The Hidden Brain Problem Behind Stress, Pain and Burnout | Dr. Daniel Kimbley | Ep. 129 Transcript

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Introduction to Brain-Based Chiropractic

You can march in place with your eyes closed for 50 steps. Just see if you turn to one side or the other. And that tells you something about which side of the brain is weaker or not.

That's one test. Then we take 22 of these, we mash them all together, and then that's how we start care with someone. We're not just laying somebody down, adjusting left side to their back, right side, left to the neck, then send them out the door.

Chiropractic is just for people in pain. 100% false. Tell me why. Yeah. So if we look at today, we have Dr. Daniel Kimbley. All right. He's not just a chiropractor.

he's a performance optimizer for your entire nervous system. Founder of Nexus Family Chiropractic. Dr Daniel Kimberly joins us today. Have you seen Nike came out with the shoe for like brain health?

The shoe's probably great for real. Like why not? Just take off your shoes and walk barefoot outside. you're gonna get better input to the brain. So many clients of mine, man, come to me and they're like, should I do red light?

Should I this other stuff? I'm like you could just go get in the ocean. Most people are saying they are brain based but they aren't measuring the brains.

They might measure one measure of the autonomic nervous system but not specifically looking at what's the cerebellum doing from side to side? What's a cortex doing side-to-side?

All I am talking about brain base is literally measuring where are there weaknesses or imbalances or lack of integrity from one side of brain to other and then specifically adjusting the spine I want to say something to the listeners and viewers here.

You can't improve what you don't measure. How do you measure this? Yes. So we have. Welcome to another episode of a healthy point of view podcast. I'm your host, Sam Tejada.

And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty and mindset. Today's guests. He travels here, talk about something very unique.

It's not just your ordinary chiropractic work. This is brain-based chiropractic. Well, what the heck does that mean? We're gonna learn about it today.

He's an expert in his field. he's active online, educating the masses. Today we have Dr. Daniel Kimbley. All right. There we go. That's how we do it here on a healthy point of view, you know, we've got to make sure the energy is right.

And, um, You know this is going to be an exciting topic to talk about because there's a lot of people out there that are a little bit iffy about doing any kind of chiropractic for sure.

You know, some people say, oh, chiropractors are not doctors. And in all reality, man, listen, I worked for the fire department for 12 years and I had a really bad back injury where my back locked up on duty.

I have to get transported from an emergency call to the hospital. Wow. They sent me to every doctor you could think of. I was on light duty, you know workers comp, getting put on every anti-inflammatory pain pill, everything

you can think.

No one even touched me. I'm seeing doctor after doctor, I was just like, no one has actually put their hands on me. And I want to go see a chiropractor that I've known for a while.

Whatever he did, he adjusted me, did a few different things. The pain, and this is not for everybody, it doesn't happen to everybody. My pain was gone instantly.

I told him, says I don't care what anybody else says, you're the real doctor. I'm a big fan of chiropractic. I want to learn today about brain based chriopractics because I think there's a lot for us to learning about.

But before we get into any of that, Dr. Daniel, I wanna make sure our listeners and viewers get to know who you are. Oh, love it. So let's go way back from when you were, you're a kid.

Wanted to, uh, learn a little bit about your upbringing. How, how you got where you at? Because I know you also a high school teacher. Yep. Like how that let, let let get today.

Let's start when your kid and then I wanted to how the heck a High School teacher became a doctor. Yeah, great question. So before I get into it, just honored to be here.

I'm so cool. Such a great setup. Thank you for having me. Truly honored It's a long story, cut me off at any point. Biggest thing, I always had this belief when I was little, little that my body knew how to heal itself.

And I know why, but somewhere in me, like, you know, my parents would give me like traditional medication. I as an allopathic family. But I would have a headache and I'd be like, no, my body knows how to heal itself.

Like I don't even take that. But they didn't know why. And everybody thought I was weird. So fast forward, like high school, I basically had that same thing and i was in the party scene in highschool like not a good kid.

and but the same things like no matter what I put in my. Body, i would still like I only take those that medicine like my, body, knows, how, to, heal, itself, So I always had this belief in me from somewhere, but I don't really have any context for it.

And then fast forward, like we're talking about me being an English teacher. So, I was a high school English Teacher, urban school district, that was doing really well, volleyball coach, kind of on the track to be set.

in terms of what I thought would be set. And when I got to teaching, like for so many years, I basically just kind of lost my passion. I was starting to get burnt out.

Mm hmm. Was good at it, really good. Just getting promotions, doing all the stuff. But there was a part of me that just lacked purpose. My wife was like, you've got go meet this Cairo that she was working for.

And I'm like, I don't know how I get my back crack could help me with anything. And like I just thought it was stupid because I didn't have any issues.

Right. That's my mindset. But I still had this thing in me. So finally, six months, she's like ghosts. Just go listen to him talk. We did this workshop.

I went sat in his office. There's, like 60 people in the room. He said to me, he's. Like, your body knows how to heal itself. Hmm. In the first, literally, that was the opening line of his talk, and I was like dude, there's a room full of people here.

who believe in this same thing that I knew to be true my whole life but had no context for.

Daniel Kimbleyu2019s Background and Career Shift

So long story short, I started getting under care with him, not because I had any issues, but because it made sense to me of like, why would I not do something that is going to prevent issues in the first place?

still didn't understand it, but I'm like, somehow getting my back cracked is like helping me feel better. But like I said, I was not passionate when I teaching.

So I started having these moments of like. I wanted to learn more and I start asking questions and started getting excited about helping my students again.

And there's a bunch into that that we can dive into. but the long story short of it is that I I like why do I feel like this newborn sense of passion and purpose?

And he's like because we're waking up your brain. so then I might in the teaching front, unlike well, If kids learn through the brain, then how do we get their brain to be stronger?

I started putting those two concepts together of like, all right, I'm teaching and I am trying to help kids grow their brains and i'm getting adjusted and notice all this passion and purpose from my brain and then this idea of being healthy and preventative.

And I'm like, what if we had school chiropractors instead of school nurses that just gave medication? So this is obviously like over time, I started having these questions.

Everybody thought I was insane, dude. They're like you're absolutely nuts, bro. Like you can't have a school Chiropractor. It doesn't even make sense.

We don't understand why these kids don' have back pain. But I got to the point where I was so passionate about it that my wife quit her dream job. I quit my job, I just got offered to go into administration.

We both quit, sold our house, moved to Georgia so I could get my doctorate and teach families this principle of health and healing that starts from the inside out.

That's way more preventative than reactive. That's amazing, man. That actually, what you're talking about there is that's true passion. To be able to do everything that you did alongside with your wife, that takes something that is passion, now, you went to Life University, right?

Which is a very well-known university for chiropractic. I think the majority of chiopractors that I know went the Life university. Now, interesting enough, when you talk about the body healing itself, and we're talkin' about chiorpratic, You know, one thing that I learned early on, and I started seeing it when I really got into the medical field, I start noticing that chiropractors had education and nutrition, right?

