Train Your Brain Like a Navy SEAL: Neurofeedback Secrets Revealed | Rachel & Angie | Ep. 69 Transcript

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Opening Hook and Guest Introduction

My behavior was completely out of sync with the environment. Reckless behavior, I've been to jail. I was very involved in drug and alcohol abuse. My frontal cortex was moving 150 miles an hour.

When it's overactive, good luck trying to make good decisions. You're like a Ferrari with no brakes. Where did Angie come into the picture? Was she out hanging out in the jail cell with you?

What if we had met in jail? Meet Rachel and Angie, keynote speakers and neuro-experts from Brain Code Centers. With years of experience, they specialize in helping others unlock their brain's full potential.

Stay tuned! We're talking about brain mapping and neural feedback. What is neural feedback? The neural-feedback is that you speak things up, still think stuff.

How do you do that? So all humans are capable of producing the same brain waves. Delta are your deep, slow, restorative relaxation sleep waves Is that like meditation too?

Theta is more meditation. Delta's more sleep. Let's talk about children. Is this something that kids can use as well too? We have so many kids. I'd say 30% of our population is kiddos, mostly working on ADHD, defiance, emotional regulation issues.

Would you say that this helps target childhood trauma sooner than later? In a case where if the parents are- How does this connect with sexual health?

Does it or does it not? To your point. Welcome to another episode of a healthy point of view podcast. I'm your host Sam Sahara. And as usual, we're bringing experts from all over the world to talk about health, wellness and beauty.

So today we have a few guests here that are visiting us. These are my friends. They hit a certain special spot that I'm very passionate about and you guys know this I love anything that has to do with like brain health emotional health cognitive health, you know for me You want to be able to perform at your peak levels?

Rachel's Bipolar Journey and Brain Mapping Discovery

You? Want to? Be able? To be sharp as a tack and they have something here. It's not just like we're not to talk about products. We're talking about the actual data for you to actually measure your performance.

Today we have Rachel and Angie here. They're part of a company called Brain Code Sensors. Ladies, welcome. Thank you so much for having us. We're super excited.

Yeah, absolutely. So we're talking about brain mapping and neurofeedback. What is neuro feedback? So the brain map is the way in which we're able to analyze exactly what's going on electrically with the Brain.

If you think about the things that we struggle with, right, anxiety, depression, trauma, ADHD, sleep, there is a neurological root reason why that's happening.

And so we are looking at the waveform of EEG activity to help us understand exactly the root cause of why that's happening for our clientele. So the brain map is super simple.

Like any analysis, it's just a baseline. That baseline allows us to read the activity. Is there areas that are overactive,

underactive? And then how is that related clinically to the pattern the person is experiencing from a symptomology standpoint?

So that is just the baseline and the neural feedback is the treatment to correct and re-stabilize the Brainwave activity Amazing, amazing, so okay, this is gonna be good.

So, obviously, anyone in the wellness space, every single time I hear them talk about what they do, the first thing that comes to mind is like, okay well, what made you wanna get into this?

So now I gotta hear like the journey of, number one, I wanna hear kinda like your journey as being the founder, and then how you guys kinda came together, because I see you in social media and you are like never separated.

You guys are always together. Which is funny, cause we live in two totally different states. Initially, I thought you guys were like sisters, twins, because you look so much alike.

You really do. I think at some point when you're best friends and you work together, you meld into one person. So I don't know if 10 years ago we didn't look as much alike, but then you spent enough time together.

You know, I spent a lot of time with my dog and he kind of started looking like me a little bit. Exactly the same thing. So how did it happen? So my story is bipolar disorder.

I was actually diagnosed with bipolar disorders when I 15 years old. I struggled with my mental health growing up from a really young age. I grew up in a very stable home, I had a wonderful family system, but my behavior was completely out of sync with the environment that I was set up into probably have success, right?

A reckless behavior, I've been to jail a number of times. I was very involved in drug and alcohol abuse. My parents would say, our daughter's going to be dead or locked up if we don't figure out what we're going do with her.

And this was around 15? I mean, it started before that, but yeah. 15, and then you get a license, game over. You're in trouble. And yeah, I will never forget sitting in a jail cell and I just remember like truly asking God like, if you just get me out of the situation, like I swear I'm going to get my life together.

Like I have to figure this out. And then I wouldn't again. Right. So finally, my parents sat me down and they just said, Rachel, are you thinking before you're acting?

What is going on? And that really simple question is what helped me explore other ways to address my mental health. I had tried talk therapy, I tried medication, and I have tried supplements and nothing was moving the needle for me.

So I'm so grateful that my parents found out about brain mapping and neural feedback. I went and did it, I had nothing to lose, right? I thought it was kind of a weird brain training thing, had no clue what to expect.

I ended up going through the therapy and I was really intentional about it. And at the end of it I did a second brain map and the new brain maps showed not one pattern of clinical bipolar.

