalances, cell danger response. You guys are really in for a treat.

## How chronic stress gets wired into the body

And, Jason, just a wealth of knowledge. So Jason, always great to connect here. Likewise. Thanks for having me on again. Yeah, absolutely. Well, well go into what we were talking about as, right before I hit record.

Yeah. You know, this is, this is an area where, I continue to get, humbled by, by integrative health and medicine in the body and, and the wisdom and intelligence that we hold within us because, you know, I think for a long time I had this impression that, you know, if we just give, if we just put the body in, sort of a peaceful state in a restful state, and we remove the dangers and the threat, then the body has this ability to come back into balance on its own, and that we can rely on that, almost exclusively.

Now, I'm not saying it can't do that. Of course it can. And there's these sort of interesting cases that I've come across where we it's not as simple as that.

And what I mean by that is, is that the body is, in my opinion, it is the most adaptable biological thing that we know of. We are humans are amazingly adaptable.

Right. It's really cool. You can put us in so many different environments, so many different diets, in so many different situations, and our bodies are our genetic expression will find a way to to get through at first and eventually will thrive.

And so that's a really good thing. And it also means that we're conditional, right. If you put somebody in a scenario and they're in that situation over and over again, day after day, week after week, year after year, then the body's going to adapt to be able to handle that stress, that environment, that situation.

So let's take, you know, somebody that has been exposed to mold, right? They're living in a moldy house. They don't really even know that they're any moldy house, usually until weeks, months, years, perhaps, and symptoms start to arise.

Right. And then they may start to investigate. And eventually they may stumble across that they have mold or mycotoxins in their body and maybe mold in their home.

Okay. So and I've seen many of these, these clients in my work and I'm sure you've seen these as well. And it's like the first thing we got to do is get you out of the mold right?

Get it, get you out of that moldy environment. That's great. And then we get to clean up the body, too. We got to get the mold, the mycotoxins out of the body, you know, support the systems, the the liver, the kidneys, the GI systems, the nervous system.

Right. The fascia. We gotta we gotta move all these toxins and waste out of the body to get things functioning again. Okay, well, that's that seems easy enough if we know how to do that.

Well, what I've come across this is some of these people that we've done that and they're not getting better. And we'll test and there's no mycotoxins.

And there, you know, we'll do the metabolic tests. And it's like, okay, well, things seem to be operating pretty good here. Why are we still experiencing these dramatic symptoms that appear to be associated with mold?

And what I now know is the body, because it was in this threat mode, dealing with mold for so long, the neurology, the cells, the tissues actually get wired or adapted or conditioned for that environmental threat or stress.

So even when the threat is gone, it's like this memory, right? It's the cellular memory. It's this neurological memory. It's you call them habits. It's like neurological habits, cellular habits that get locked in even when the threat is gone.

And so that to me is such a huge revelation. You know, the cell danger response, doctor Robert Navios work, related to mitochondrial threats. You know, we can get into that more, but that explains his work.

Show this as well. We see that with poly vagal theory and the nervous system, and we see that with a lot of the, the neurofeedback and various other neurological work, is that the body, the brain, the nervous system, the cells we get in, we get locked into this memory because of the conditioning.

And so that to me was a really big And it took me a long time to to really fully appreciate how much that is impacting all of us and how it's intertwined with our diseases and our symptoms.

Yeah, for sure. You know, and neuroplasticity, they say thoughts that wire thoughts that fire together, wire together. Right. So if you're used to not feeling good in a certain environment, you can wire in that particular or you can just, you know, if you're if you're used to just not feeling good in general, you can actually wire in that sort of physiology and just changing the environment alone.

Although that's a first step, doesn't necessarily get you well because you've got to you've got to actually fire in you got to fire in new, new thoughts, new actions in order to actually create the neurological memory, the wiring, the proper wiring in the nervous system.

And these are habits too, right? So it's like we should think about like, let's talk about behavioral habits. Right. Because we're all familiar with these. Right?

We all have them in some ways. Some are good. Some are neutral and some are probably negative. Right. And so if we're trying to change these negative ones into a positive one or a neutral one, it's kind of hard, right.

