The Biohacking Tech That's Rewiring Brains Around the World! Dr. Porter | Ep. 53 Transcript

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Introduction to Brain Health and BrainTap

When you look at your children and you wonder, how can that child go from knowing nothing, babbling, to two years later talking, expressing and knowing all that they need to know?

Well, it's because that brain is operating at 18.1 volts. It's got a lot of energy. By the time we're 27, the average brain has at 10.10 volts, but when it drops down to six volts or lower, you start to have dementia symptoms.

Joining us today is Dr. Patrick Porter, brain researcher, mental coach, and founder of BrainTap Technologies. With over 30 years of experience, 500 plus keynotes, and bestselling books, he's pioneering brainwave tech to help unlock our mental potential.

This is what we have here. The nice thing about the headset is the science says that when you bring in that red and blue light energy into the brain, your brain will actually spin up 32 times more ATP.

For every one minute of challenge, you need two minutes of recovery. And the American way is to go out, do it, wake up early, go to bed late, sleep is for losers.

That's not true. Sleep is when incubate your superpowers. We used to be farmers and hunters and gatherers who were outside all day long, so our body was getting a lot of light energy.

Now we're indoors. Light is the most under-prescribed nutrient on earth today. So let me ask you this. Does it make sense to wear sunglasses? We need coal miners.

They get up in the dark, they leave in dark. they work in darkness. We measured them for two weeks. The average coal miner was in bed 10 hours a night, but only got one minute of deep sleep.

Wow. How can you get the best sleep for your body to totally recover? Well, starting Welcome to another episode of a healthy point of view podcast. I'm your host Sam Tahata.

Some of you guys are wondering what the heck is on this guy's head. This is something that I use on a daily basis and I listen to this guys voice and today I get to listen his voice right here in the podcast room.

We have an expert in brain health and how to actually get your brain performing the way it needs to perform. Today we have Dr. Patrick Porter. He is the founder behind Brain Tap Technologies.

This is what we. And Dr Porter is going to get us really thinking about how get our brain to where it needs to go. Dr. Porter, you're welcome. Great being here.

Thanks for having me. This is exciting. Let me put this off to the side here for a second. So Doc, I listen to your voice almost every day. That's kind of creepy, but I'm pretty sure you get a lot of people who say that too, right?

So you have this technology, man. I see you at all the different conferences and the difference between a lotta the technologies that are out there You got some serious data behind what you're doing.

There's a lot of research that has gone into your technologies and you've been at this for a long time. So I want you to kind of take a little, a few minutes here to introduce yourself and talk about your experience, your education and everything that got you where you are today.

I actually started when I was 12 years old. I well, I, was one of those really negative kids and my dad was a very gifted alcoholic. He could, you know, he was, struggling with his alcohol.

And I struggled with my school and he got help with something called the Silva method, which a lot of people out there might've heard of. and He was One of the first instructors.

So he came home and said, Hey, if I'm going to do this whole family is going do it. so we started practicing the silver method which had a sound they call it the Silver sound.

And what it did, we would call it an isochronic tone now, which we might get into a little later in the show. But it would synchronize the brain waves of everybody in a group.

We'd all go to alpha. And alpha is neutral for the brains. So what happened was my dad then became a therapist and went back to school, got his PhD. I couldn't really listen to my Dad because all I would hear is four-letter words, but none of them were love.

And so I asked him, I said, one of the things for Christmas, said I want you to buy me this alarm clock that has a cassette player in it, for those that remember cassettes, and it would wake you up.

So I would do, he would help me do my affirmations. And those affirmation would awake me up every morning. I'd lay in bed listening to those confirmations and that would get me geared up for the day and if it worked, if I became an honor roll student, three sport captain, got a scholarship to school, which is cool for electronics.

And then a series of events happened in the mid-80s, about 1984, that caused me to say, hey, I'm not going to do electronics. I am going follow my dad's footsteps and help people.

And I was working on robotics then. So I thought, people are actually like robots. We need to work with them. What year was that? That was 1984. OK. and then i moved out to phoenix and another series of events we don't go to it's all documented in one of my ten books but the um i met up with a group called light and sound research and just happened that at the time i meet them the founder of their company passed away and he didn't leave any information about how he built it was called the sills the sensor input learning system it was a big unit cost ten thousand dollars and as synchronicity would have it they had they were going to Phoenix and I had an office in Phoenix.

Patrick Porter's Origin Story and Early Experiments

And I invited them to come by the office I said I have an undergraduate degree in electronics why don't you come buy we'll see if we can Rebuilt this thing because he didn't leave any records, you know, he's he doesn't take care of his business and he of course he Didn't plan the day was gonna die.

So he wasn't he thought he was going to live forever You know and so when they came in we looked at the device and I said, uh, You can do this but we had to bring in another engineer because it was beyond my scope of my knowledge but what we did was we started playing around and we building prototypes and And one of them happened to click and nobody had any money at that time.

I was very, you know, I, was a struggling therapist and I said, if you build these, why don't you built 10 of him? I'll sell them, see what we can get for them and, um, make a little money here.

Cause they were using my office for free and we were all working. And so we went to radio shack, which some people radio. We're aging ourselves here and we built these devices.

I started selling them and they said, wow, you sold those for $400? And I said yeah, I think I could sell as many as you make and been doing it ever since and evolving it over time to what we have today.

Back then, we didn't have all the sessions. It wasn't encoded the same way it is. And back then there wasn' even

any really neural feedback that we could even measure what was happening.

There was a device called the mind mirror. And so we started researching way back then and really the device was designed for pain clinics. Okay. So if most people don't realize it, pain doesn't happen in the body.

The device that was launched in 1989, I think it was. Yeah. In 89, we got the best gadget of the year, the electronics. Right. I was reading about it.

And that that a pivotal moment for us because that's before cell phones, before CDs, people downloads. We were like an alien coming down and showing people how to relax.

And I remember on the front cover of the Consumer Electronics Show, we're sitting there, there's seven chairs and our booth's always busy. You've already seen that.

Oh yeah. Cause people love the experience and the Rolling Stones are playing in the background. So it was so cool. It was surreal because you know, just.

six years earlier, five years, earlier. You know, we're thinking just sell 10 of them. And we did really well at that show. Then I started a franchise company and I sold that in 2004 and went off on my own.

I was not really going to ever make another machine because I'd been doing it for 27 years. But then in 2014, in between that we had a couple of different devices.