Oh really? It was the first time ever I felt like I in control of my brain instead of being in it control me. So I was like, I don't know how I'm gonna do this.

I dont know what it's gonna take, but I am gonna go figure out how to get into this field so I can help other people just get in control of their own brain health.

So yeah, it started from truly a story of suffering and we've grown to be one of the largest neurofeedback practices in the country and every single day we just love what we get to do, helping other So so obviously brain code centers weren't around when you were going through the your own brain mapping So who do we give credit to because this was a while back, right?

Yes, it was. So neurofeedback was was founded a While ago, so I think people think that neuro feedback and brain-mapping is just this brand new cutting-edge technology It's not the science has been been around for a little while I went to a clinic in Dallas, well not even a clinical, just a private practice practitioner and she was awesome.

I did it in her house just as a sole practitioner. So it changed my life. But yeah, there's a lot of clinics popping up for sure and a lotta more people are starting to utilize the technology.

And when you say bipolar, everyone hears this and a lot of people utilize it more as sometimes just like in passing, oh yeah, that person has bipolar.

What were some of like the symptoms that you experienced that was like, okay, I'm bipolar or someone diagnosing you as bipolar? Yes, so there's a handful of different types of bipolar, bipolar 1, and bipolar 2. Mine was a little bit more mild, I would say, where I'd be very, very impulsive.

Angie's TBI Recovery and Meeting Rachel

So I say impulsivity was probably the number one marker of my symptomology that I had. I then would get into waves of depression after making really awful decisions.

Now, also I'm abusing drugs and alcohol, there is a play into that as well. From a neurological pattern standpoint my brain my frontal cortex was moving a hundred and fifty miles an hour So there's a brainwave called high beta and when it's overactive, especially in your frontal lo right the decision-maker of your brain I mean good luck trying to make good decisions.

You're like a Ferrari with no brakes having some fun That analogy is like, oh, that's very dangerous. A Ferrari with no brakes. I don't want that. It was reckless.

Yeah. So, okay. Rachel, where did Angie come into the picture? Was she out hanging out in the jail cell with you, or how did that work? What if we had met in jail?

So the difference, Rachel and I definitely had different, similar upbringings in beautiful families and supportive families. She was a rule breaker. I was more of a role follower.

Um, I grew up, you know, just yes, following rules, but definitely had a lack of caring about school, about life. It was pretty, honestly, apathetic, kind of floating through.

Ended up going to college. While I in college, um, 19 years old, suffered a skull fracture, traumatic brain injury that left me in a walker with a lot of different cognitive deficits.

Truly, I mean it if I could go back right now and change that situation. I wouldn't it impacted me so incredibly. It made me very aware of my brain health, my abilities.

it also brought me kind of into the less Western medicine field in that, you know, i was kind told, hey, this might be as good as it's going to get. And my mom was crunchy before it was cool to be a crunchy mom.

So she heard, you know, this is as good as it's going to get. And she was like, absolutely not. We do not accept that. So I found a lot of different modalities that really helped me gain back brain health and cognition and memory and all these different things.

Went through the rest of my undergrad, went through my master's program, having healed in a pretty profound way and looking for what was next. Whether you believe in God or the universe, I knew there was something I was going do something with it.

I just didn't know what. And I had a professor who I was close with in grad school who introduced me to kind of an in-between person who said, hey, there are these girls doing this brain mapping and neurofeedback thing.

You're neurobased. you should check this out. Rachel and I met. And it was, if you know your twin flame, when you meet, it game over. At that point, that was it.

We met and you kind grew from there. How long ago was that? Was that 10 years ago now? Eight years? Yeah, maybe eight. Yeah. Wow, wow. So eight years of nonstop getting out there, doing your thing.

Amazing. We're talking about brain health. When it comes down to brain heath, there's different parts of brainhealth. I want people to understand the difference of some of these things.

Like when we're talkin' about cognitive health versus mental health, Give me like the definition of that because, you know, obviously cognitive health, like I'm more big into cognitive help.

No, I kind of big in both. But the cognitive is health is like, i'm always trying to make sure like i am focused. I am thinking iam sharp as a tag. but then the mental health.

You know like for the listeners of yours, can you guys explain that to someone? I would say one of the ways that we like to describe this is software versus hardware, okay?

A lot of things that think to do for mental health and cognitive health are more software updates on a computer. We are eating right, we are meditating, or going to counseling.

Were doing a lot things are fantastic, but not necessarily hitting the hardware.

Brain Health Basics: Cognitive vs Mental Health

If we have a hardware issue, Rachel being bipolar, she could have taken all of supplements in the world. She could've meditated, gone to counselling. that wasn't going to address the deeper down root issue of what was going on.

Okay. Neurofeedback, brain mapping, we are getting into the hardware. We're looking at neurologically, what is someone's patterns? And those could have been determined in early childhood, right?

If you had inner utero trauma, early developmental trauma. If there, you know, different things that happened that Rachel just had a cognitive pattern that was already there that wasn't necessarily serving her well.