Like there's this this there's a there's a habituated response. It's like the body and the mind are actually so used to doing this one thing at this specific time of day, maybe, or in this specific environment.

Right. Like a good one might even be like, you go to the movies. Right? And let's say you're a health nerd, right? And your health nut, you go to the movie theater, like for many of us who grew up in the 80s and 90s or maybe even before, it's like there's this cellular memory of like, okay, movie theater equals popcorn, right?

And so even though you may not go get that popcorn there, there's still may be this urge or desire for popcorn. Right? So is it. It can be environmentally driven.

It can be situational. It can be timing that to change that habit can take a lot of work. Let's say you're not used to going to the gym. Okay. Well, going to the gym at first it's going to be maybe a little bit easy because you have a little motivation or a little you're little inspired.

So you go to the gym a couple times, and then to actually establish that habit as is something that's happening daily or multiple times a week, it's going to take you usually a couple of weeks, you know, and they usually say about three weeks to create a new habit.

And that is related to the actual neurology. Right. So when we do something new we have these baby neural pathways. And they start to link. It's like okay, these neurons finally touch and they wire, but they're so they're so fresh.

They're so, they're just not very strong. Right. And and then eventually if we do this thing over and over again, they start to become more robust, a little bit stronger, because those those neurons that fire together wire together.

So the more we do something, the more robust these neurological networks and pathways are created. Well, what's really wild is that when you're creating a new habit, while those baby neural pathways are starting to get linked, those old ones are still there.

And so it's so easy to fall back into that old habit because those neurons are so used to firing together. So create a new habit. There's like a baseline period where you start to gain this, this new way of being.

But it's not fully an operating system yet. Right.

## Cell danger response and inflammation

So so this is now how is this related to health? Well, again, many of us grew up in environments, whether it's toxic mold or whether it's metals or chemicals might be, emotional, might be neglect, physical abuse, whatever the case is.

Or it may be let's say you were in a very, let's say, loving household, but it was shown in a very militaristic way. Maybe you went to boarding school.

Maybe there's this, like there's just a lot of pressure. Right? And we see this in actually certain certain communities. There's lots of pressure, put on kids to excel in school or to do well or to become something.

So these types of conditions will ignite different responses in us, not only mentally and emotionally and behaviorally, but neurologically immune system.

Right. So this is all how we express our biology. And so that way of growing up, let's say good, bad or neutral will influence how our body expresses.

So again, this is this is how well we can detoxify how how good our digestion is, how our immune function is how much inflammation we're creating. Right.

And that's really, really important because inflammation is not something that is so easy to control, let's say, because it's there's so many elements, related to inflammation.

And of course, we need inflammation is a very good thing. But what happens when you are in, constant threat mode mentally, emotionally and or physically, then these inflammatory signals, this are associated with the threat, with the stress response.

These are going to get so used to be expressing that you may constantly express this this this danger response in your body. Right. And again the nervous system, the immune system, are so interrelated that that you can't you cannot separate them.

Right? So in order to have a balanced immune response, a balanced inflammatory response, we need to be able to get our body, our nervous system out of threat mode and into sort of this rest relaxation mode.

Right? So if we're, if we're caught, and it's generally not a in my experience, a, an honor and off, it's not a binary, so to speak. There is kind of this toggle.

It's almost like we have half a foot and one and one and a half a foot in another. Right? So it's like it's a spectrum. So the challenge is, is that most of us can't fully get out of a threat.

We have. There's a part of us that is always caught in threat mode. And for some of us it may be 10%. For some of us, it might be 30%. For some of us it might be 80%.

The question is, how is it possible and how can we start to move that percentage over into rest and digest more and more when needed? So when I do go lay down at night and go to sleep, I can get 95 or 100% of my being into that rest and digest.

That's what we're looking for. But in my experience, looking at a lot of brain scans, a lot of, of EEGs, we're caught, like most of us are caught partially or mostly in this constant threat mode, even when we're supposed to be, and when we recognize that, we, we think we're relaxed, we're still caught in threat.