Actually built 16 of these different. Really? And this was one that I thought we need to build it all in one piece because it used to be different pieces.

Oh, it was like fragmented. Yes. Okay. And something, the newest part of this device that is actually unique to us is that those ear lights, when you're putting them on, people always go, what are those your lights all about?

The blue and the red. We're trying to make the morning light or the sunlight, sunrise, because that resets the gut biome. But it also in the ears, we can, if we put light into the years, We can actually run energy through the meridians.

And we knew this was possible because people were doing it with lasers. Our doctors were. We have over 4,000 clinics now using it here in America and abroad.

And they were using lasers to trigger different regions of the brain through the ears. I said, well, we can do that with LED lights. So the dose that we have, a 20-minute dose on the Brain Tap is equivalent to a laser treatment, which only takes two minutes.

You know, because it's a higher dose. This is low dose and what we find now because we have technology that can actually record it. If they come to the shows that we're at, we actually have our device there called the neuro check, which we were working on integrating that into our app.

And you could actually use your phone as a pulse oximeter and you can get that information. Now we just, uh, were fortunate. We were in India over the last three weeks and our Russian partner came and visited with us and he showed us that.

So people don't need hardware anymore. The phone is. When the phone happened, that changed the whole game when we got the foam. Cause we used to sell cassettes, CDs, downloads.

Now we have apps and it really, really changed our scene. And my background professionally, for those wanting to know my degrees in psychology, it's a degree in Christian counseling.

Okay. I don't use much of that anymore, although we do have a Christian series on the app for. But, uh, and I'm

also the Dean of brain-based medicine at quantum university.

So nice. We help people, we do a lot of research with them. In fact, this month we have one of the students coming out to the research lab in New Bern.

We have a 6,000 square foot research Lab, and we'll be doing dark field microscopy, wavis, neuro checks. And we a new set of devices that we can actually measure cell metabolism in the brain and all sorts of crazy things.

we are BTO max. Pretty much we Have a biohacking convention at our office. You know, cause we have the big red light beds. We have sinus, we had a plunge, you know.

And we've tested all these things and what I tell people, if it doesn't move the nervous system, I'm not really interested in it. we also have shown that some supplements are inert.

You, know if they, they don't the system. They're not doing anything for you. Everything should, because of the epigenetic system it's going to move. the way that our electrical system works, but that's a lot of people are working downstream.

We want to work at the core and the real core is the CPU, the human brain. So if we can affect the Human Brain getting operating at a perfect level, and what we found in our research was it's not one brainwave that is so important.

All brain waves are important. They're basically, think of it like Wi-Fi networks that activate different regions of our body and our brain. And it actually creates a field, which our National Institute of Health calls the biofield, the sphere.

So as we think about this energy field around us, we can measure things like heart rate variability at a distance. You don't even have to be touching anybody.

They don' have a piece of equipment on them. Because, yeah, your heart has a magnetic frequency. If we're measuring the brain, we have use electrodes because it's very low voltage.

Now, you guys put the things around the wrist, right? Yeah. And now you're doing electrodes as well, too? Well, We've always done that with Wavi, but we now have little device.

Actually, I have it in my pocket. Oh, nice. This is something we are coming out. this is a little devise that we did left and right. We can do it. and this will be one that is as a portable one.

So our big device is a hundred. So that connects to the phone or something? Yeah, we have an app on our phone. It's just in prototype mode right now. We have 40 of our students at Quantum University testing it for us and make sure that, but we're getting, this is probably about 90% accurate.

The big one is 100%. We get real data. we've checked it with things like the Shiva, the 72 channel EEG machine. Cause we don't measure right and left hemisphere, But we want to know brain wave dominance.

And you've probably heard the expression, the masses are asleep. I always say they're not asleep, but they want to be because the profile of most people's brain is over 60% delta.

Now that's the sleeping brain weight. And so I tell them you have a sleeping metabolism. They've been told that by their doctor too, because everybody's gaining weight and that has to do with a lot of stress.

Stress causes the body to down regulate and the brain says, we need to reboot. And unfortunately, I think Bill Gates programmed our brain just like a Microsoft computer.

The only fix is they restart it. You know, and so when you do the reboot, the body knows what to do. It starts calling

up all the right codes and the rate frequencies.

But most people don't recharge. They don' take time to replenish. What's going on? I'm sure we'll talk a little bit about it. And we have some studies that back that up and we're talking about research.

We have 12 universities right now doing studies. Our science officers lives right here in Florida, Dr. Sidral, and he's really good at getting us, you know, research partners.

And one of our partners is here just outside of Orlando Seminole College that's doing finalizing our dementia study, which we're finding by the time they get to the sixth week of the study every person in the studies so far is getting off the dementia scale because of brain voltage.

Our brain has a voltage. So, you know, when you look at your children and you wonder how can that child go from knowing nothing, babbling, to two years later talking and, expressing and knowing all that they need to know.

Well, it's because that brain is operating at 18.1 volts. It's got a lot of energy. But by the time we're 27, the average brain If we can maintain that, we maintain optimal or peak performance moments.

But when it drops down to 6 volts or lower, you start to have dementia symptoms. If it dropped down 4, then you'll start having Alzheimer's symptoms, but what we found is if we could raise that energy, and that's what the lights do.

When people look at the visor lights, our eyes hold the most mitochondria. Really per square centimeter selling another in mitochondria job is to absorb energy and transmit that energy right same as our DNA You have 10 billion miles of DNA in your body.

Now I've met people that they'll do the brain tap, but they only download the app and plug in for just AirPods. But obviously there's a bigger benefit by utilizing them.

What we found, we're doing a lot of studies now with just the App because obviously of our 120,000 people who have downloaded the Apple, not all of them have bought the headset.

So we want to know what's the difference. And we did a study in Australia with coal miners. Imagine these are people that have no circadian rhythm. They get up in the dark, they leave in dark they work in that dark.

And what we did in our washout study, because you always have to figure out beforehand what the study is, we measured them for two weeks. The average coal miner was in bed 10 hours a night, but only got one minute of deep sleep.

Wow. So they were drinking and, you know, doing things like that. They thought that drinking was going to help them sleep better, which doesn't happen.

The body has to metabolize that alcohol before you can sleep. But what we showed them was half of them use the headset. Half of him just used the app.

Okay. A group that used a headset, we had a 70% improvement in their sleep score within three weeks. Oh wow. It took six weeks for the, for app only. Now the difference is in the App, the body to convert sound energy to light.