And then I sort of noticing a lot of the medial doctors I knew in the allopathic world had no clue what any nutrition is. They didn't know about vitamins, minerals, amino acids, how the body actually functions.

And when you look at the true body's biochemistry, you're going into The Crib Cycle. And you break it down. It's all nutrients. That's everybody functions.

The biology of your body functions based off nutrients, so tell me a little bit about what you started learning in school when it comes to nutrition. When it come to these vitamins, minerals, amino acids, the food you put into your Yeah, so we I already was on that journey before I ever got to school.

And so like, man, when I was teaching, I thought vitamin water was healthy. You know what I mean? So I'm like and then we get to the point where like we started.

Man, we cleared out everything. So it was like. We started making our own laundry detergent, making their own cleaning products. and again, like in a doctorate program, my wife was working for next to nothing because she

gave up her dream job.

We basically like where most places are just teaching the food guide pyramid, which is so cool. What just changed whole other conversation probably, but what?

What I learned basically is like what I had already known. And it was the first place I'd ever seen somebody else teach it and talk about it. So like proteins are good for you.

Cholesterol is not necessarily a bad thing. Um, and then, you know, we could get into like all the micronutrients and all this, all of that, but really what it came down to, like one of my favorite questions that my nutrition instructor would ask us, he's like, okay, If you gave somebody a medication to have a bowel movement, let's say, he's like, did the medication do the job or was it the ingredients in the meditation that got the body to do something on its own?

And that's how he approached everything, which I really appreciated because he always went back to like you can put whatever you want into the system, but the bodies still has to choose what to or to not do with it.

But and so the foundation of our education and nutrition was it was even deeper than the like here. The things that you have to have the, you know, the amino acids, proteins, if you get into the micro micronutrients, et cetera.

And it. Was way more of like the body can only use them in a certain environment. If we can optimize that, then everything else will fall into place. So, that transformed a whole thing of, like, when I drink tap water, we only grass fed.

We buy our own cows. You buy chickens. Well, man, You're all in. Oh, dude, like we're the we are so extreme that I forget sometimes that like it's like, it is not easy to do, you know, but we've just been trained for so long to it.

So that's one of the most special things to me. Like I said, is just that understanding of like the body at the end of day still does the work. And no matter what we put in it, there's still something innate built within us that chooses what to use and not to us.

In our whole education, especially with the instructor that had a nutrition was centered around How do we get the system to use everything that we put into it?

Right. Which is cool. And I felt like that was a layer deeper. If that makes sense. No, no, it definitely does. You know, what it comes down to, and this is probably some of the stuff that you learned, is your body needs some that raw material that's missing.

Yep. Right? And then in today's world, I mean, you look at all the foods that they have no nutrients density whatsoever at. I call it. hospitality, fruits and vegetables.

They look beautiful, but they have no nutrients and they taste like nothing. You go to Costa Rica, bite into a strawberry, it tastes fantastic, right?

You bite it into strawberry here, looks beautiful. Tastes like you're eating air. 100%. Yeah, so food like substances is what they are. Exactly. Yeah.

A lot of fillers. So awesome that chiropractors are training that. And I think it's important for everybody to understand the type of education you guys are receiving.

Because when I learned about it, That's what made me say, you know what? This is more than someone just cracking your back, right? So the next question I'm gonna ask you here, this is a true or false question.

True or False? Chiropractic is just for people in pain. 100% false. Right. I knew the answer to that by the way. So tell me why. Yeah, so if we look at, this is my philosophy.

So I'm not saying it's the way, it a way. And I think it is important for people to just consider like most of the place that I we're taught to focus our energy is on exercise, on nutrition, like supplements and the hacks of red light cryo and trust me I do all that stuff like I sit in a hyperbaric once a week so there's none of this stuff that I'm saying right now that i don't do for myself but the one thing that regulates all of the other stuff, that we do is housed within our cranium it's our brain.

And if we don't, in my opinion, focus on the thing that is the regulator of all of our inputs, then we're leaving something on a table instead of being at a true 100%. So when when I think about chiropractic, We're in the way that we do it and there's a very specific, if we get into all that if you want, but there is a specific way we measure the brain to just make sure that it's optimized so that have the best regulation possible.

So not saying the other stuff is not important because it is 100% important, we live the lifestyle. I was just complaining to my wife, the food at the hotel is just not what we can get when we're getting our food straight from the farm in our hometown.

So I live that lifestyle, but just making sure that the brain that regulates and tells the rest of the system what to do or not to with those nutrients, if that's optimized, everything else is going to work even better.

Yeah. It's almost like that. That's the foundation, right? If you don't, it if you, you know, have the. very firm and steady where it needs to be. Yeah.

Right. And things are blocking it or whatever. It doesn't matter how many red light therapies or how much nutrients you feed it, or much supplements you're taking from GNC.

You know, it's just not going to do the job that it need to. So so we're talking about the brain. Great. Which you correct me if I'm wrong here. Not all chiropractors focus on this brain based chriopractic.

This is where This is what I'm battling with right now, especially social media wise, because a lot of people are starting to come out of the woodwork and be like, well, every chiropractor is a brain based chiopracter because when we adjust the spine, we affect the brain.

But again, I go back to like. If you're not measuring for what you should be doing with the brain, then it's kind of just like if I walk GNC and I'm like, Oh, I think I should take vitamin D without measuring it.

And like you don't really know what's you need or don' need. So my version of brain base and there's other Kairos that do it too. Like I've trained Kairs to do.

There are others out there who do this as well. So it's not like it is just me. Just a lot of people don't talk about it. Most people are saying they are brain based, but they're not measuring the brain.

They might measure one measure of the autonomic nervous system, But not specifically looking at what's the cerebellum doing from side to side. What's a cortex doing side-to-side?

What are the parietal lobes doing? And so when I talk about the brain, well, I'm talking about brain base is literally measuring where are there weaknesses or imbalances or lack of integrity from one side of the brand to the other, and then specifically adjusting the spine.

Based on everything we know about this central segmental control unit of the spine that sends direct information to the cortex of The brain like how do we correct those things and create balance in the brain?

So it's just a little bit more specific and that's the man There's like two worlds is like some chiropractors get so mad because they're like brain-based chio-practics made up I'm like, no, it"s not because I see it every day functional neurologists do it everyday, but they don't always adjust And I was really passionate about getting that stimulus to the brain with the adjustment.

That's amazing. Yeah, that's a busy day. But before we continue, hold on. I want to say something to to listeners and viewers here. Let's talk about this all the time.

And Dr. Daniel just said. You can't improve what you don't measure, right? So you're measuring and seeing how it improves. How do you measure this? Yeah.

So we have a battery of tests that we do in our office. Again, other places do these too. The biggest place that most people If they go to a chiropractor who's any semblance of like nervous system based or brain based, usually they're using some kind of scan to measure autonomic.

But the scan, in my opinion, just looks at is the body in sympathetic state or a parasympathetic state. It doesn't necessarily measure what's going on in the brain.