Yeah, this is really important. And we're talking about the nervous system being caught in threat. And so with the cell danger response, we understand that a cell just every individual cell can be caught in a danger response.

And so and they're all going through different different parts of the healing cycle. Right. And so you know there's an acute phase and then the body adapts or the cell I should say the cell adapts or it should adapt.

And oftentimes it doesn't adapt. And it's very normal. You know, when the cell perceives that toxic load is high or the pathogen load is high or the stress levels are high, that will turn down energy production and turn up oxidative stress, which is the precursor to inflammation.

And so we have enough cells that are stuck in this danger response. We get enough oxidative stress, enough inflammation in the body. We start to feel that in our body, we start to feel our energy go down.

Our, mental clarity become foggy. We start to notice our joints hurting more. And that's just a certain threshold of mitochondria that are stuck in this cell.

Danger response. And so when we're looking at, you know, individual neurons and individual neural pathways that are being affected in the overall, the overall balance of the body, right.

So now kind of we're looking at it from a cellular perspective. And now shifting outward to now looking at the balance of the body. What cells are in, you know, fight or flight or even have gone beyond that and to where they're

in kind of a state of shock or shut down and what cells are in this kind of ideal physiology?

I guess for the most part, it's kind of like burning sugar and burning fat. We want we need fighter flight at times, like when we're exercising. Super key.

Like obviously you're not going to get results if, you know, if you're trying to build muscle, if, if you're not not challenging it, not stressing it.

So we need to be in fight or flight at times, but for the most part, the majority of our physiology and majority of our time, in a 24 hour day, we should be in this rest, heal digest, this sort of, optimal healing physiology.

We call that parasympathetic tone, right? Or vagal tone. There's some of the terms that we use for it. It's we're looking at the overall balance. And what you're saying is that when you're looking at scans of the brain, looking at actually what's happening where the metabolic activity is in the brain, we're seeing pathways lit up that are associated with fight or flight or associated with this dorsal, vagal tone of shut down, freeze, immobility.

Is that what you're saying there? Yeah, absolutely. And what's really fascinating, too, is that I love what you're pointing at, because we can we can start at the macro level and and the issues can stem from there.

In other words, let's say somebody experience a really traumatic childhood or a period in their life and that mental emotional stress can, especially if it's if it's intense enough in a, let's say, certain instance or instances or if it's chronic enough.

What happens is, is that that that macro stressor can make its way down into the micro and cause this sort of cell danger response at the cellular level, create inflammatory cytokines, storms in certain, tissues and organs and cells, could be the brain.

So this, this inflammatory response or this threat response can make its way from the macro because of the stressful situation down into the micro and then create issues from there.

And this might manifest as, you know, diabetes, it may manifest as, Crohn's, colitis, thyroid issues, you know, you name it. Right? It can really show up in any way possible, right?

It can show up as inflammatory syndromes, mast cell activation syndrome. Right. It can show up is histamine intolerance. It can show up so many different ways.

And that all stemmed from the macro stress level. The, the the converse is true or the inverse issue, which is that it can start at the micro level. Right.

And the, the mold toxins or the heavy metals or the glyphosate or whatever the case might be. The the stressor that's happening inside the cell or tissue can be so chronic that that we're so intense that eventually the nervous system starts to respond as we have a threat.

So the nervous system is constantly in this threat mode to try to deal with what's happening at the micro level now that can manifest in anxiety, depression, this constant need to to do something right.

It basically an inability for the the mind and the emotions to actually get into rest and well-being. Right. And so the micro can create issues at the neurological level.

So it can go both ways.

## Looking at chronic illness from a whole-body perspective

And this is what becomes tricky when you're looking at, you know, from an integrative health or functional medicine perspective or chiropractic perspective.

It's like where is the primary driver is the or we can also see, traumatic brain injury. Right? A head injury can can can create this at the nervous system level, which eventually works its way down and shows up as Gerd.

It shows up as, you know, inflammatory bowel disease. There's so many ways that this can show up. And we don't know necessarily is it is it stemming from the high level or is it stemming from something at the micro level, organ level.