Building BrainTap and the Science of Light and Sound

Everything is converted to light eventually in the body because we're electrical beings. Okay. And so when you, you've probably been to a party before you didn't really want to be there, but they started playing all the songs from your high school and you started dancing and somebody comes over and says, I didn' think you wanted to b here, man.

Sam, what are you doing? You go, well, this is the music from my high So your body converts that sound energy

into light energy. And then it creates something called ATP.

The nice thing about the headset is the science says that when you bring in that red and blue light, energy, into the brain, your brain will actually spin up 32 times more ATP, so think about it, you're the same cell.

But instead of having to go through digestion, eating a meal, drinking water, breathing exercise or whatever, you just lay down and relax for 10 minutes and your brain is now full of energy.

Now what it does then that energy once it's called photobiomodulation. And luckily the reason I hired Francisco Sidral to be our science officer is he wrote the book for Dr.

Hanlon. biomodulation in the brain. And so he's really famous about that. I said, we want to research how this works. What we're finding is that when the, brain like a cell, think of a sell a mitochondria, it's full of energy.

It doesn't hoard that energy, but it does as soon as it full, It shares that with the cells around it. Right. That has a cascade effect that goes throughout the physiology, down the spine.

Think of the spin as the keyboard to the. Down the spines, out to lens. And if you're an athlete, like when we work with TB12, Alex Guerra, who's the trainer for Tom Brady.

And when you think the reason they use it is because if your an athletes and you have less than 100% communication between your brain and your body, you are not going to be a peak performer.

Right. We've shown things like what happens when people fly. You know, I just put out two case studies of me flying one to Madrid, Spain, and one from Mumbai back to the United States.

And because everybody, Mike Tyson has a saying, everyone has to plan to get hit. Right. So what are you going to do when you get here? So I wanted to show them.

I even get it. Cause every hour in the year is equivalent to getting an X ray. In our our mitochondria and the DNA in our body is always observing our environment Everything from is it clean air is a good light.

Is it good? You know everything? What did you eat? what books did You read what people you're hanging around with this is all affecting our epigenetics Dr.

Porter, you're talking about the light, right? You call it photobiomodulation. Say it again. I've noticed that people are utilizing that in other treatments as well, too.

Like, Dr Parita utilizes it with the EBO2, where the actual blood goes through that. And basically helps, you know, remove viruses and mold and toxins and all that other stuff.

And I've even seen people that do the methylene blue, right? They'll actually have a watch that does that. So obviously it has a lot of other benefits to it as well.

Well, your hemoglobin is designed actually, or evolved, however you want to look at it. It absorbs light energy. It carries that light energy through the body to find the cell that needs it.

And it has like a magnetic attraction to cells that are about to die. They call it apoptosis. So if it can get there before that actual dying moment, that cell will exchange that energy.

It will spin up the Krebs cycle again. That's why it creates so much ATP. Think of it like it's blowing up a balloon again, but the energy is in the cells, it is not activated.

Because it doesn't have the light-energy to activate it, You know, we used to we use to be farmers and hunters and gatherers and we're outside all day long.

So our body was getting a lot of light energy. Now we are indoors. The light in this room, even though we have it lit up, so we've seen for this podcast is very light.

It's very dull compared to the sun. Probably not even 1% of what the Sun would produce. So we have to do something. Like Dr. Cousins said it best, he's probably one of the biggest, besides John Ott, who created the outlight generator.

He's the one who brought to the awareness the problem with our lights, is that light is the most under-prescribed nutrient on Earth today. So if we can get light energy in, so the eyes are one of the best places because your eyes attached to your brain, they are brain matter.

So when you're looking at somebody's eyes, you literally looking their brain. And then the ears, all the blood in your body circulates through your ears.

Like he's doing with that device, and we've done that before, my wife and I, we did this in California where they circulated your blood, cleaned it out.

It was during COVID time. So they they cleaned it out and we had the they infused it with red light we have the watches in But a methylene blue does this does it to they say that it?

Captures the light molecule right in spins up the mitochondria and gives it more energy like activates it, right? Yeah, that's why they don't want you to do it at night Some people will do with methyline blue at Night.

They can't sleep So let me ask you this, because you're talking about the importance of sunlight, right? Does it make sense to wear sunglasses? No. And it doesn't make since to where blue blocking glasses before six o'clock in the evening.

Right. You're going to get seasonal affective disorder. We need blue light. We are designed to have blue light. Blue light is what resets your circadian rhythm.

That's why when we do all our studies, I love it when people tell me all these different hacks to sleep, you can do everything wrong. I'll give you a brain tap session, and I will beat you every time.

Because what your brain needs to asleep is energy. Okay, so those blue light glasses, you should only wear them, what, at the end of them? You should wear em when you're on the computer.

On the Computer. And when, six o'clock at night, and later. Only if you are blue-eyed usually. Us brown- eyed people don't need that. We already reduce the amount of blue lights we bring into our eyes.

We actually need to open up and get more blue light. I bet a lot of people wear those like, uh, those yellow looking glasses, you know, or the red ones.

Oh, they're cool. You know. And I think they just want to let people know they were by high. Right. That's right. Yeah. But wearing them at 10 o'clock in the morning.

You need that light energy. It's gonna affect you because vitamin D is only made when you're in light. I mean, if you think about the caveman days, we're really made to be butt naked outside and be able to take that first light to allow your body to recharge.

Typically we were barefooted, connecting to the frequency of the earth. So we've eliminated all of that. That's one of biggest reasons why this is so important to reintroduce it into our lives.

Well, have you ever heard of Dan de Bon? He wrote the book Radiation Nation. Okay. And he wrote in his book and they recommend Brain Tap because when your brain's in a whole brain state, you actually minimize the effects of EMF.

Because EMF needs to be grounded. We've done studies, Dr. Korda is one of our doctors. He's taken people that have EMP poisoning, like they'll walk by a 5G tower and pass out.

But as soon as they take those shoes off, it doesn't happen. Because our body's designed to get rid of those frequencies we don't need. If you think of all the frequencies on the spectrum, human existence is not even the size of a hair.

But all those other frequencies, all these other realities, All those things are happening right here. Right in this same space, the same time. But we don't perceive it because our perceptual filters.

So right now they're introducing a frequency like EMF. We're using frequency to heal the brain. Unfortunately they are using frequencies that damage the brains.

Because it's 50 million pulses per second. And on every cell you have something called a chromoform. It's a little battery. And that battery is actually absorbing energy from light, sound, and vibration.