Nutrition, Healing, and Preventative Care

So we go a step further and we have a series of tests, Romberg, Sharpen Romber, Middlemire, a serious cerebellar test, alternating hand fist, point localization test.

We look at the eyes and then we take all dual gate. we all of those tests that test for different cerebular weaknesses or cortex weaknesses, or imbalances, what you would call hemisphericity.

And then based on what we find with those, that's how we adjust. And these are like physical tests. They're physical. Yeah, they're literally physical test.

Now, some of them like march. You can march in place with your eyes closed for 50, 50 steps and just see if you turn to one side or the other. and that tells you something about which side of the brain is weaker or not.

That's one test and then we take 22 of these. We mash them all together. Then that how start care with someone. So we just get really, really specific with what's going on.

so we're not just laying somebody down. adjusting left side of their back, right side, of the back left, side or the neck, and then send them out the door.

And it would be like you getting the same thing that my wife gets that, my daughter gets, that I get versus a very tailored approach to the person who sits in front of us.

Cool, man. Maybe later, when we do a little test on me, so people can kind of see what it's all about. You'll be shocked. This is what's funny is like, you'll shocked at how easy it is.

Be like dude, there's no way. But and then I do a full 360 and the thing is, man, it's like the miracle cases that we see in my practice. They like they speak for themselves.

Right. You know, and it happens all the time. And I just remind people, like, It's not because I'm amazing. It is because your body has this insane potential inside of it.

and as soon as we get it regulated, even if you're not doing all of the other stuff, you will notice change. All right. you have to. That's how we were built.

Wow. So it's OK. You measure. Mm hmm. Do you get some kind of result? Yeah. That's telling you where they're at. Yeah, right. So now what's the next step?

You get the results back based off of the testing that you do. Now, what do we do? So next that is I sit down, I analyze that thoroughly. And so we have different tests are weighted differently.

so, you know, depending on what we see and where we. See it. I weight the test in a certain way that would tell

me, OK, here's where. We need to start with someone.

So a simple example would be, I'm gonna just make this up, but let's just say your right side cortex was weaker. My approach with you based on those tests is gonna be to only adjust the left side of your body and get stimulus to, that'll get a stimulus, to your left-side cerebellum but your rightside cortex.

And so we then we measure and we track it along the way. So we'll repeat the tests. We should see change with the test. And then once we get, we will get people to a place where they're pretty balanced, like left side and right side.

As soon as we got that, that's when we start bringing everything up together. Then we taper their care as go. It's kind of like, you know, a simple example would be if somebody is going to come into the gym and they are like hey, I got to lose a hundred pounds.

Like they're probably gonna have to go five, six days a week in the beginning. We don't see people that much, but five six, days, a, week, in, the, beginning to lose the weight.

And then as they start to get to a healthy set point, then they can back it off and they, can do the two times, three times or whatever. Exactly. So not that I don, recommend that, much care, just to kind of put it in perspective, it's the exact same thing.

It's we correct the imbalance first. we create new connections with them in. The brain. so we're literally building up new synapses. and then once we get somebody stable and balanced, Then we taper care from there.

I like that. I liked that analogy too about the weight loss. Yeah, I always tell people listen one salad ain't gonna make you skinny But never you eat it for a while.

You'll lose the way and then you go on the maintenance. Yep, exactly All right, so you do the tests now you're working on different parts of body to address it What's happening at that point in time that you are adjusting these certain areas?

I love it such a good question. So all the research that I've seen says that When and so this is what it's called central segmental control unit, which what that means is just spinal segments.

When they have certain dysfunctions within them, it sends nociception or pain signal to the brain. And when I say pain, that doesn't mean that you can feel it necessarily.

So these can all be subcortical, like below the level of you feeling. So when we feel that pain signal, that NOS deception to the brain, That will trigger our body to release cortisol, adrenaline, norepinephrine.

And then we know that cortisol shrinks the prefrontal cortex or weakens the preferential cortex. So what we're doing is we are identifying, okay, where are these segmental control units misfiring?

And I use an instrument, but there's other ways to do it too. I'm using an instrument that fires at 12 to 14 impulses per second, and we get a vibration to those segments and then only on the side of the body that we need to, based on testing.

So that speed of vibration, through all the science that I've seen, Heidi Havoc's done all of her research on it, to say that at that certain speed, that's when we got the effect on frontal cortex.

And specifically, if you want to know just a little bit of nerdy neuroscience, it's talking about dampening that N30 amplitude. in the front part of the brain.

And what she says is that if we're hitting joints of spine that don't need to be adjusted, it has no effect on the brand whatsoever. So I would make it make an even deeper argument that being able to identify exactly where to adjust

is super important because you could just be going in paying for pretty much nothing.

Right, right. If you're not seeing the right practice. This is an actual like device. Yeah, it's called an Arthrostem is what I use. There's other ones, there's an integrator, a activator.

What does it do? It literally just you set it, vibrates at a certain speed, so it puts an impulse in, recoils as well, and you can set to vibrate at very specific speeds.

So 12 to 14 impulses per second, two-tenths of a second or faster is that gets that input to the frontal cortex specifically. So I like it because reproducible, right?

So like, and this is where Kairos get mad because they're like I can do the same thing with my hands. What do you press it on the spine? On the spot? Yeah, literally on joints of the line.

Yep. So, like with you, if you came in and you let you say you had maybe you didn't even have any issues. If we found right-sided brain weakness cortex specifically, I'm going to adjust your left side of your body.

OK. And then I'll identify that based off my chiropractic exam, which is a little bit. That's going. To differ from person to person, a person person.

You know, based on just the indicators that we have for that. So, you know, we're talking about this whole brain based chiropractic, but do you also work with patients that have, let's say sciatica pain?

Yeah. My practice is kind of split. I have quite a few just straight up wellness clients who come to me and they're like, dude, I just function better, right?

Hardcore entrepreneurs, they are like I can turn off my work brain at the end of the day, can be more present with my kids. That's what their life is about and that's why they see me.

I also have the other end who are the people who've like I've had 15 years of low back pain 40 years a lowback pain. Nobody's been able to quote unquote fix me.

And then we come in do our thing with him and I'm like that's because nobody measured your brain and it's very I love your story so much man because you're like somebody actually like put their hands on me And that's what that the approach I've always taken is like, what's this?

What's actually going to help somebody and like tell them the truth about how their body works? And I think that it's so often the brain as a regulator is just missed, like completely miss.

Yeah. So, well, you know, we're back on that topic talking about, yeah, someone actually put their hands on me. A doctor actually, put your hands. I mean, And I remember when I was a kid, the doctors kind of practice medicine a little bit different.

You know, they hit the joints and they look inside your mouth and your eyes. Now that whole thing is gone. It's just literally fill out the paperwork, make sure you cross your T's, dot your I's and what prescription I can give you.

That's the allopathic world we live in. And Dr. Daniel, One of the things that really irks me is when I hear a lot of these MDs, not so much the DOs. The DO's respect the chiropractors more than some of MD's.