There are no bad brains or good brains. All brains are good. That's what brain mapping is, is really getting to the root of what's going on and then addressing it on that neurological level versus sometimes we can talk ourselves to death and it's not really gonna make that change that's necessary.

So we're looking at brain health, between mental health and cognitive health. But then there's also a part that I was reading about on your website about peak performance, like athletes and people that are very competitive.

Where would that fall under and how does that work? So think about, because I think the question that you're asking too, the brain is so complex. There's chemicals in the brains, there's hormone production, There are supplements that can take, ways that we can biohack peptides.

I mean there are so many different things that impact brain function. We are specialists in EEG activity. So while EEJ activity, so brain waves, is also going to have a domino effect on blood flow, on hormones, and on all of that, people ask us questions like, well, can you measure the chemicals in my brain?

Can you measures dopamine levels? That's not what our EEGs are looking at, but of course the brain is holistic, right? What does EEGS stand for? electroencephalogram.

Okay. Yeah, EEG. So it's kind of like an EKG of the heartbeat, E-E-G, of brain waves. Interesting. Yes. Um, so ultimately, when we are seeing different symptoms, whether it be peak performance, anxiety, sleep, we're looking

at how do we optimize your brainwaves if peak performances is your goal versus for somebody else, peak be because of the absence of an anxious wave.

So it looks so different from person to person because everybody has completely different brain patterns. Interesting. The way that we help people with peak performance goals, it's all going to be based on their EEG.

Some people, maybe we need to speed their brain up to yield the same effect. For some people we may need slow that bad boy down for you to get dialed in and crisp and clean in that focus.

So it really is just dependent on who the person is, what their goals are, but also we really iron out what does peak performance look like for you? Because it might look so different for Sam versus the other person standing in the room, or the firefighter, right?

It looks different across the board. Very interesting. So, okay, you said speed things up, slow things down. How do you do that? Yeah. So the neurofeedback treatment, that's exactly right.

All humans are capable of producing the same brain waves. Delta are your deep, slow, restorative relaxation sleep waves, so if or when you're in the best part of sleep, the brain should be producing really slow moving delta.

Is that like meditation too, like the delta wave? Theta is more meditation, great question. Delta's more sleep, theta is kind of that drifting into sleep wave where you're not fully asleep but you are not awake.

Kind of a daydreamy type place. If you good at meditating and you in a meditative state, you should be producing slow moving theta waves. Alpha is kind of a receptor, so Alpha's the bridge that helps move the brain up into the fast, down into slow, almost like a gear shifter in a car.

If your gear shift is working well, everything feels really lubricated, moving well. if your gearshifter is sticky, that ride will feel very sticky and kind-of choppy.

Beta should be clean, focused, motivational energy. Coffee actually momentarily puts our brain into a beta state. So when we wake up, we're like, where's my coffee?

What your brain is saying is I want to be in flow state, I wanna be focused. I wanted to motivated and is looking for something to do that. And then high beta is anxiety, irritability, defense mechanisms, hypervigilance.

It's the most physiologically uncomfortable place for us to be, but also one of the more common things that our society deals with. We really shouldn't be producing high-beta unless we're actually in danger.

And some of us walk around in that state of kind of fight or flight and survival all the time. So when we are talking about changing those things, someone who's let's say is producing theta all of time, We want to be producing theta when we're trying to meditate.

If you're in a meeting with your boss and your brain is sitting in theta, that's going to feel very frustrating because you are not going fast enough to really retain information and be focused.

versus if you are also, let's say, sitting in a meeting with your boss and your brain is in high beta, your heart's pounding, and you're brain's racing.

You're also not going to be able to focus. So that is what the QEEG, the quantitative electroencephalogram does, is it shows us where is your kind of brain sitting all the time.

And it doesn't matter if we map you on the best day you've had in a while or a kind of crummy day, we're not only looking at what your brain is producing at that moment, We're looking the patterns that your has ingrained over time.

So then from that, us, our treatment team, create a series of individualized protocols for that person. Kind of like a fitness trainer, right? That we are going to analyze your body and then create program.

We are gonna analyze create a series of training programs, neurofeedback treatment, in order to correct those patterns.

How Neurofeedback Works and Brainwave States

And Rachel, I'll let you talk a little bit about what exactly does neuro feedback look like. think of neurofeedback hopefully if people are listening you've heard of Pavlov's dog right we are all capable of having learned behaviors like you don't wake up and have to relearn how to walk talk think eat any of that right your brain already knows how do that i have my little one and a half year old at home right and i always laugh because what do i do when i'm helping encourage him how get my eyes big I clap I say you got it buddy come on all I'm doing is rewarding him I am not giving him a direction manual on how to walk with the instructions right hey buddy looks like you fell over a little bit it's because your eye contact went down proprioception went off No, no.