And so we got to look at both and and what I find the sort of functional, integrative community often is that we take one approach and we forget to look at the at the other.

And we got to we really got in in many people, we actually have to come at it from both angles. Yeah. It goes into this holistic, fatalistic way of looking at the body where we're not just, you know, individual parts, but instead that we are everything is coalescing and working together.

And so, you know, the cells in your toe are communicating with the cells, and, you know, your brain is communicating with the cells in your toe and the cells in your tower, giving feedback to your brain and your kidneys are responding based on the feedback given from the cells in your toe.

And so, yeah, everything is connected. And this is where, you know, modern medicine great. And emergency crisis care. But you know, like kidney doctors are not trained on the gut.

Right. They're experts in the kidneys. And knowing how to what how to do the certain amount of dialysis at the right time for this person with with kidney failure.

But they don't know that there's issues going on in the gut. They're impacting the kidneys or there's, trauma, you know, or there's mold toxicity that's impacting the kidneys.

And so this is where modern medicine fails, is that they are so focused on individual parts without looking at the vital artistic component of how all these cells are communicating in a, in an orchestra.

Right. And what's what's wild too, is that they actually have it set up and in the, in the proper context, right. You have a GP, this should be the general practitioner who's able to see the big picture.

Right. But they're looking at a big picture medical perspective. What drugs what surgeries. Right. Like what procedures can we prescribe this person. And in the integrative functional medicine, chiropractic, naturopathic, Vedic, Chinese medicine world, this is where pretty much every good practitioner should have, a global perspective.

They may not be a specialist, you know, and know how to how to work. You do trauma therapies, but they should be able to spot it and understand how it connects with what's happening, in this person's sort of, you know, elevated liver enzymes or thyroid panel or whatever.

So you have to take a global perspective. And, and again, this I say this humbly because I stumbled many times unknowingly throughout my years as a practitioner where I didn't do a full workup.

You know, I didn't understand what was the birth situation. Was it was it a vaginal birth or was it C-section that matters? It may not be the thing that we need to address, but we need to know.

Right. Were there any head injuries? Was this a cheerleader who fell on her head a handful of times? Right. In your practice, that matters. And we need to know when that happened, right?

Were there any car accidents? Were there any, divorces or deaths? We need to know when these significant events happened throughout the person's whole history.

We need to understand their sort of trauma picture. We need to understand their exposures. And then. And with

that health history and hopefully with the right testing.

Right, because the modern sort of way of testing is is fantastic and innovative. They have a pulse testing. They have other ways to test. So we can do kind of testing to see what's actually happening now.

But what's happening now is not the full picture. And this is again for me, this is where I didn't know, many times that I needed to, to, to to widen my perspective and understand, you know, what the traumatic brain injury situation was.

You know what's going on in the mouth, you know, have there been surgeries in the mouth? Right. So there's a whole thing that we need to look at, you know, and and as it relates to sort of chronic inflammation, this is really critical because the chronic inflammation that may show up in some test may be stemming from something in the mouth that has been overlooked.

Right. And most not most. A lot of integrative practitioners forget to look inside the mouth or ask about the mouth. And again, we don't know what we don't know when we kind of I mean, you can see that even the ones that do know, sometimes we we get we get sidetracked, we get, we look elsewhere because we, we think we know what's happening.

We forget that, you know, there's some of these bizarre routes where things can happen. So, the chronic inflammation puzzle is a tricky one, because you really do need to get a perspective of the whole situation.

And also, we got to figure out what the lifestyle pieces. What is this person eating? How are they? Maybe they're working out too much, right? That's chronic inflammation.

We got to calm that down. Right. So, there's things that we really got to know. And until you build that whole picture, you're likely going to be missing something.

And for me, what I was missing for a long time was this brain based piece. I didn't fully recognize that it could be a primary driver of chronic illness, or the chronic illness could then create the brain stuckness that remains even after the chronic situation is is removed and the body's stuck in this threat cycle.

Yeah. For sure. I think, you know, in the functional nutrition world, we focus on food, we focus on nutrition, we focus on kind of these, I guess you can say fairly easy and obvious, levers.