And I love MD'S. I have business partners at MDS. They're more on the functional medicine side though. So when i hear some these MDS basically bash chiopractic, right?

What is your response for the NDs that are listening right now on doctors, making sure doctors are touching their patients? Yeah, my response is you just don't know what we do.

Like you have no idea what you do, and if you sat in, you could come sit in my practice for a day and just let my clients tell you their stories of the breakthroughs they've had.

from very, very pain-based to more spiritual. It does not matter, dude. Every single person, every time. That's what I would say. Like you just don't understand.

And if you, that lack of understanding of how we influence the brain and how important the is in the conversation is just totally missed. Totally missed have you had an opportunity to actually talk with, uh, orthopedic doctors or orthopaedic surgeons about what you're doing?

Have any of them actually embraced what? I take care of a couple of surgeons who are definitely… I mean, man, I have a guy right now who was a surgeon.

He's not anymore, but he's had his thing for 40 years. And he like, like I just can't believe I never thought this was possible for me. With all the medical diagnoses and all this stuff that he had.

I'm like did anybody ever measure your brain? It's like nope. They just felt where my tight muscles were and pushed in those spots or felt my pain was and push in the spots.

So but it's a hard world to break into because people hear chiropractor and they automatically for some reason just have this idea of every single thing that pretty much everybody sees on Instagram.

It's like pop the left side of the neck, pop, the right side and that put the head in the white strap and pull on it. And there's so much of it that's not it just not that at all.

Yeah. You know, I remember when I want to go see the chiropractor, Dr. Howard Newman. Unfortunately, his practice is no longer. He retired. And I. Remember what I wanted to see him like he was really big into his.

Practice was actually called East West Physicians, where he took Eastern and Western medicine and integrated together. You went to Life University as well.

And when he did his assessment on me, it wasn't just checking the back or feeling my neck. I mean, he was looking at my nail beds. He was look in inside of my mouth, my tongue, doing a lot of the stuff that you see kind of like in Chinese medicine.

Are those some of things that when you're doing assessments on your patients? It depends on what they come in with, but man, I could give you so many examples.

So it depends what the come with. We have pretty thorough intake paperwork and that kind of gives me a good idea of what to test and what look for. Yes I will look those things if I feel like it's warranted.

A lot more of what I'm looking for, though, is where people have had traumas that they just completely forget about. And when I talk about traums, I mean, talking about car accidents, like we can get into that.

But, you know, for instance, i just had a girl sit down with us and I asked her straight up and she's been dealing with all kinds of issues since she was born.

Measuring the Brain and Tailoring Adjustments

She's 17 years old. But ask her one specific question, she's like, no doctor I've ever worked with has asked me that about what happened emotionally when her stuff got really, really bad.

And there was an exact pinpoint moment and she was like I never even put those two together. So this intersection of like understanding how trauma can get stored in the brain and trigger that subcortical stress.

And then that will change how the. Man, I want to talk about that more because you know what, when I was having some sciatica pain not too long ago, actually, this was probably a couple of years ago.

Yeah. You know, obviously I'm big into health and wellness. I went to go get my prenuvo full body MRI. And we could kind of pinpoint exactly what what the issue was.

But when I was having that lower back pain, it was on the left side, radiated radiating down the leg. You know, my my business painter is a dear friend of mine, Yadik, who's had a lot of backpain himself.

He says. That's an emotional trauma that you're having there. You're stressed out with the business and you are holding it. I believe in that shit. Call it hocus pocus, whatever.

It's real stuff. So I want to talk about different areas in the body. that are known to hold some of these type of stressors, because every area in the body, from what I was reading, but you're the expert or you the doctor, right?

From what i was. Reading, you can hold depending on what the type. Of trauma is will be held in a certain place, and that's where you. Going to feel that pain.

Yep, 100 percent. So these are not my ideas. I've thought a lot about them and ask the question of like, why would that happen in. The first place? So yeah, I'll just put it out there.

You talked about sciatica and low back stuff. So low-back are generally one of two things is either lack of support, feeling a lack support or stress of finances.

And what's interesting, the people, especially in my world, because my practice, we see a lot of people who have a lotta, lotta money. They're like, I don't have any stress with finances.

And I'm like yeah, but remember when you had to cut that million dollar check for that event, you were going to run because you got to pay for all the room blocks and they're.

Like, well, had the money to do it. I like. Yeah. But did it hurt to write the check? And they like well I never want to ride a million-dollar check, so I see that all.

The time and this is I promise you dude, 95% of my practice. I would say 95% of what people feel in their physical body actually is just a manifestation of, what's happening emotionally.

It's just an emotional stress that amps up and amps, up over time, down regulates a parasympathetic, increases or up regulate the sympathetic. And then that's where the pain comes from.

Yeah. Do you get into like all the chakras and stuff? I don't do any of that. We take way more of like a Christ centered approach to it. So but there is a real, real connection.

And man, we could go like I could get way deep down the rabbit hole and talk about how when the endoderm develops, like the Endoderma is primarily responsible for safety.

That's the first part of the nervous system and the brain and brain stem that develops. and so that's why somebody has like low back pain. The hip flexors represent support.

Cause it's a safety mechanism. So there's like very specific ties to what happens developmentally, like literally embryologically and how those emotions and why they get stored in certain parts of the system.

Can I give you an example? Like another one would be, I work with hairstylists quite a bit too. And they always come in and they're like, it think it is my shoulder because I'm like holding the blow dryer all day and doing this thing with the brush.

That could be true, but what I see was start working with them. Hairstylist generally, when they sit down with someone, the person that's in their chair complains to them the entire day.

And so they get drained and it's like, I don't want to hear this person complain anymore. So then it becomes a drag to go to the thing that they love to do every day And so I, part of my training with them is as we're waking up their brain, as were adjusting them, I'm walking them through like, hey, listen, emotionally, shoulders represent joy.

And if you're having a lack of joy in your chair or when you are at the chair, then maybe it's because you just got to set up a different frame for your clients that you working with.

Stylists after stylist after stylists who thought they would have to get shoulder shirt surgery who? Thought it was because they were running the blow dryer that would just their stuff completely goes away We wake up the brain we balance out the system.

We get it regulated They process those emotions and it's like a double whammy and that tons of examples of that That's pretty cool. Um Your patients that come in do you typically get any kind of imaging done on them?

I If I need it, it's very rare that I needed though. And the reason, so this is what, people get tripped up by this often, and I'm not even saying it necessarily like the only way to do it.

If do a good exam, I'll be able to rule out like 95% of what I'd need to see. So if we go into like x-ray specifically, There's not gonna be bones out of place.

That's necessarily a real thing. What happens is when the cortex gets turned off, we start to fire up paraspinal muscles and the bigger flexor muscles, and then that can pull on the bones in the first place, so if I look at an x-ray, I'm really just looking at a symptom.