We love reward. Everything about our society, why we love Instagram, all of it is because of reward, our centers and our brain are designed to like that.

And there's a reason for that, right? And so we know that if we reward the brain, then it can learn. So then what's the catalyst in which to reward brain?

That's when we utilize neural feedback. It does involve hardware, Software. We have a remote program where our clients can, you know, use a headband at the house, little EEG sensors.

Nothing ever is going into the brain. So I was just going to ask that. Some people think it's reward stimulus. Like, oh, I'm stimulating the. Brain to reward you.

No, the reward comes in the form of auditory and visual feedback. Okay, so you download our app and then all of your custom protocols are sitting there in the app So you go do a session you put your headbands on you pull up the APP Let's say I want to get dialed in and focus Maybe I'd click on my personal focus protocol for that day and Then all the sudden I pick a library of a video could be literally what someone could watch this podcast and train their brain at the same time.

Yeah But now my brain has to fall within a target threshold that I've challenged it with in order to get that reward. So the feedback will go away and get really small and unclear on the screen.

You can't hear anything when your brain is not hitting the quantitative thresholds. Oh, hold on, so I'm watching this video and if it's not heading it, it just turns off like the audio.

It's like your brain has the remote control of the experience that it's having. Okay, so it is like forcing you to get into the right state, pretty much.

So you're wearing this thing. It is encouraging. Encouraging. I like that, encouraging, this is very interesting, I can't wait to try it. Yeah. But it so cool, right, because people will think, how does my brain figure it out?

I think sometimes people have this anxiety, like, what if I could never get the podcast to play? What if my can never do it? Well, luckily, there's an algorithm in our system that we've created where let's say, for example, if you're a numbers person, let say for you, Sam, you have 15 microvolts of beta or high beta.

And that's what allows you to think and come up with questions. But it's also maybe the thing that makes it hard for to fall asleep at night. Well then, 15 is your standard.

I might set a threshold for Sam saying, You're only going to get rewarded if hit 10. If your brain struggles to get down to 10, then my system's going to kind of tease it a little bit and say, okay, you can get rewarded then if you

get 12. And then your bring will slow it down a bit, and hit that 12 mark.

Right when it does, see and hear that reward. Then all of a sudden we're going get to challenge it again and like, bud, but you got this now. Now I need you to bring it to down 10. So we're constantly changing the data points in which you have to hit in order to get that reward.

Think about if you're shooting a target or something like that, and then you are trying to within that target more accurately. That's really what we are doing with brain waves is just creating higher levels of neurological adaptability and flexibility by rewarding it to give it encouragement when it's doing that.

That's amazing. So my mind right now, it's going all over the place thinking about what else can you do with your brain going through this type of process, right?

And I'm thinking of Navy SEALs and people like astronauts that are always trying to enhance their cognitive health, their overall brain health. where I met this guy, actually.

He was a military guy. And he set up his whole house into like a biohacking type of house. But he wasn't really a biohacker. What he was trying to do, and he a medic also, he's a militarily guy and then he also worked in the fire department.

His goal was to remember every single pediatric drug dose. Which if you're in the medical field, you know that that's nearly impossible. Because everything's weight-based and everything else.

So the guy actually was able to do it. But he was doing different things. He was in a float tank. And I'm just thinking right now, it's like, What else can you do with your brain going through these type of trainings that you guys have?

Have you seen people actually try to really enhance their memory and everything else with that? That would probably be more in kind of the peak performance, right?

A lot of people come to us because there's something going on. Angie, I'm really struggling with anxiety. I am really with depression. Or I had a stroke, and now I have these effects of this stroke.

Let's say the professional athletes that we see. You see professional athlete now, if everybody has access to everything, all of them I would say have a similar access, to the peptides and the training and all the things.

So what sets us apart? Honestly, your brain is your best asset. And if you are not optimizing your asset, you're missing a very major component. Golf is a really good example, Rachel and our golfers, that you watch people get to the 18th hole.

They are in the lead and they hit a bad tee shot. You know how long you have to walk from your tee shot to your next shot? If your brain is going into fight or flight, if you are going in to sympathetic nervous system, you start to shake, your brains starts to race, all these things happen.

Then you watch, I mean, eight shots later, they just lost $10 million. What the heck happened? That person did not have control over their central nervous system.

Right. So that's what we're seeing with kind of this this realm of peak performance that people are going, OK, I'm already, let's say, maybe at the top one percent.

How do I get that even a little bit better? How to I make my memory more crisp? If you're watching, you know, quarterbacks, how do i get a half a second reaction time better.

That is neurofeedback training. And that is brain training there's actually a documentary on Netflix called The Quarterback. Kurt Cousins has been doing neurofeedback for years and talks about cognitive peak performance, that people are doing this across the world, right?

Obviously, I believe that brain code centers is doing it the best, but there's a lot of people who are starting to utilize this technology going, as a culture, we focus neck down, We have to focus, neck up.