That's why if you've ever been on like a vibration lounger, which we love those too, when you're listening and you have the transducers, your body's actually getting energy form that.

So those cells are filling up, that's the part of the cell that fills up with energy, from the mitochondria. And it stores that energy just like the battery would.

They call it PZO energy because as we get stress, It squeezes that energy out. Okay. And then as it expands, it absorbs more energy. So we're, that's why people like to say like the flow state, like athletes get into this flow.

It's because their body is absorbing energy, transmitting energy that the way we should be all day long. But the problem is stress and they're not down regulating.

I love what TB RX says for every one minute of challenge, you need two minutes of recovery. But a lot of people, they just challenge themselves, challenge themself.

And the American way is to go out and do it, wake up early, go to bed late, sleep is for losers. You know, and that's not true. Sleep is when you incubate your superpowers.

So we need to down-regulate at night, up- regulate in the morning and reboot in middle of the day. Now, you don't have to do every day that way, but if you have the opportunity, it's my business, so I do at least twice a day, I've been doing it forever.

Yeah. When it comes to like the recharging for your sleep, I wear Oura Ring. What kind of results do you think I would be able to see with the data? Well, we know Ouraring is about 60% effective.

But as long as you're using that same data… Consistently. Consistically. They changed their algorithm, if you noticed, about a year ago, and everybody got up on arms because nobody can get deep sleep anymore.

You know, it's like… But the reality is, If you can one hour of deep asleep, two hours of room sleep, you crush any of these biometrics, even ours. Because that's what our body needs.

Now, some biohackers we've seen get two hours, three hours of deep sleep, because they're doing everything to maximize that. And that really when your body recovers.

That's when you're in the maximum parasympathetic state, best digest and recover state. You know, so the faster you can get there. Research shows, just for somebody wondering, those cold binders are in bed 10 hours.

Time in dead means nothing. Right. So you need six and a half hours of efficient sleep. That's what all studies show for longevity. In fact, if you sleep that way and have a positive attitude, they say you've gained six-and-a-half

years to your life.

Now, If you have negative attitude… I always tell people, you know somebody who's negative, just know that they're going to live six half years less than you.

Because negative thinking, your body has to down-regulate the genetics to make your live miserable. Because you keep recreating it. That's crazy. So, you know, I tell people it's better to be optimistic and be disappointed every once in a while than be Disappointed all the time and miss out on all of the opportunities to have joy and love and health in your life So that's a part of how can you get the best?

Sleep, right? How can get best sleep for your body to totally recover? Well, starting two hours before bedtime start shutting off lights in our house.

Okay If you really want to do it, you use red lights in the rooms where you're still awake and doing things. You can watch television, just be far enough away from it that it's not affecting you.

I wouldn't recommend watching it on your phone or your tablet if possible, right up close. Some people look at their phone just like this. As long as there's enough space between you and it you are going to be fine.

Never ever under any circumstances watch the news in that time. That's not relaxing at all. Right. I always tell people if you're too happy, your life's going too well, just turn on CNN.

You know, they're going to ruin your live right away. Because they are going tell you something that's happening in Pakistan or some other country that is terrible news that you can't do anything about.

What the brain doesn't like is uncertainty. It doesn't like the fact that you can't control it. So used to be, we would only hear about our local news and they would actually have some good news on there about the sports teams in the town.

And, you know, it was mostly good. Yeah. It's all changed. You know when I started liquid Vita about 12 years ago, then we were doing the Ivy drips, every Ivy lounge, We have a big flat screen TV and initially we had cable on it, And my whole model is as you relax the mind, you replenish the body.

Yeah. Right. And I started noticing, I was like, man, people are really not relaxing their mind by watching the news. So we got rid of it. You know, we get rid off it and now we have a little bit of programming where it's just educational stuff and whatnot.

But I get what you're saying. With the new, it you you not going to be able to relax, especially if it is right before sleep. We did studies with a group in Salt Lake.

Actually, they did it against people looking at their phones while they were getting IVs. 30% more absorption into the body when they're doing brain tap rather than looking into their phone.

So they made it so nobody could look at the phones when it came in there. Brain tap sessions can be as long as an hour. But like what I did in NAD, which a lot of people do and have trouble with, I showed them that when I did my NAD, I was done in 45 minutes.

By the time I done, we were a group of 14 people. Everyone finished within an hour. Those people feel like they're dying if they do it that way. You don't have to feel any discomfort.

Because your discomfort is only happening in your head. So if you can get your brain in the right brainwave state, we have opioid receptors in our brain.

You guys have a, like an episode for NAD? What we do is we, have, sessions that are an hour long. you could do gamma if, you want to do kind of out of body kind, of relaxation stuff.

And we. Theta sessions or alpha sessions. And what we did at the NAD camp that I went to is I started them all out with alpha for an hour, the next day they did theta for hour and then those who were adventurous did gamma because with the gamma we designed that actually with a doctor in Dallas.

We were doing a PTSD study with acetylcidin in brain tap. Oh, because brain taps and integration, a lot of vets use and first responders because, you know, their brain, they need to rewire it after all the trauma they're seeing.

And I'm sure you saw a lotta trauma when you were a paramedic and you're right there seeing all that. So we gotta get that cleared out of the brain. Right.

Sometimes it takes a little more power and that's what we found with like a psilocybin, it's a lots of energy in the brains, but then what do you do with it?

That's where the brain, the integration comes in. It's not just a one and done. Okay. The old saying, you can't have a pill without a skill. So the skill is brain tap and that's going to get it going.

We had some of these guys in the study, they did not want to do a psilocybin because they were addicts before and they're off. And they thought they we're going become addicted to psillocyban, which they use the psillecybin to people off addiction.

to be addicted to it, but that was their belief. So I said, okay. I say, Dr. Rosenthal, let's, Let's measure some brains of people to see what's going on while psilocybin trips are happening.

And what we noticed was a high degree of gamma activity, like a super a lot. and I says, you know, I can design some sessions and let see, what happens to these people.

If they do the gamma sessions, instead of doing a psillocyban, they were having psillecybin trip without a psyllocybe. Because when you're in gamma, You actually start to produce GABA.

GAB is a precursor to DMT. Our body produces all these things the world's greatest pharmacy is not on the corner drugstore.

Sleep, Recovery, and Circadian Rhythm

It's between your ears So if we can activate that world greatest Pharmacy now we could start working within ourselves now We can use substances like a psilocybin or DMT trips, you know or even marijuana because we have cabinoid receptors Whatever you want to use but eventually you've got to your own brain, right?