If I looked at MRI, usually I am just look a a symptoms, my question is always like, yeah, you're gonna have a disc bulge in there when I see it. What's causing it?

And I always go back to what's the cause? What the cost? Right. What a cause. And it could be trauma, but there, man, there's that's a whole other rabbit hole to get into, like disks and all that.

But I'll just suffice it to say that, yeah, what I see on an X-ray would still only lead me to to ask the question, What is the Cause? and I'm still going to do the same thing with the person no matter what.

Right? Right. Based on my neurological testing that we do with them. So is it warranted in certain cases to like rule out a cancer, rule something like that?

100% for sure. Um, but I've had people come back with they debilitating pain where they can't walk and they have a perfect lumbar MRI or perfect MRI in general.

And so then the question is why, and it is deeper than just what we see on those images sometimes. Yeah, that's something to definitely think about. Dr.

Daniel. The joint chiropractic. What the hell is going on over here? They have a good business model, man. I can't handle the business. Business. They're making a fortune.

Yep. But but clinically. Yeah. Well, what's going? Because I went there when I was having that back pain is I kind of get a hold of my other kind. Right.

Yes. And they got me to man, I signed up for the membership and I want in there. It was just like it was literally like some dude straight out of school.

For sure. Barely asked me any questions and they just started just trying to crack me. I was just like, okay, that was

kind of weird. I didn't feel like that clinically appropriate what they even did.

That's the training. As we look for where's it hurt, where are your tight muscles, I'm just going to go after those things. Or where is it tender on you or where does it feel warmer, like whatever.

And I am not saying those aren't some of the indicators, but there's just another level that I think as practitioners, we should be looking to get to, or we're practicing responsibly and letting the data of someone's body guide what we actually do with them.

So it's safe to say that you practice significantly different than joint chiropractic. Oh, it couldn't be more different. That's what trips people up because they're like, I've never heard a brain-based chiopractor before.

And they, but they think of the joint when they of think the word chiorpratic. Right. And so yeah, like when people are like, wait, I have to sit down and do an exam.

You're going to ask me questions about like my marriage and what I eat and how much exercise I. Have and all these other things and like ask. Me for labs if I had them.

Yeah, of course we are because we take a little different approach because. We actually care and we want to get to addressing like what the actual route is.

Absolutely. Yep. Who is Gunstead and how does that feed into chiropractic? So Gunset is a dude who developed like a very specific technique in chio-pratic.

I don't even know when he developed it. So it's a technique that people use as a form of analysis that would tell you, hey, here's where you adjust the spine.

And there's some technology that's used with it, I would say. I don't know if I want to say outdated technology. There are definitely upgraded ones like the Insight or any other kind of thermography to measure where those imbalances are on the temperature of the skin, which would lead us into an indicator of that autonomic nervous system that I talked about before.

But again, I practice so differently than that. It's hard to even speak to like, why, man, To me, it just doesn't make sense. I'll say it that way. Okay.

So not that it's bad, not, that's wrong. It's just different. And I still ask the question of like, how are you measuring the brain? Right. If you're going to adjust the spine, how is that affecting the brain?

Right, because you see a lot of these chiropractors with all kinds of fancy technologies. I mean, you got some that got this T-Rex machine and you had another one that has the lower body decompression, upper body compression.

Like, what is your professional opinion on some of those technologies out there? So some my dude, this is so contrarian. Some of my best friends have decompressed machines.

and they swear by them. And we will argue every time we get together because I'm like, I don't believe, like I believe that you get results with it, but I, in the mechanism of how it works, it doesn't make sense to me for a lot of reasons.

So like if I am speaking to my best friend, so all the other Kairos or any other practitioners who do decompression, they can just ignore me. I'll just speak to best friends for second.

My question was always like the spine is supposed to have curves in it right? Supposed to three curves. If we pull on it, what happens? We literally flatten out the curves.

So just that one principle alone.

Trauma, Stress, and Emotional Patterns in the Body

And I'm not denying that it gets pressure off a disc, but I think I would go a step further and ask, how could somebody have disc issue with no trauma?

And is that disc potentially flattening itself out as Empati's own protective mechanism to keep tension out of the spinal cord so that the integrity of spinal can stay intact and we can get that nerve conduction properly so we don't change the imbalance of sodium and potassium out when we talk about how the spina cord and the nervous system actually fires.

So those are questions that I have. Yeah, interesting. Now, you know, I've heard you say that blood flow is extremely important for the brain, right? Yep.

So why don't I just get on an inversion table and just hang upside down? I'll get plenty of blood in my head. Yeah, so that's the thing, right? Is like, if we can get all the blood in the head that we want, same thing.

Like I can all get the oxygen in my body that I want. I could take insulin if I have diabetes, but there's still a regulator behind the system that decides what to do and not to with those inputs that were put into it.

So really simple example is like some people with Hashimoto's, they prescribe them Synthroid or some version of, right? But we know cortisol blocks T3 converted into T4.

So if we just prescribe the med, but we don't address the cortisol issue, then are we are we doing the right thing? Like we didn't ask the question of like, what's causing that imbalance in the first place.

And so I just always go back to that with everything, whether it's blood flow, or whether its oxygen, and whether is nutrients. It's like we want to make sure that whatever we put into it, the system actually has the tools to regulate it.

Now, you know, I was just talking about an inversion table, right? For the people who don't know what that is, that's where you hang upside down, are you pro inversion or are against it?

I think it's the same as traction where we're like, again, my question is always like and I'm a guy, not the guy. But why would we want to take the curve out of the spine?

Because if you have a cord that has a curve in it and you pull on it, what happens? It's going to flatten out. It isn't going go straight. So why will we take a curb out our spine.

And I understand the argument is that we're getting compression off the discs. Whole other conversation that, again, I would so argue against, but I never liked inversion tables.

No. Yeah. OK. This is the reality. The clients that I work with, a lot of this stuff that they've tried and tried, and been told to do, They end up working with us and we get the brain balance out and they don't have to do that stuff anymore.

OK, which is cool. Yeah. So are you a chiropractor that works on extremities? Yeah, I work on extremities for sure. I think that the spine has the most rich proprioceptive input to the.

Brain like hands down for. Sure. How important are the extremites when it comes to brain? I would say spine is 90 percent. So for a lot of reasons, man, the spine feeds so much information into the vestibular system, into eyes, and to the brain stem where the extremities do that, but we have way more resource allocated in our brain to what happens axially, which means in the spines.

So I would say spine is 90% and the rest of extremity are 10. OK. Mm hmm. So, you know, we're talking about

extremities. Have you seen Nike came out with the shoe for like brain health?

Yeah. No, I haven't seen that. You have to say they're like some slides or some shoes. Oh, man. I wanted to see you. But I have seen them. Yeah, so Nike.

Came out. With these shoes, they got like all these little prongs. And I guess they put certain pressure on the bottom of your feet. Yes. In you got it.

They're low. So, like, you know, they sold out and there's a lot of science, supposedly a a science behind it. This was recent, probably within the last month.