Wow, wow. I love that. And I could see a lot of CEOs, business owners really benefit from something like this to really just up the performance. That's almost like a competitive advantage that you can have when you're in business.

But let's talk about children. Because I think you were talking about your child. Is this something that kids can use as well too? We have so many kids.

I mean, from age five and up, I'd say usually the best age to start really is like six, seven years old. But I would say 30% of our population is kiddos, mostly working on ADHD, defiance, emotional regulation issues, right?

Peak Performance, Kids, and ADHD Support

Parents will do anything for their kids, And if their kid is struggling or really needing support at school, oftentimes it's really hard getting consistent feedback from teachers if your kid's struggling.

And so people will find us usually after they've tried a number of other different things, right? Because you don't hear about brain mapping and neurofeedback as your first sign of defense.

And then we're able to help just create flexibility for these kiddos from such a young age. I will still get text messages this day to some of my first clients that I ever saw before we built the company.

And I was just a sole practitioner. and I'll get pictures of their kids like graduating, you know, highest in their class, like going to med school. I mean, paralyzed by their own struggles with their mental health stuff as a young kid.

So it's been so cool just to watch these kids get freed up from things that potentially, right, if you don't catch it early, thankfully, my parents did it when I was a teenager.

Can you imagine if I had struggled for another 10, 15 years? I means, then you're in your 30s and a lot of your life has been kind of utilized in that capacity.

It's always a treat truly to get to work with kids because then, you get just set a really good foundation. Yeah, you know, children end up having certain traumas, right?

Growing up, they see things, parents fighting or whatever it is. Would you say that this helps target childhood trauma sooner than later? In a case where If the parents are bringing their kids to us and it's like the identified patient as we would call it as licensed professional counselors, but the kid is say eight to 10 and they're every day going back into their really stressful household, that's gonna be a difficult case.

Now, can we still help the kids? Yes. But ultimately, you're in a really toxic environment and if it is every single day impacting you, yes. So I would still argue the fact that, of course, that's going to help regulate their little nervous systems.

But ultimately, it's still going be really hard for that. They're going still need some work to do when they're older. I'll never forget, though, there was this woman that I worked with, and she was in a domestic violence situation.

And same thing. She was desperate. she just came in for sleep and anxiety. But I figured out a little bit about what she had going on. I said, this is not going to save your life.

This is going not to help you because every single day after you come to your neurofeedback, you're going go back into a really unfortunate situation, And we started training, but I set just expectations really light.

Within two months, she came into me, and she goes, I filed for a divorce. She's like, i have been in this marriage for

10 years. I would have never done this if my brain hadn't had an ounce of the calm where I could actually think rationally.

So while, sure, we probably could have done a lot more work with her, regulating her brain allowed her to get that much healthier to where now she could change her life.

It's some situations like that that were just one of building blocks for life change from a bigger capacity. It allows that person to make that rightful decision where they're clear minded and they are able to get past it.

That's pretty cool. Now going back to the kids. We live in this world where kids are like heavily medicated and you were talking about ADHD. So to begin with, what have you guys seen with so many kids being heavily mediated and how has this actually helped maybe potentially reduce some of those medications?

So I believe that, I mean, first off, parents love their kids and would do anything. And when you are presented with it's either meds or med's, which a lot of times that's the case, and listen, there is no shame in the medication game.

I believed that we, we do what we can with the information that were given, right? Neurofeed, so ADHD is a very specific pattern in the brain, which is actually overproduction of theta wave activity, Which is the second to slowest wave.

That's why Adderall, Ritalin are stimulants because they speed the Brain up so that that kid can focus. I would say ADD-ADHD is the most misdiagnosed thing that we see across the board.

That's also probably social media that every person in the whole world, well, I have a hard time focusing. Well, have I a little bit of a harder time with task completion, right?

So yes, kids, but also adults, 90% of people that map with a diagnosis of ADDD-AdHD do not show that neurological pattern. However, think about now an overstimulated kid, already overstimated.

Their brain is beta, high beta on the cingulate. And now you add in a stimulant. We have kids bouncing off the walls, right? And I hear this from parents that, wow, medication didn't really do what we wanted it to do.

Now they have insomnia, now there's other things. But don't worry, we added in these other meds to counter the side effects of that med. It's just really unfortunate versus, because honestly, psychology, psychiatry is the only field of medicine that we don' measure the organ that were gonna treat.

You would never go in for knee surgery and then go, hey, we're just going to start cutting, see what happens. Things are going get spicy. You'd go can we please take a look at what's going on before we do that?

For some reason with mental health, with cognitive health we don't do. That's crazy. it's absolutely wild to us, versus with neurofeedback, we always start with a brain map.

Let's see what the baseline is, let's what your brain is actually telling us so that we can create protocols around that. So really, I would say first off, Here is what is actually going on in your child's brain.