Because that's that where the real magic happens Dr. Porter, you mentioned about stress, right? When it comes to stress how has brain tap helped with adrenal fatigue?

The number one thing we measure on the neuro check is we look at your sympathetic, parasympathetic, and neurohormonal. That's your body. Think of your as your backup generator.

So if you're always having to rely on the backup generator, that takes a lot of energy, a lotta resources. That's when you gotta get adrenal fatigue. So we wanna get the electrical system to do the work for you, not the biological system.

Everybody, you can take supplements, and those are all good. You can do IVs. Those are really good, but the reality is that until you get that electrical running right, then when ya get those, It works more efficiently.

Yeah. So adrenal fatigue is happening because your backup generator is going to keep you balanced. Just like your bloodstream. When you get a stress response in your life, your liver is holding 25 grams of sugar.

It dumps into the blood stream. Right. You can only have one tablespoon of it circulating sugar in you're blood-

streamed. Your just sitting at the computer or you are looking at your cell phone or driving down the road and you just dump 25g.

There is no place to go. The cells, you muscles are still full. you never worked out today. It's going to have to turn on insulin. Insulin is a fat storage hormone.

It is going start storing it around the body in all the places you don't want it. And eventually your body is gonna say, I can't do this anymore. So it's gonna leave an insulin drip.

And that insulin is going to drip all the time. And then it doesn't matter if you don't eat, you're going get a little blood sugar because the insulin circulates gobbling up all of the sugar you have in your system that your body needs for energy.

So what is gonna happen is what's the weakest link? If it's your adrenals, those are gonna go. If your kidneys, your heart, that's gonna to go, something's gotta give or you gotta get the whole system back together.

The real solution is number one, diet. You can't out think a bad diet. Nutrition is important. You have to get the nutrition in. Number two, you have move and breathe.

That's where yoga, Tai Chi, some kind of breath work, those kind things. And then number three is what we do is you need some kinda brain fitness. Something to your brain wiring and firing around new ideas, new concepts, and keep the energy going.

Like they say, You wanna be like a child. When they said a Child like mine, that means look at the world as if it's an adventure. Don't do the same things every day.

Drive to work in different ways. Drink different types of good beverages, herbal teas maybe or something like that. Don't just drink coffee all the time.

Give yourself a variety of activities that you do. The more you vary things in your life, the stronger your neural pathways will be because choice is about decision-making.

And I mean, decision making and choice gives you flexibility. If you only have one choice, like everything, I'll give the example of somebody thinks alcohol is their solution, then every problem alcohol's the solution.

Now that's a phobia. Right. But if let's say that you have two choices now, alcohol or not alcohol. So now you're fighting with yourself. That's dilemma.

but if you had three, or more, now the brain can start to decide. You can always go back and do what doesn't work, but why not try something different?

And the only failure is stopping. And so that's kind of the mentality we try to create with Brain Tap is that there's no failure. Failure isn't final.

A good friend of mine, one of my mentors, Gil Gilley, always said that to me. You know, failure is only final if you stop trying. Do something different.

If it doesn't work, so what? Pick yourself up, do something. But try something, anything. So Dr. Barton, one of the reasons I was asking about the stress and adrenal fatigue, you know this is a personal story of mine, is when I worked at the fire department for 12 years, there's sleep deprivation.

There's all the stuff that we see. You go from sleeping at a fire station to all of a sudden, Alarms going off in your heart rates from the lowest it was to the highest it can be.

So one of the things that, and a lot of. You know, firefighters out there, they tuned into this podcast and this is

something that a of them are suffering with, right?

PTSD, sleep deprivation, adrenal fatigue. And I think, you know, I know BrainTap is a fantastic tool for first responders. So I want to touch up a little bit of how this can help a lot of these first-responders that are out there.

We've actually done studies with first responders. And we have a big one going on now, not just with First Responders, but with Special Forces in Missouri and showing that they weren't dreaming anymore.

Dreaming is super important, you know, to stop dreaming. Right. They didn't remember that they were not even really sleeping there in bed, but they're because they are afraid to get into that subconscious state where they we're seeing all the images and things like that.

We're going at. So the reality is that what we find is, and we did, we first responders with, with dogs. And what was interesting was we saw the dogs would relax when their handler was relaxing.

The dog would come over during the brain tap session, put their head on their lap and fall asleep as well. Because the field, the energy would be there.

And I think it's just down regulating. We can't get rid of stress. Now they're a super stress, like you're saying. But they volunteered for that, that's their job.

So now what we need to do is teach them to down regulate and replenish. Because our brain is capable of a lot more than we know of. One of my favorite stories was told in Chicken Soup for the Soul with Bob Harris and Jack Hanfield.

They went here to Florida, they interviewed a woman who picked the car off her grandson, saved his life. She was over 90 years old. And then she became a hermit.

And they went to interview her because they said, what are you doing? You're a superhero. You picked up this car off your grandson. She goes, you know, I thought about my life and I picked that car for my grandson I have that potential.

I wasted my I can't believe it. What I could do. So think about it, this is a person that lifted a car off her grandson, instead of thinking, people out there, you have such powerful potential, but they're willing to give into belief systems that are outdated, outmolded by preachers, teachers, brothers, sisters, parents, society, telling them, we're all superheroes.

And whatever you're going through in your life right now, that is your origin story. Figure out how to get to the end of that, because your job is not only to through it, but to teach other people.

Because the more we teach, one of the things we know to really get better and to heal, they showed this in AA, it's part of The Twelve Steps, is you've got to help other We're not here.

We don't socialize and tell people about what's going on. What's helping. That's really why I'm here because it helped me. I thinking if it help me become from this negative kid to become a positive kid and my dad got the help he did and millions of people now are being helped.

What other person out there is thinking of some great new gadget or some new device, some technology that once it gets out, there's going to help another couple million people.

We need, we need a billion brains. That's why I'm on a Billion Brain Tour. You know, if we could change the frequency, and this is Doug Grant was a good friend of ours and we do a lot of seminars with him.

He's with OHS. And he says, you are, all frequency. Your what you frequently see. So if you're low frequency you see low-frequency foods, low frequent activities, slow frequency but if your high frequency You meet up with high

frequency people.

You have high foods. So think of you. Everyone is a frequency. What's your frequency? I choose not to deal with negative frequencies because what they'll do is they will come in.