Yeah. But, I was going to ask you, how important is the extremities when it comes to the brain? Because these people, created the shoe. I mean, the shoes probably great, but for real, why not just take off your shoes and walk barefoot outside?

you're going to get the better input to the brain from nature than you would like. Yeah. Why do, why does PM PMF work so well? Yeah, because it's the same thing as grounding.

Like we're literally getting that same input. So why not just kick off your shoes and go walk on the beach? That's, and that's what, you know, so many clients of mine, man, come to me and they're like, should I do red light?

Should I to do this other stuff? I'm like you could just go get in the ocean. Like that could be your cold punch. You could go just be in sun for 20 minutes a day.

I don't, like I am not saying red lights wrong. We have, we do all of it. But I also do those other things first. Yeah. Well, you know, all those technologies and what we're doing is mimicking what.

We can get from a certain wavelength. So, yeah, people don't want to get up early enough to. Get that initial blue light, get us to stimulate the quarters of production people.

People are just trying to to the easy way out. But you can definitely get a lot of it through nature. You're absolutely right about that. Um, so Dr. Daniel, the.

Patients that you see, you know, there's a lot of high performers out there. A lot. Of athletes, a. Lot of runners, what are some of the key things that.

You do for people that run, that are part of these run clubs that, are running the marathons. Yep. I mean, it's always the same. Measure the brain, adjust for the imbalance, and watch them thrive.

Because again, in our office, like everybody that I work with, the first thing I tell them is that, I'm not going to fix you because I am not smarter than your body.

Your body only has the ability to heal itself. When it is well regulated, you will heal at a deeper level. So whether it's an Olympic level swimmer who you're taking care of to, you know, the dude who wants to run Ironman's on the weekend to the Dude who can't run, who has a Boston Marathon in six weeks.

We're doing the same thing. Measure the brain, adjust for the imbalances, let their body do the rest because that's what it was designed to do. And so high performer, someone in pain, some of the anxiety, somewhat with a lifetime of depression, we're doing what sounds crazy is like the same thing.

We're just adjusting them based on what the imbalances are in their brain specifically. What about like football players or fighters with traumatic brain injury?

Yeah, so TBI, one of the things that we just started implementing in our practice is transcranial photobiomodulation, which is TPBM. It's really just red light, like a very directed laser for the brain so we can penetrate the cranium and

then we hit different parts of brain for it.

So we actually implement it with everybody. which has been the coolest thing ever to watch people create new connections within their brain faster, to get better results faster.

And what we're starting to notice now, I just started this a few months ago, but we are starting notice that people are holding their adjustments for longer.

So the question is why? And this will get into the TBI. is the red light does a number of things. So we increase blood flow, we decrease inflammation, We increase BDNF and then the other neurotropic factors that are gonna allow the brain to one, get rid of inflammation but to build up new healthy synapses faster.

This redlight, just like it's good for the rest of our body, very targeted to specific parts of the brains, specifically where those injured parts are, dude is just getting people results like crazy, crazy fast.

And that's the photo by modulation. And in addition to the adjustment. So how we do is if you think of the simple example that I've been using with my clients goes like this.

If I took steroids, but I didn't work out, I'm probably going to look pretty much the exact same. Yeah, probably get even fatter. Yeah. Exactly. So I think of the red light like the steroids, right?

Or that laser to the cranium like this steroid. If I just took the steroids, I might get some benefit. But if I work out, we get stimulus, the adjustment to this spine, which stimulates the brain, and we do both simultaneously.

The brain just, quote unquote, gets jacked. Right. and the best way possible. So we just create new connections. Like I said, we decrease that information.

It's a really quick therapy with people, so it doesn't take hours and hours, and ours to do. Because once you hit that five jewels, that's like the max that you want to run with somebody.

And it's simple. Yeah. That's pretty cool, man. So you see a lot of like football players and stuff that are some football. I see more of the random TBIs like the car accidents.

So she suffered all summer with these symptoms. Neurologist after neurologist could not get help and she's fully back to everything now. Mostly just adjusting and we've done just a little tiny bit of light with her where needed because her system is so sensitive to the light still.

But yeah, I mean, we work with everybody, man, athletes, the stay at home moms, super high level entrepreneurs, everybody in between the cases that are like the genetic cases where nobody can help them.

I have a story for all of them, wow. Yeah, so so I want to talk about and I might you put emphasis on the importance of being proactive Yeah right versus the world that we've gotten so used to which everything is reactive We wait until we have the pain to then go see the chiropractor.

Yeah We you know, we wait till we had the heart issue to go. See the cardiologist Yeah. So how important is Chiropractic for being pro-active for your health?

I think it's the most important thing. So we know you guys just did an episode where you talk about trauma and stress, right? So if we think like if you look at the studies, so what these studies with my say is that by second trimester, before breath of life is taken, a baby's brain is prime for a fight or flight or a rest and digest response, sympathetic or parasympathetic response by 2nd trimesters.

So that means if mom's more stressed out, babe's brain's gonna be more stress out. We know stress hormones weaken the cortex. The cortex is responsible for modulating our pain signals.

It's responsible top down control of our emotional states. Its responsible, top-down control, of everything that happens in our brain stem, heart rate, blood pressure, et cetera.

So if the brain is primed in a stress-out state, that's like addressing it as early as possible, I think is key. And so if we know that could come from before a kiddo even takes their first breath of life, it'd be pretty important to make sure that we're regulated in terms of a nervous system and making sure we have balance in the brain.

So when I look at the physiology of what happens in a stress response and those effects specifically on the frontal cortex, You could pretty much run the list and look at like, where do we spend the most money in US on healthcare?

Tools, Techniques, and Critiques of Conventional Chiropractic

And I believe one of, not the only way, but one the ways to start to prevent a lot of that stuff is if we had kids earlier who just not being seen when they were sick but being before they ever had an issue.

How young can they, I mean, my daughter was adjusted at 15 minutes old. I've had, uh, 15, minutes, yeah. Like, so, and there's studies out there that say 99% of healthy, natural vaginal births, some level of traction and stress on the spinal cord, 99%. So that would again we get into we talk about that central segmental control unit and the effects if it's not working well that that negatively has on the brain and we talked about what usually the typical course looks like this.

My kid's colicky then my kid has ear infections then they have digestive issues then. They get in to you know then, they start having their terrible twos and they started having tantrums and whatever else.

and then they get into school, and they're diagnosed with ADHD, then their a problem kid, whatever, it goes on and on. I think a lot of that stuff can be prevented.

So why would I address my daughter when she's that young? To make sure that she never has the opportunity for stress to wreck her system. Because we know that we're stressed, like most of our stress is emotional stress.

So outside of us, because we're the most extreme and the more extreme, I've had families who have done home births and mom called me and she's like, when did you have the baby?

I go to their house to adjust mom, adjust the babe. She's, like I had the at five and I'm like yeah, but when? And she like no, literally like five o'clock this morning.

And I am there 12 hours later adjusting the bae. So that's not everybody it should be if it was a dream world for me. But I think that is true prevention.