Right. And this is important and really important. Critically important. Absolutely. And they're foundational. Right. And they need to be addressed. But we we oftentimes ignore some of the more, I guess you can say esoteric things, right?

Like a person's history that have a lot of variability. And, you know, and how that's impacting their nervous system. But let's talk about what people should do.

So like somebody's listening out there and they, they feel like they're one of those people. Right. That's struggling with the chronic health issue. They're, you know, trying to follow the best nutrition strategies, circadian rhythm strategies, just not seeing results.

What what should they do next. Yeah. So I think that's that's critical. We got to get supporting the body with the proper habits and lifestyle factors because this is sort of this is foundational, right?

There's certain universal things that humans, should or need to do to exhibit health. Right. Circadian rhythm is perfect example. Right. We can't be awake from three a Am or from from 11 a.m.

to 5 a.m. and expect to be healthy, right? Like we need to sleep at the proper times. So we got to get the lifestyle dialed in, you know, supporting the body nutraceuticals, supporting the systems that need support, really, really critical. My opinion.

And from the sort of brain base level, there's kind of two approaches, two camps, there's one, which is what I call the software approach, and the other one's a hardware approach.

So the software approach is, you know, we kind of mentioned some of these, habits that we get into habits of mind.

## Brain retraining and nervous system healing approaches

A good example would be, we have a negativity bias. Pretty much all humans have a negativity bias in other words, we're we're conditioned to see the threats in the world, the negatives in the world.

Why? Because that that helps us stay alive. So it's really important that we spot the dangers out there. Well, most of us have gotten so good at that that the average is that we, the UN average people see for negative things to every one positive thing.

Right? So that's just a natural negativity bias for many of us now that can shift. It can be 10 to 1 for some people, if they grew up in certain environs.

Right. So if you're around a lot of negativity and people that are negative and situations that are negative and difficult environments, like if you grew up in, let's say, the hood, you're probably going to have a stronger negativity bias because there's a lot more threatened danger that you've been trained of to sort of see.

Or the military would be another good example. They can probably have a really strong negativity bias because you were you're trained in that way. Well, for us normal, people that are not in the military, or that maybe grew up in a pretty typical environment, well, any environment we can start to train the positive side so we can we can train the positive, we can start to count our blessings.

We can start to, do gratitude practices. Right. So that's the that's a software approach to changing how our mind works. Well, that happens with various forms of therapy, right.

We can take a software approach. Some of my favorites in this in this regard, our dynamic neural retraining system. So this is I think it's retrain the brain.com.

It's it's Annie Hopper's programed, and this is a way to retrain the brain out of limbic injury. And and helps to retrain the brain out of this threat mode.

Okay. And there's a lot of successes. The Gupta program from Ashok Gupta is also another form of this. Really, really good program. And there's some primal, primal something I'm totally blanking on that one.

I'm not as familiar with that, but I know that exists. And I've heard people get good results. But these are ways to retrain the limbic system and to kind of get out of this threat mode.

And this is a software approach. So we're using the mind. We're using habits. We're using the body to some degree to help retrain the brain and grow new neural pathways.

And then there's the hardware approach. And this is what I stumbled into about a year and a half ago. Through one of my good friends who found this, this thing called Sarah Set, which is a technology.

It's kind of a it's an advanced form of neurofeedback. So people who are familiar with Nerf feedback heard a neurofeedback. This is a more advanced form and it's a more passive form.

So essentially what you do is you lay you lay back, you put these earbuds in, put these sensors on your brain, and it uses EEG technology, which is kind of the gold standard and reads the electrical activity of the brain feeds that information back to the brain through earbuds.

So you're just hearing tones, but your brain is essentially seeing itself or hearing itself. And in that it's able to

rebalance and and find rest and relaxation.

Now it's doing that sort of like without the mind involved. In other words, you could fall asleep and it's still the brain, still knows how to do this.

So there's like it really taps into the intelligence and the wisdom of the brain, which is what neurofeedback does anyway. But again, this is a more passive form, which is what we're looking for.