If you're positive, so being around you, I'm going to be energized when we leave here. There's always that person who walks in the room and gets a little darker.

It depletes you and it's almost like they're sucking the energy out of me. We jokingly call them energy vampires, but they are really that. Because what's happening is the biospheres are trying to mesh.

Right. because we're communicating here on a conscious level, But our bio, our bioresidents, Our cells are actually communicating. We're communicating information.

Most people don't realize our sun is not just a light ball out there that's sending light to our planet. If we don' get to sleep by 10 o'clock, we won't make as much melatonin.

if we didn't get the bed by 11, We don', we dont' cleanse our liver. It reboots our body at two o clock by dropping it two degrees. it increases our reboot at 2 oclock AM to two degree higher.

This is all tuned to the light of the sun. Right. And so that sun is the mitochondria for our solar system. That was my next question. So we were on a zoom call a while back and Dr.

Davis was on the call with us and you guys were talking about something. Then you stopped. You said, Dr Davis, I got a better one for you. The sun is the mitochondria of our universe.

There's the central sun. Everything's being drawn to, because we're moving right now. We're not here. When we started this podcast, we were billions of miles away from here, wow.

Our earth is turning, our solar system's turning our galaxy's, turning in multiple galaxies are turning. In our omniverse, we're never in the same place, which amazes me that people try to bring their past.

I, in my book, awaken the genius, I call it the dragons of the past because people have tried to drag it on and on, and they tell you about their problems.

Like they're wearing a badge of honor. And the reality is who cares? Who cares. It doesn't exist. Right. That's gone. Your brain only knows this moment in time.

And if we can get into this moment in time and realize that we are spectacular beings of light and energy and vitality, and we start sharing that message with other people, we'll live in a world of life, energy, vital.

How powerful, man. That's powerful. I love that. And what you said earlier too is like, it's not just about us. It's being able to help the next person.

That's very powerful. And with the sun, when you really think about it, everything on this planet needs that sun. Right? Plants. To be able to… When people go, I don't like sunlight, like some people out there in the biohacking world that have a lot of money, don' get on the Sun, they look like pasty white.

I'm like, you need the son. What you do, what they found in The Vedas is if you had a brain problem 10,000 years ago, They would have you go outside and sit two hours before sunrise.

because that's the time when the most infrared light hits the planet. Now, how did they know that? We use infrared on the brain, right? 810, 860 nanometer light, but our sun creates that light.

They also found that if you get out in that, you don't get sunburned because your receptors fill up and now you

repel the light of the sun. So we're not outside.

We're just not living in sync with our, I could imagine my cats getting up, and putting on their clothes for the day. You know, they don't do that, right?

We get up, we put our clothes on for the day. We run around inside of a building that has a roof over it, you know? So I mean, if we really were in tune with our environment, a lot of our life issue problems would go away.

I bet. So Dr. Porter, when I first learned about Bring Tab, I would hear about it at the conferences, but then I really started becoming more interested in it.

was I was on a phone call with Dr. Davis, and he was telling me about how he started it. You know, after going, he went to CryoCon. And at Cryocon, you went through the whole thing that you do at that exhibit.

Yeah. A few months later, He starts telling us, man, I tell you, um, been doing this one series. There's an episode. It's all about manifesting. He tells me, dude, this sounds crazy, but I've been getting downloads from the universe.

Stress, Adrenal Fatigue, and First Responder Recovery

And I believe in that stuff, you know, and Dr. Robert Willicks was my mentor, which, he mentored Dr Davis as well too. And he was a shaman, a former heart surgeon who was shamen.

He was big into energy medicine. When Dr David starts talking about getting these downloads and really kind of just visualizing things and being able to scale his business and his relationships and everything else.

and he really gave the credit to Brain Tap in the episodes. I want to talk about Some of your experience were people that have gone through some of these sessions on BrainTap and they get these downloads.

Well, science is actually proving what you're saying. This 10 billion miles of DNA, it pulls energy from the cosmic realm into our body and sends codes to our bodies.

And our own body then transmits it out to the physical nature. So he's basically in tune with that. But we've had so many incredible stories, I mean, from even Tom Brady's stories.

He talked about how he uses brain tap in recovering. So he says, how does he do it at 44? Well, he spends his time on recovery. Now they have a whole system of that, a physical system too, where they do, they call it, it's a stretching process, but they haven't named for it.

It doesn't come to me right now, But it is all about recovery for them. But we started out, I started it out in the world because everybody was smoking back in 80s and 90s.

We had to stop smoking clinics. So we had a really good results with stop smoking. I mean, we used to see 160 people a day sometime. And then when that kind of ran its course, We opened up weight loss clinics.

Now, when we started with weightloss, people only needed to lose about 30 pounds. When we sold that company, the average person needed lose 75 pounds, so that was a lifestyle issue.

Our food is getting corrupted. So, but we help people stay on track with their diets. We have, like you're talking about the manifesting. we did a whole series based on thinking grow rich.

It's 17 sessions and we've had story after story of people saying, Hey, it's helping me to manifest because if you can't visualize it in your mind, you, can hold it your hand, right?

You know, so we gotta, we got to visualize. To realize it. And we have to hold onto that because that, that thought has a magnetic quality and. We get opportunities or cues from the universe.

If we don't take that cue, We don' get that opportunity. Right. You know, and so, I mean, a lot of things like that. I'm, our golf program, for instance, we've had, We have a program up in Seminole college.

That's how we started. We did a research project with the golf team, four years in a row, national champions now. And then what we found out was they started doing research on this golf program and they found that they had the highest GPA in the school.

Really? So now the whole school's doing, we're doing a school wide, see if we can raise the GPA of these kids. And they have it in other sports. All through the brain tap.

So when your brain is synchronized, there's something called the Mozart effect. It's beyond what they do. They've done studies that show if you listen to broke classical music, you're just smarter.

But what the really saying is when you brain has synchronize, When it begins to organize your thoughts, activities, and beliefs in a way that is orderly and you start to look at your life as an ordery fashion, you just become smarter.

You have a 100 billion neurobed processor. Each one of those neurons is more power than a Cray computer. And a cray computer is the fastest computer we have on earth today.

But you have 10, You've a hundred billion of them. Imagine if they unified and started working with you. We have no idea. 2015, they realized that we had the glialympatic system, right?

Before that, if you went to any physiology department, 2014, anywhere in the world, the lymph system stops at the neck. Now it doesn't, because they finally realized during deep level four sleep, we activate a system of the body they didn't even know about.