And there's no shame if they're already on a med. Let's talk about it. let's Talk about how that med is Actually affecting their brain, okay, here is our plan to then ideally get them off of that Med and get their brains so regulated that again, they are now back in control of the vehicle that theyre driving versus the Vehicle controlling them.

Right. Would you say that neurofeedback would give a better diagnosis of a child having ADHD versus the 15-question test that they give them? I mean, more bias, but absolutely.

Not even a question in our mind. Right, so why do you think they don't utilize neuro-feed back to actually diagnose these kids? You know, I think, and it would be more like the brain map, but I honestly think there's just a lack of education, which is why we're super excited about even being on podcasts like this to where maybe this is the first

time somebody's ever even heard of that being an option.

So between just lack education we talk to doctors and MDs all the time and they're like I didn't learn this in school ever once. I mean, that's really crazy if you think about it.

So the other big hang up, which a lot of people are going to ask is, you know, why is this not recognized by insurance? There is a code for neurofeedback.

There Is a Code for QEG. As business owners, the code gets paid nothing back. You can't have a sustainable company. So then there's the revolving unfortunate door of you bill, you don't do anything, so it's cash pay.

Well, insurance kind of runs the pharmaceutical world and kind the medical world. So that's kind hard for us. And that is what is preventing the larger capacity of knowing about it.

Right. Interesting. So, you know, with ADHD, we were talking about kids getting on these medications like Adderall. And one of the things that I saw, especially after graduating high school, in college, people were just really abusing the Aderall, so it leads to an addictive personality where they have addiction.

How does your device, what you guys do, how does that work towards addiction? And not just Adderal, that's just one, but any kind of addictive person that someone might potentially be having.

Addiction, PTSD, and First Responder Care

Yeah. So we've worked with addiction across the board, right? That a lot of addiction treatment is more behavioral, focus on the behavior. How do we stop drinking?

How did we start utilizing drugs? And at the end of the day, neurofeedback is always getting back to the root. There is a reason why we are constantly trying to put something synthetic in.

We are trying regulate our brain in a way that our brains are not able to regulate itself. So honestly, a brain map is like a visual form of grace, just to understand why do I even want this substance in the first place?

It makes sense that Rachel and I could look at a Brain Map. And if somebody utilizes any type of substance, we could probably tell you what you like. Hey, I see your Brain map.

I bet a glass of wine feels so good to you. Oh my gosh it does. I bet it takes at least three glasses for you to start to feel it. People see very seen and very heard with that information.

Similarly that if somebody likes an opiate, if someone likes a stimulant, it is because their brain is doing something and they are unable to regulate it themselves, so we want to put something synthetic in.

So is neurofeedback all of a sudden, if you've been abusing alcohol for years, going to make you, hey, I no longer like alcohol? No. Is it going get to the root of why our brain craves that substance in the first place?

Yes. It's really a perfect additional modality to behavioral treatment, right? If you are in AA, if you have a counselor, great. How do we add in another modality, brain mapping, neurofeedback to truly get to the root and address it there so that those other behavioral aspects, those software updates can truly take hold?

Right. Right, wow. That's powerful. So, okay, so we're talking about addiction and you mentioned alcohol, some of the drugs, what about smoking? Same thing, behavioral, I would say.

Very much so, yeah, nicotine, a stimulant, absolutely. To move on to the next, obviously you see my fire department gear here, retired about six years ago, did 12 years out on the road and we dealt with something and I even deal with it still today.

And it's something that I've learned how to live with and control, which is PTSD, right? So this is something we see with a lot of first responders. How does what you guys do go hand in hand with PTSD?

Yes, so we actually have thousands of first responders that we work with. I actually don't know if you already know that as a friendship conversation, but we started working with one of the largest PD agencies in Colorado.

What had happened was one their wellness individuals was looking for other ways to address his own mental health. So he had been An on-duty officer for 20 years was involved in a shooting accident left him paralyzed from the waist down.

He used to use running as his coping mechanism. Paralyzed from waist-down, now you gotta find some different ways. And so he was struggling to the point where his wife sat him down and was like, we have to figure out what to do.

She was worried he would take his own life. He ended up finding out about brain mapping and neural feedback, and truly he said it gave him a second chance at life.

And so he made it his truly mission to help other agencies learn about this type of modality. The reason that cops and firefighters like this, right, is you don't necessarily have to talk about anything.

Whether we like it or not, first responders still don' t want to TALK about their problems. They don t wanna talk what they've seen. It's just a little bit more of the personality type and how they're wired.

Neurofeedback is amazing because you're able to get the brain to regulate itself. And then what we see as therapists is now all of a sudden talking about something that happened to them five to 10 years ago doesn't feel so heavy.

It doesn' dysregulate them. So then they're more, you know, welcoming to a counseling experience. So I'd say probably 50% of the clientele that we work with to this point, because we have huge government contracts that now with, I think, over 15 agencies, we see so many cops and firefighters.

It is one of our favorite pops, truly. These guys are getting to sleep at night. They're not on their 15th marriage because they cannot get their stress handled.