We're looking for that rest and balance response. So this is what I call a hardware approach. So that's going directly to the neurology. We're not processing any trauma.

We don't have to recall anything. You know like there's no aspect of using the mind. So that is a is I think the research on it's pretty clear. There's really great research at Wake Forest.

The military has studied this and it's really good for things like PTSD, anxiety, depression, chronic, you know, stress. Fatigue, sleep if I don't mention that.

So it's, it's and it's also been shown for inflammatory responses. I know my good friend actually got out of this mast cell activation, histamine, overactive immune system with this thing called Sarah set.

And this again is what turned me on to it and really opened my eyes to if we just go directly to the neurology, we can rewire balance into the system.

And when you do that, even though this isn't something, Sarah, that sort of advertises, but I know this from an integrative functional medicine perspective.

You know this from a chiropractic perspective. If we balance the nervous system and the brain understands what rest and balance looks like, everything in the body improves detoxification, improves digestion, improves immune response, improves hormonal balance, improves metabolic function, improves kidneys, livers, everything.

Every cell and tissue in the body is better equipped to repair, to regenerate, to, to move waste out. Right. Which is a big thing that we're trying to do in sort of integrative health.

It's move all the waste out of the out of the body. So everything starts to work better when the brain is, is balanced. So so those are kind of the two approaches.

There's the software which and I think they work really well together. And I don't necessarily think there's like one or the other. There's two very different approaches.

And when combined what I've seen is that's that that's like really, really magical. And the people who've done all the software stuff, they've done eMDR and they've done, you know, Family Constellation and they've done hypnotherapy and they've done all the work and they come and do, Sarah said.

It's like, boom, magical. Just that the healing response is insane. And some people will will get a really great response out of out of one or just one or the other.

But and then some people will do Sarah set and they'll get some good response. And then they add some of the software work and boom, it like all starts, the floodgates open.

So to me, I've seen this work for certain people, especially those who are stuck, who's been trying everything they've seen, you know, every practitioner under the sun, including shamans, you know, and they can't get better.

And they're just like their head spinning. And they've learned a lot along the way. Right? But they don't know what to do next. And oftentimes there's a piece that's missing that once you unlock that piece.

And in my in my experience, a lot of times it is that nervous system piece. It's that nervous system that's keeping us locked into this inflammatory response, into this, you know, poor digestive response.

Right. Whatever the case might be, it's like we can't get the system running. Well, look to the nervous system. Yeah. Really good. And so tell us more about the Sarah set and how people can access that.

What it does. What it is what it does, what kind of results you're seeing and how people can access that. Yeah. Yeah. So this is a technology that that you go into, into a clinic for, it's nice.

Part is it's really relaxing. You don't have to do much. Right. It's completely passive. So you just you lay in a chair, you put these earbuds in, you've got these sensors on your head, and they tilt you back in a zero gravity chair, and you can essentially fall asleep.

In fact, many people do. So that's the nice part. Takes you out as well. Yeah. And for those people who've been who tried everything, the last thing they want to do is do more work, you know, and I would say that's kind of the downside of DNA as of Gupta, is it actually does take a lot of commitment.

## Saraset neurofeedback and closing thoughts

They're fantastic programs. I cannot speak highly enough of them, but they also do take half an hour or an hour a day of you training the brain down in a sort of conscious way.

So the nice part of this is that it's completely passive. So you go in and it's about an hour session. And then, yeah, you don't really have to do anything.

And then you typically go maybe once a week for, for four weeks, take a break for a couple weeks and then come back for a fifth session. That's kind of the starting point is that five sessions.

And then at that point, some people will see really great results in that, that first five sessions, they'll start to see things shifting. I would say most people in their sort of 10 to 15 session range is when they start to notice shifts.

What's cool is that there's no end to this. Like, you could keep going and the wellbeing keeps getting better and better. So, my good friend has done probably 50 sessions, you know, he's like, okay, after 15, he had a new operating system.

In other words, the brain started to wire together in a new way, and that became as normal. And then as he did more and more sessions, a new operating system emerged.