Yeah. And then, but we live in such a world, I was raised this way. It's like, anytime you have a headache, you take Advil, Tylenol, etc. Anytime you had any kind of cough or stuffy nose, we need to stop it.

But I always ask the question of like isn't a cough there to get out the stuff that we don't want in there in the first place? Don't we have a fever so that our body can heat up and burn off the stuff that shouldn't be there in the first place?

So we are trained that are symptoms are wrong and that were broken. But I would argue the opposite is that we're actually made perfectly. And all those things are just expressions of health.

It's a defense mechanism. Yeah. Mucus is a cooling component to 100%. You know, So you brought up something about here in America. Yeah. So, you know, I was reading some statistics out there that I think it was roughly like about 70 percent of the people that are the age where they can get drafted into the military.

Like 70% of our youth that fit that age group are unfit to be in the. Military. Yep. Why is America so sick? Man, I

mean, there's so many, it's multifactorial, right?

So to come in and say it was just one thing, but I think really so much of it, Sam, goes back to the fact that we have just been trained that if there is nothing wrong, then we're healthy.

And so you have a kid who has, you know, ear infections and they're like, we'll just give antibiotics and then they are fine again. And then, they have allergies and we just gave them an allergy medication and their quote unquote fine-again.

Then, whatever thing comes next, it's like we will give them medication for that and the are quote-unquote fine because their symptoms are gone. But lack of symptoms does not tell us if someone is healthy.

Right. If it did, my aunt wouldn't have died from stage four brain cancer in six weeks because I know the cancer was growing longer than the six week after they diagnosed it.

You see what I'm saying? So it's like, I mean, that's kind of a morbid example, but like we just live in a broken model that says if there's nothing wrong or if you don't, have symptoms, then you're healthy.

And I think so much of it, we've just got to get back to like Literally, why not foster health and do things that are going to keep us from ever having to like mask symptoms in the first place?

Yeah. And, you know, listen, what you just said, I think you said it was your aunt with stage four cancer. Yeah, and I talk about this all the time. You know, how many family members or friends, and this is for all the listeners and viewers, have we had where they get diagnosed with cancer and it's either stage three or stage four, then my first question is, well, what the hell happened to stage one, two, three, or four?

And that's because disease hides so well within the body. So that where the proactive that you're talking about, you have to be proactive instead of reactive.

So, Dr. Daniel, right now there's a big movement, the Maha movement. Make America healthy again. What's your thoughts about that? Best thing ever. Literally best thing.

I didn't even know how powerful it was. We were talking before. So I sat on stage with someone who I had never met before, who, you know, and he literally points to the medical doctor and told this room of 200 people that we're speaking in front of.

He said, do not go see my friend who's the MD. You need to go. See the Cairo. It's like that should be your primary care. And so I think that like politically, I.

Think people are just starting to wake up, so. I'm excited for it because. I see it time and time again. There's two factors, right? There are families who are like, well, I'll see you every week and I'm not going to do certain things with my kids.

So I don't know why I would need an MD in the first place unless it was like 911 emergency medicine, which is totally a time in a place for. Um, so I am excited for it because I think it gives more authority and power to things that are actually going to allow not just physical people to thrive, but the nation later.

Because all these 70% of kids who aren't fit to even be in the military, they're going have to take care of us one day. So what's that going be like? And then we keep on.

Yeah, it's like 54% percent of the kids in United States are diagnosed with at least one chronic illness before they are 16 years old. At least one and so it's like what are those 54 going to be like when they got to take care of us?

And so i'm stoked on that maha because I think we'll start to reverse that it'll take some time obviously, but yeah i'M very excited that at least awareness is happening how you just mentioned the man the food The food pyramid

that's been upside down for how many years?

Yeah, you know finally doses are being addressed and you Know I always say the awareness is probably one of the most important like we know cigarettes are bad So at the end of day, I don't care who you are.

Everybody knows cigarettes or bad. So if you're going to the gas station and buy cigarettes That's on you. You know, God gave us free will. That that's not new at that point.

But at least awareness is out there about those cigarettes. Yeah. So safety with the food. Right. And a lot of the healthy living, a of things that we do to live this healthy, very fruitful life.

If we can get that message out their and make sure people know about it, then we've done our job. 100 percent. Awesome. Also, so after Daniel, this next question I'm going to ask you, man, I want it to come from the heart.

All right. So take your time and think about it. And what I want you to do is tell the world. What you want the role to know based off of what you do, let them know what the problem is and let him know.

Hmm. I would remind anybody listening that if You think that you're broken, you are not. Like, I don't care what symptom you have, what struggle you, have what mindset you.

They can all change. It is possible. I've seen too many people who thought they could not change or get better or healthy, myself being one of those people.

You're not broken. You were designed perfectly. And there is an expression of life within you which you can access if you make the right decisions to do so.

We're going to have a little fun here, man. Let's go. One of my favorite podcasters, Steven, with the diary of a CEO. Yeah. So he came out with these conversation cards.

I'm going. To let you grab that. Go ahead and open it up. Take that little sleeve off. Pick two random cards from anywhere inside. Yeah. And what you're going to do is you get to read the card.

You're gonna answer it. I have no clue what are you going be reading. So don't look at me. Let's go. All right. Two cards. First one, you want to read it, right?

Oh, yeah. This is from Dr. Philip Aveda. Who is the one person in your life that deserves the greatest thanks? And if you were to give them the thanks today, what would you say?

You know, your wife is looking at you, Right? That's her. Yeah. I mean, good choice. Dude, I could.

Performance, Red Light Therapy, and Proactive Health

I wouldn't be sitting here having this conversation if it weren't for her. the amount of sacrifice that you guys, like no one actually really knows that she's made for me, not to just get to sit here, but like to do what I feel like God truly called me to.

And just teach people about how their bodies actually function and teach them that there's hope and all these things is like, dude, she gave up her dream job.

We, I didn't even think about it until years later, Moved into my dad's house in July and then didn't move to Georgia to go to chiropractic school until October So you talk about like a beginning of a marriage being a pretty much train wreck, but I was so Out of my world that I didn' even realize what I put her through and she stuck through all of it She's encouraged me along the way And now we just kind of get to live this life that is epic is like there's just not enough Thanks that i could say for just sticking by me No matter what.

That's amazing, man. And that's having a true, powerful bond between you and your spouse. Yeah, absolutely. Does she work with you in the business? Yeah.

So Heather has an interesting story. She used to be a physical therapist. Anybody who thinks like, oh, he doesn't know anything about other professions or whatever, Heather used be physical therapists and she gave it all up.

We decided she was going to run the back end. Um, and, she comes in one day a week and hangs out, but she mostly hangs with our daughter now. Nice. Awesome.

What else we got? All right. Next one is from Tony Hawk. Let's go. Oh, Tony. When do you feel the most emotionally connected to yourself? Hmm. That's a great question.