And that was just 2015. What other systems do we have dormant in our body that we don't know? Like X-Men, that once we activated, like being a shaman you're talking about, there are some people They can actually see into the future, not because it's some mystical phenomena.

It's because everything is numeric. Everything has a sequence. You have this predicting machine called the brain. They're tapped in. Yeah. Tapped into it.

And you know, with, Talking about my experience with some of this stuff, after I heard about Dr. Davis and him getting the downloads, I remember listening to Joe Dispenza at a conference, and he was actually talking about the power of the brain.

And at that conference I actually did the Brain Tap, And that's why I realized this is holy cow, that brain is more powerful than what we think. And I remember doing my first session and it was taking me through the mountains.

All of a sudden, some guys cutting a lime or a lemon and all of the sudden my mouth starts getting, yes, I'll start salivating. And you started just like feeling things.

And you're not even there, right? And it's just the power of the mind. And so I bought the brain tap. I was like, there's no way I'm not going to buy that right now.

Right. and I've been utilizing it, you know, for, my guided meditation and everything else. It about like about four months ago, I started from my years of working in the fire department experience in sciatica.

And it's been the worst pain ever. And I've tried everything. Stem cell injections, decompression, inversion table, deep tissue massage. I get stretched out twice a week by doing manual therapy.

The only thing that gave me initial relief, and I didn't even know you had this on the app. For shits and giggles, I went on that app and said, let me see if there's anything for the damn spine.

It's so much pain. and found a decompressions, different episodes. Then I started doing it and got relief. And I was just like, man, we're onto something.

And since then, I can't wait until I have Dr. Porter on the podcast, just so we can talk about that. The power of the mind is amazing. Yeah. We don't know the limits.

I mean, the livings are self-imposed right now. You don' want to go out and do something crazy, but we need to continue to stretch our belief in what we could accomplish.

Number one, first thing is you control your happiness. When we were, we'd go on summer vacation, of course, and they'd say, you're making me angry. And I'd see, thank you.

I have no control. Go to sleep. You know, in, so I was trying to train them. Don't give your remote control to somebody else. Right. That's the first thing that people need to understand.

information for you so you should listen to it. But don't let them control you. Don't make them make you feel sad, upset, or angry. I still remember when my mother passed away, she gave me a book.

And she did this for all the kids. There were nine of us. She would write up little stories about us when we were kids that we didn't know she had. So when she died, we got these books.

In one of the books, it said, Patrick gave this to his dad when he was five. It was a note. You can't control me with your voice. Wow. So I was just born with this.

I would never let anybody control me. If you, if you remember one of my bosses said, Patrick ain't much, but he's all we got. You don't got me anymore.

If you're not gonna appreciate who I am, I'm gone. It's like, you know, not at your will. I mean, here to learn something. And if you are not going to be the teacher, we become victims of this, of other people controlling our emotional being of who we are on a daily basis.

That's so important for the listeners and the viewers to understand. Don't give that other person that remote. Keep your own remote, take control of it.

And that's why, like when we, when people say, how do you use brain tap, right? Well, in the morning you can do SMR programs. These are wake, they wake it up.

We call it digital coffee. When somebody tells me they can't function without coffee in a morning, you have a neurological problem. You just slept all night long.

He shouldn't need coffee first thing in. The morning. you couldn't have coffee, I love coffee I still have. Coffee most days in, but I'm going to have it at least two hours after waking up because we have cortisol trough that cortisol is high in morning and when you drink coffee you kill that.

Now you need another coffee at 11 need, another copy at three, you needed just to keep function. Right. So, but if you wait a couple hours, now the body gets regulated.

You can have a coffee. Even if do a copy in the afternoon, like, You know, the, Dave Asprey model, where you did the butter coffee, they would do that in afternoon.

They didn't wake up and have that coffee right. they need they did it when they needed the lift. so in, we need a reboot. We do a theta or gamma reboot in the middle of the day and we had a study done with Julie art with peak performers at Google and Microsoft and what she showed there's an actually a Ted talk about it online now where what happened was that group actually produced 26% more work when they got the 20 minute break.

and their happiness score went up 54%. They didn't even know they were depressed, because we had them take the Ponds test. They were all clinically depressed.

But these were the top one percenters. Wow. Because they are exchanging their life energy for their lives. Your job shouldn't be your life. You job should give you the life you want.

You know, so they always say if you find what you love and you do it for your living, you don't have a job. I feel like I'm still just doing because I used to do this on the side when I had another job, back when i was younger and I was working with my dad.

And, to me, this is fun stuff. This is what do when you're having a good time, and it's got to be so rewarding to everything that you doing. Dr. Porter, right now we have a huge movement going on, and for me it's really huge for our industry to make America healthy again.

How can brain tap feed into this movement? Well, I think they need to understand that we don't just need physical fitness, which is good for the brain.

You get BDNF. you know, brain-derived neurotrophic factors and it helps neuroplasticity, but we need to have some more brain fitness there. So I think for the people, if you're still under stress, you can take the world's greatest supplements and you are just going to pee them out.

Performance, Manifestation, and Closing Advice

because all the blood is still, your body thinks it's fleeing from some tiger or some threat. So we need to calm down the nervous system, get it going.

I think we're in good hands with Kennedy. Hopefully he does, you know, they keep doing what they're doing and straightening things out. And I that, teaching people that brain fitness is just as important.

As physical, but I'm just saying once they're all important and getting our school systems to teach our kids about foods and reading labels and, and really getting the food, big food out of our schools, getting, you know, we should be more farm to table in the schools.

I mean, We didn't have all these problems when we ate on the farm. I was being interviewed earlier today on Fox News, because I'm one of their people they go to for news.

And the thing was, why do we have all this dementia today? It's because our foods are full of crap. We were just in Italy doing a launch there, and we read an article that said McDonald's French fries in italy only have three ingredients.

In America, they have 17. Why? Because somebody put it, it's just like all these bills they're trying to pass. Just pass the bill, don't put all that other stuff in it.

You know, but everybody wants to put a little, they call them porking it up. They do that with our foods. But most of them are what we call excitotoxin.

they are chemically manufactured for addiction. Those foods should be outlawed. People producing them should find or jailed because what they doing is they harming American people.

They're not putting a gun to their head, they're buying them, but they are also, if you look at the way they advertise, it's nag advertising. Even the drug companies use nag advertisement.