Right. Um, it's just been so enjoyable, too, and I was chatting with Carlos before this, Typically, first responders are still more male dominant, right?

And wellness is more female dominated. And so to see not only really strong, powerful responders that are typically less vulnerable do a therapy like this and not just do therapy, love it and go tell their 20 buddies about it, it's incredible.

Yeah, we love our love of our first responders when we do your brain after after this we'll get to see I'm curious to what you guys are gonna find. Yeah.

So with the first respond There's one of the things you said it'll help them sleep better And I can tell you in the fire department because we stay there 24 hours, right?

There is a lot of sleep deprivation, especially if you're at a busy station. Does it help with sleep depravation? We get this question all the time. It's not going to change your shift schedule.

And it doesn't need to. You picked that job for a reason. So you're not gonna ever have this perfect, you know, I sleep from nine to five or whatever situation.

What then we need do is help you with sleep onset so you can fall asleep faster so that you shift into deeper stages of sleep more quickly. so maybe you stay in REM a little bit better.

So that then when you're off shift, then you actually can transition better instead of being all jacked up with your circadian rhythm. So we're controlling what we can control with like sleep latency, deep sleep, REM sleep in the midst of having an ideal shift schedule.

Does that make sense? Right. Yeah, yeah, I like that. You know, one of the other parts that we do at Liquivita, because we're big into all these different sectors in health, is sexual health.

Right? Which there's a component of sexual when you start talking about your libido, which is your sex drive, your sexual desire. which sometimes it's not hormone related, it sometimes are certain thoughts where your brain just doesn't allow, you know, male or female to perform at that point in time.

And for the males, one of the things is they'll start experiencing potential erectile dysfunction. How does this connect with sexual health? Does it or does it not?

Yeah. Absolutely. We, to your point, obviously be working with other practitioners, make sure there's not something hormonally going on that you need to.

we can actually see hormone patterns as well, where then we would tee them up and say, hey, you to go see liquid Vita and their team because they needed to handle more of the functional side of things, we're going to be that neurological component.

But you're right. Sometimes you worked on testosterone, You worked in libido, and you regulated hormones. And then now all of a sudden somebody's confidence is shot because they've been struggling with their wife or husband at home and all of a sudden in a sexual setting, they can't regulate themselves.

That then is where it's a brain connection thing. And we would look at it more like we then just have to A, help work on the brain to develop another level of confidence.

So we're gonna look attachment centers of the But also, how then do you just regulate a nervous system that's been hijacked in those specific situations?

It could be someone who, let's say, hasn't been sexually active for quite a while, you know, feels unattractive. So let me ask you this. With this, would they, with an individual like that who purchases the technology from you guys, Well, that'd kinda be crazy if they're having those issues.

But to get the actual data of what's happening at that particular time, would it make sense to wear it when you're gonna be sexually active? So no, you don't need to do that.

That's a really good question. And I think I said earlier, it doesn't matter when we do the brain map, okay? As we are not only looking, and we get this from people all the time.

Well I'm not feeling anxious right now. I am not depressed right. Are you still going to be able to see it in my brain? Absolutely. It doesn't matter.

Also, for yourself, you've been out of the fire department, I think you said six years. That does not mean that that neurological pattern is not still there.

Right? That is still a component. As kind of little imprints on your brain. And we are experts in looking at that data. So even if someone is in that specific neurological state, their brain still shows patterns of it and we can analyze that.

we don't map people while they're sleeping, we can still see their sleep patterns. So it's not a stress test. We're not asking the brain to get into a certain state so that we could see it.

we're going to see either way. so they don' necessarily have to. actually we have people test us, where they are

like, I don''t want to fill out any of the paperwork, you know, i just want see what you see.

fine, sounds great. I will just tell you what I see, the brains can't hide anything from us. Nice. Are there any other type of wearables or any technology that go very well with this?

We are obsessed with with the aura ring so good tracking. I love my ring. One of our favorite things is we will get screenshots of clients that send us their sleep scores for the next day after starting neural feedback.

And to not only see the data points across the course of time with The Journey With Us, right, because we get to see measurable objective data across a client's journey.

But then you see other wearables and that data also shift. Right. So clients where maybe they've always gotten in the 80s or even They'll flirt with the 90s.

They're like, oh my gosh. I'm getting 94 sleep scores every single day. This is incredible. And they weren't even maybe coming to us for sleep. Is the readiness score also improving?

Absolutely. All of it just goes in the same statistical direction. It's so cool. Really trying to get in that 90's and I just haven't been able to. Mine actually, I got you.

After having had that head injury, i dealt with insomnia for a very long time. Now you should send Rachel screenshots of just crazy sleep, neurofeedback absolutely transformed that.

So I went from getting 10 minutes of REM cycle sleep a night to an hour and a half. I mean, even just heart rate, right? That it's measuring if you're sitting in the 60s and 70s of heartrate and now when you are sleeping it is down to 42, all of those things are going to change.