Right. And it's like, and what happens is, is your emotional regulation improves your sleep improves your energy improves your ability to stay motivated to like everything that you're looking for in your life starts to get easier and more regulated.

And again, it's it's nothing magical other than the brain is finally is finally wired in a way that that that, that that balance and rest is normalized.

And of course, any stressors that we engage with can throw us out of balance. But if we have that established baseline, whenever we get thrown out now, the natural response is to kind of go back into the new baseline, which is rest.

Yeah, a new home. And you got it. Yeah. And there's actually I want to plug this sort of video, on YouTube, it's called the backwards bike video. It's fantastic.

And it's basically this guy was kind of spoiler alert but still worth watching. This guy has this is an engineer and he has his, friends engineer this bike that when you do the handles this way, the that the front tire goes the opposite way.

So you're trying to turn, but the wheel goes the opposite way. Well, it turns out that no matter who you are, you can't ride this bike. You know that when you turn right, the wheel goes left.

But your balance mechanism, you can't do it. You are not neurologically wired to ride this thing. Well, it took him months to be able to ride this thing, but he figured out eventually his nervous system.

So in other words, he created new neural pathways for the backwards bike and it. But it was so fragile that there was no path of so fragile that any distraction, he lost his balance and he couldn't ride his bike.

So it was like he was so, so bad at riding this bike. Well, eventually he got pretty good. Then he went and tried to ride that, ride a normal bike again, and he couldn't do it.

So it in the first few sessions he couldn't ride this normal bike. So that shows you the neural pathways for the backwards bike were starting to get laid and there and with enough practice, they were laid just strong enough to kind of confuse his brain.

So the brain couldn't figure out the old neural pathways to ride the regular back. Well, it didn't take him very long because there was no pathways were carved in so deep that but a little practice on the normal bike.

He got it again. Now his son, who was like five. It didn't take him very long to learn to ride the backwards bike like a week. He picked it up. So because his neural pathways were so flexible and they weren't ingrained on the normal by it yet, that he was able to figure it out pretty quick.

So I just love that video because it shows us, how much the brain and the nervous systems wiring is controlling our experience, how we react emotionally in a situation, how our body reacts.

You know, in a given situation. It's like the nervous system is so wired and controlling our experiences, for better or worse, until we bring some conscious awareness and we actively do something to change it.

So that's the important thing. Many times we have to actively do something to change the neurological wiring because it's habituated in the tissue itself.

So it's not as simple as just taking some pill. Sometimes the nervous system so wired in, we have to do something. Yeah, really really fascinating. And where can people find out how to get this therapy.

Yeah. Yeah. So this is I think there's probably 50 or so locations around the US, which is really cool. You know, my, my good friend and I, we, we brought one to San Diego.

That's how much I believe in this technology. So if you're in the San Diego area, you can come see us. But otherwise there's I think we have 50, 50 locations around the US and a couple even outside the US.

So, it's like I say, it's it's one of the elements that I think can be really, really beneficial in healing, especially for those that have dealt with, traumatic brain injuries or was stuck in their chronic illness journey.

Yeah, yeah. And do you have a website for it? Yeah. Sara satcom so Corey said Sara Satcom set.com. Yeah. Kind of really interesting. Yeah really interesting Jason, thank you for sharing this.

And you know, this is one of those things that these really chronic cases, you know, if you're if you're making a lifestyle changes, you're not seeing results is definitely something that you'll want to check out.

Sara said.com Jason was talking about there. And, any last words of inspiration here for our audience? Jason? No, I just I just wanna say I love the work that you do.

And I think anybody who has found this summit, is in the right place. There's going to be, you always put together a fantastic event. So, you know, when we're caught in chronic disease, it can be frustrating.

It can be confusing. When you come out the other side, like, you come out a completely different person, your life has changed. There's so many beautiful things that that end up coming from these journeys that we go on with our health.

So, just a maybe a word of inspiration to stay at it. You will find the answers. You're in a good place. So, best of luck. Yeah, absolutely. All right, well, thank you so much, Jason.

And everybody check out Sara sitcom B blast.