They are telling you, go to your doctor and go ask for this. It's like, why? If the doctor doesn't know about it, probably not necessary. But what they know is if they nag them they'll get them to go and do these things with us.

So I think the biggest thing is to realize that you have the capacity Eat well, move well. Use your brain well you're going to have a great life. I agree.

What are some of the roadblocks that you've hit with governing bodies or any road blocks, you know, developing? Well, the biggest roadblock is it's too easy.

you know, there's a saying, spirit is simple, but man is complex. You know they want it to be more difficult. In fact, TBRX said, we need to come up with a more expensive one because pro athletes won't think it's worth it because it so inexpensive.

But then we get the average user saying it is so expensive. So how do you work with the masses, with still the elite? I mean, like we have five number one boxers that use it.

Top of their divisions. Because they need to be training their brain. I mean, they're beating themselves up every day, causing damage. So we need do that.

But I think the biggest downside is that people don't understand that ourselves need more than what they think. Ourselves need an environment to live in.

You know, when they did the studies on even in-air quality, your in air quality is 200 times worse indoors than it is outside. We need sunlight, right?

We needed to get out and move and breathe and ground and things of that nature. And I think that because we're bringing that to them, in India, we were telling them because it's right in line with their betas, their sacred teachings.

All the answers are there. We know all the answer, but nobody has time to do an hour of Tai Chi or yoga in the morning and meditate in afternoon for an and go shopping in garden, you know, and do all these things.

So we need technology. And so we're going through it. We're not getting a lot of resistance. The whole thing is that people go, if it's so good, why haven't we heard about it?

Because we don't have the budget of Big Pharma. I tell you what, whatever you guys are doing, people are finding it, they're asking about it. I have clients, clients that are actually very close friends of mine that part of the elite, actually one of my business mentors, Yadik Tadla, he's a real estate billionaire, and we've been taking care of his health.

And I found out that he was doing brain tap without me actually recommending it which he is a big fan of it he actually has a podcast and I want to introduce you to him.

But yes, so so you guys are doing a great job, you know moving this. You guys have anything for pets? We don't have any thing for pet, but what I recommend is that red light therapy pads or PMF pads, something like that.

We know that our cats love those when we leave them out. laying around the, because they gravitate toward the nice energy. And the light pads that we use, we actually cycle through the Noje frequencies that Dr.

Nojer, he's the one who does auricular therapy and that's what our lights do here. So, but what we do find is that pets, even our pets when we're doing it at home, they'll come sit on our lap while we were doing a brain tap session.

They want to get into that frequency in that place. Well, the reason why I said, you know, a friend of mine, Michael Turrell, behind Holtones. He's on our app too.

We have Haltones on the app. Oh, nice. Nice. Yeah. So he, um, he actually had like the lullabies for pets. The pet smart, I think it was bought it from him and whatnot.

And, uh, it, was very effective on animals, especially when there's like fireworks or thunder outside and what not. Yeah, because their cells work the same way.

That musical frequency is going to tell your body what to produce. Is the environment safe? Is it okay for me? We set up the enviornment where our body can thrive.

It knows what do. Our body and our brain are both designed to heal. Absolutely. But we need stress. When somebody says, can you get rid of my stress? You don't want to get ready your stress, you want a build capacity.

They did a study with mice where they gave these mice everything. they would bring them even mates and they bring their food. The mice didn't have to move.

Those mice didn't live only 60% as long as the mice that they were tricking. They were stressing them out. they would hide everything from them. That would change the food.

The stressed out mice lived longer because they had to learn to thrive in a stress environment. But you have to look at life as a challenge, not as threat.

Which you're going to have good stress and bad stress. In your professional opinion, it's not about getting rid of the stress, It's how to manage your stress.

It is having the capacity. You know, when you think about being a fireman. I mean, that's why so few people do it to me. I means, how many people are going to run into a fire?

Right. You know, so, you know sometimes I ask myself as I'm going into fires, like, what am I doing running in here while everybody's running out? Yeah.

That takes it's a special kind of person that looks at it as a challenge. Like you're going go in there and save some lives. Are you going do something?

You're not thinking about, oh my God, I am going get burned. It's big terror. Those kind people would never make a good fireman. Right? Right? So they actually did a study during COVID that showed we were generating this light energy, like I said, from our body.

They showed that people who looked at life as a threat rather than a challenge, reduced 200 times more light-energy at the cellular level. So think about it.

If I wanted to send an energy beam across the world, I would need 100% energy to get it there. But if I only have, if have 200 times less, i'm still sending the message from here, but they're not getting it, they are not get in it right.

So we need that light energy, to pop brigade and get the right information at the cellular level to keep us healthy, vibrant and thriving. I love that.

Dr. Porter, as we wrap up here, if there's someone out there listening and they're resonating with everything that we have to say here. What is one thing that you can leave them off with?

I like to remind people you're greater than you've been led to believe. Your capacities are untold. So don't believe, don' give anybody else the power to write your narrative.

Start today, just pretend you were put here, this is a game, there was no past, no future, you're playing Monopoly, we just put out the board, it's time to play the game.

Think of it as a GAME. Whatever you need to do to keep your energy high. Be around people that are gainers, not drainers. And, you know, strive for change that's positive daily.

Don't strive per perfection. Perfection is like, it's like playing golf. You know when Tiger Woods wouldn't, I was reading an article about him and when Michael Riley, a writer for ESPN and Sports Illustrated, he wanted to interview me.

He said, "I can't. I've got to practice." You know, this is a guy at the top of his game. He knew he could still improve. Our life is like that. No matter how good you are, there's something better.

But don't beat yourself up. Be happy of something, but expect everything. I love that, I loved that. Dr. Porter, where can people find you? They can find us.

They could find a lot of tips at braintap.com. You can follow me at drpatrickporter. com. And also our social media handles are the same. Braintaps is at brain tap tech, and I'm at Dr Patrick Porter.

I got a lotta videos and things sharing different information, some similar information than what we shared today. Amazing which will have all the links of stuff down below for people to be able to follow and whatnot.

Dr. Porter was a pleasure man This was great and I want everyone to know that if they are looking for the brain tap, it's easily available on their website And this device here, you know, You can download the app.

It's a good way to start, but getting the headset is the way. So Dr. Porter, it was a pleasure having you on the podcast. Thanks for having me guys. Please make sure you share, follow, subscribe, do all that fun stuff.

Make sure follow brain tap. All the links and stuff are down below and we'll see you for the next one.