All right, so I've started this new practice, which I heard some psychologists talk about it. I'm like, I never done that before because I move at the pace that my friends always tell me like literally no one can keep up with you.

So. Sitting in solitude like no music, no phone, know nothing. Sometimes it's prayer, sometimes it just staring off thinking about a problem. but that 30 minutes of solitude, man, is like, will put you in a place that you've never been before.

And I've just started doing it, and it's funny that this question came up, because I don't even know if I would have identified it if it weren't for this.

But that thirty minutes, of just bored, I wanna pick up my phone, wanna go walk, gotta be doing something, just sitting, breathing, staring at nothing, it will put you back and you start to like process all those crazy thoughts that you have as a one of the best practices that I've ever done.

And that definitely connects me back to my emotions. That's pretty cool. You know, that actually just brought me. So a dear friend of mine, Dr. Bob Goldman, who's the founder of A4M, he's co-founder of a forum.

He's doing this for the sixth time or he goes some other country. I forgot exactly where the Asian country and He goes with the monks and he sits there.

Bugs are crawling on this for days. And he says that it's just like you think you know yourself. You can't talk, you can speak. So I'm just thinking those 30 minutes is giving you a taste of that.

Just barely. Yeah. Wow. I don't even do a minute, you know, I'll meditate. I do guided meditation with Dr. Porter's Brain Tap, which helps me with a lot of the different things, getting my mind right and whatnot.

But just sitting still for 30 minutes, yeah, and I think I'm gonna try it. Dude, if you knew how many days I failed, but it's so rewarding on the days that you do.

And mostly just because you start to figure stuff out. It's like, oh, see this thing differently, this conversation with that person, And it's like I'm not even trying to not get my brain to run.

I've just trying. To focus on like one thing in the moment, you know, but just complete solitude. No music, no nothing. Yeah. So you do what I want to do now before we end the podcast is I.

Want you to, uh, Ricardo, grab one of the cameras and he's going to put me through the test. All right, let's do it. Let's see how I do. Dude, there will probably be less audio than you think, like me giving the instructions.

Okay. Unless you want, but we can sit back down and I can explain to them. All good? All right, let's. We can use a lot of this. I said. Get my eyes open.

Thank you. Oh. So that's a I think that was cortex and we. That or just get you, you know, just. They're just making. OK, stand right here for me. Yep.

Well, feet are going to go together like mine and then face me straight on them. Yep. Feet together, like my and in. You're going. To go. Together. Oh, you're gonna.

Right foot. I suppose not open. Yeah, right there. Like one of. This is kind of what it is. All right, so hang on. Get comfortable. And then when you feel good, go Iceland.

Right. Nope. And then you need to relax. All right. Next one. This is one of my favorite ones. So what you'll have, what she'll do is I, as you're going to be close, don't close them yet though.

Yeah. Okay. You're gonna march in place. Goal is they right there. I can stop it. Oh, wow. Yeah. And then notice how you're starting to turn, right? Yeah, so if I was in the office, I might have you go a little bit longer.

Can I have me sit for these next ones? Where do you want me? All right, next one. So feet are going to go together like mine, and then you going try and tap both toes same time.

The goal is to as fast as you can. Eyes open.

Audience Questions, Personal Reflection, and Closing Takeaways

All right, good, you can relax. You're gonna make a fist with one hand. So gently hit on your lap, and then you're going to go open palm. And you are just going alternate that back and forth.

Go as fast as you could. Ah, you can relax. So there's like a little lag on that one. Let's do, I'm gonna give you some hard ones. You can cut these if you want, if ya don't wanna, cause they're not easy, and I've had lots of practice with them.

They're gonna do a thumb up and a pinky down. And I am already messing. Yeah, alright, so then this is the trick, is you're just gonna switch them, like that.

There you see. Yeah. So I thought my game science. Can't do that. This this this one is like, I can't even. Yeah. So you see, we're testing. We're looking at, Sarah Bellen, but we were just looking a control, so we are doing both sides.

Were doing extension on one side, extension or flexion on the other side. And were putting so much stimulus into the brain and were looking how that boulder cortex is firing that stuff back out.

So those imbalances would be like, these are things that we've tested with somebody. So I'll do one more with you because it'll look good on camera. But again, like cut it if you guys don't like it.

Say you're going to do the side and then you do a gun with the other hand. And then the trick is to just switch them like that. That was. Yeah. Yep, those are the tests.

So how am I doing? Based on, there's one other one that I would do with you that will have to take you in the hallway to do. That one will be like my gold indicator.

But cerebellum looks good, cortex needs some work. Like you felt how wobbly you were just with your feet one foot in front of the other. Yeah. Cerebellium definitely needs more work than cortex does.

Again, this is just like part of my test and I didn't even write anything down. What I would probably do with you is start adjusting you left side of your body to the right side.

Okay. Based on that stuff. So, and like you had a little skip with your left hand when you were doing this, but again, I, didn' t write it all down and then there's a couple other tests we do and that's kind of, that' s how we run it, man.

Yeah. Now that that was, so I'll tell you what I've never done any of those tests at any doctor's office. Here's what's

crazy is that they, um, you want to help him out here with the, So they teach all these tests in school.

Like they literally teach everyone, but they teach them to test for pathology. They don't teach to look at the wellness of someone. You see what I'm saying?

So again, like going back to the whole thing, if we're looking at preventative, are we looking out what causes disease or are looking what creates health?

That's why I love you asked the question about the make America healthy again. It's like we literally, why don' we just look what create health instead of what cause disease?

So Dr. Daniel, as we wrap up here, Ben, if someone resonates with today's podcast, what is that one thing you can leave them off with? Man, I would just leave them off with like, find ways that you can start really, truly tapping into what God created you with.

There's so many easy ways to do it. We talked about some of them on this episode. You talk about them other episodes. If you want a really good, simple test, you could message me and I'll send you.

I have a stress to strength playbook that I put together. That's a way to some this testing for yourself that can measure yourself over seven days. Like 100% for free, just grab it, But just starting to ask the question of like what creates health in your body instead of what create disease and reminding people that they're not broken.

I love that biggest one. Yeah, amazing. Dr. Daniel, man, it was a pleasure having you on a healthy point of view podcast. If people want to find you, where can they find?

You Instagram is the easiest way at Dr Daniel Kimbley. Amazing, brother. Thank you. Appreciate you right. Thanks for having me. Absolutely, man. Guys, you heard Dr.

Daniel here. Your body is created to heal itself. No, I'm not saying you're Wolverine from X-Men and you can heal instantaneously. But yes, guys, when we cut ourselves, it scabs up and it heals itself, we break a bone.

They stick together again, they fuse and heals themselves. All of the different parts of your body are like that. What Dr Daniel's talking about here is a real thing.

But you have to make sure the foundation is where it needs to be, making sure that the circuits are open so your brain can function and give the signals throughout the rest of the body.

Guys, if you resonate with today's message or you know someone who needs todays message, make you share this podcast. Make sure you comment, like, subscribe, do all that fun stuff and we'll see you for the next one.