The readiness is going change everything. Heart rate variability, we love heart rate, variability measurements. So that's more like biofeedback. There's different wearables you can do.

You can also like look at heartrate variability with different monitors, even synced up with our app. Love heart-rate, love our ring. Those are probably our faves.

I like it. So, okay, so this technology you have here, you said you guys been doing this for like about 10 years, give or take? I'm more than sure that's not what you started off with, right?

So this is our remote system. We still have in-person clinics. I started the company, I was the office manager, the licensed professional counselor, board certified neurofeedback therapist.

Everything. And so grateful that we've grown, have an amazing team, I mean, from head to toe. But what had happened was we'd been speaking at different conferences, and so anytime we would be done speaking, people would come up and share their stories, but they lived in nowhere Virginia or up in Canada or somewhere where there was no centers.

And we were like, we have to create a solution where people can address their mental health issues, start to work on their brain health goals, flexibly.

And also after COVID, everybody wants to have flexible options. So the remote technology allows us to do that. They just get this cute little headband, the little EEG sensors are there on it, they put it across their head band like a Nike sweatband.

they pull up our app and then literally you can train your brain from anywhere anytime you are not relying on anything. And then we do the remote maps with a little bit of a different headband as well to do.

The baseline clients just we get that shipped to them and they're good to go. So it's very easy, very flexible and

kind of cute. Nice, nice. So, you know, obviously technology, there's always a lot of advancements.

Where do you see this going next? Are you guys working on things to take it to the next level? So yeah, to go back to your other question too, at our other clinics we still place, we have LPCs and board certified neuro-therapists placing electrodes on our clients' heads.

Okay. This is a really good option for people that don't want to come to an in-person clinic. In-person clinics are still going to be around, and I hope that continues to grow.

Sleep, Sexual Health, Wearables, and Remote Training

For remote, there's just going be more probably different hardware that's out there. There is a lot of hardware starting to out be there, whether it's this full cap or there are some really intimidating looking caps out these days as well, which is why we like something that is more user-friendly, basic, but still has scientific sound protocols that are able to done with it.

But as far as where it's gonna go, I just honestly hope more people know about it. That's where we have to start. I'm not even worried about, the science of neurofeedback is so reliable and valid, that's not where the expansion needs to be.

Of course, more research always needs be done, especially when it comes to mental health. But more so what needs happen and what society needs focus on is other ways to address mental.

And so if we start there and start with the education, then the limit is limitless. Nice, nice. So the technology that you have here, this is pretty much the technologies where it's at.

I would assume that maybe some AI is happening. Like everyone in the medical field is dabbling into AI. Is there anything that you guys are? For us, AI is a lot on the protocols.

So instead of you having to have a practitioner that goes and looks at a brain map that is utilizing algorithms or utilizing their eye to look at it or just using research-based protocols, could AI look at a brain map?

So let's say they look your brain up and then create the most perfect protocol. So then you're not having to implement that as a clinical expert. Uh, so there's a lot of that going on, which is so cool.

Um, I'm trying to think of what else for AI that's kind of the biggest thing in our field. Certainly. Yeah. I wouldn't say that. You know, we've actually had these conversations more recently for some reason that we, We're at a conference and met a guy who has an AI company.

Pros and cons, right? That I think it's incredible. It is the way of the future. We are not, you know, opposition to that at all. do a lot of work for things.

And we understand that the way that brain works, you experience and create exponentially more dopamine in the pursuit of something, having to work towards something versus just receiving it.

So, chat GPT is the new everything, right? That we just don't have to for a thing. Actually, I believe that in a of ways we're going to have a dopamine epidemic that, everything just comes almost too easily.

Pro AI, I think it is the way of the future. There's gonna be a lot of pros and cons that come along with that. So you mentioned future, right? Yeah, when we start talking about the feature, what is future of brain health look like?

That's such a good question. Honestly, what we have seen, kind of the pendulum, I feel like have swung really far in one way that after COVID, especially kids, right, the kind, of, next generation are so overstimulated.

honestly, i would use the word a little bit traumatized that when you think about historically what a mask has meant,

if someone is wearing a masks, it's either Halloween and they're trying to scare you or they are probably robbing you.

So we have this generation of kids who are very overstimulated and that's a neurological pattern that we're seeing in youth. So the pendulum has swung really far in one direction that.

We are overstressed and we are over stimulated. And I believe, though, that a lot of people are looking for something more natural that historically medication has kind of been king.

that it's medication or bust, and we really do see people searching for more natural forms of wellness and health. And I believe that neurofeedback is on the cutting edge of that, you know, like what you're doing, right?

This more naturally form of medicine. So I really think that as the pendulum kind of swings back towards that people are looking for different answers.

On that note too, I think We just need insurance companies to start to pay practitioners across the board. Just like chiropractor, just like anything else where you have to make it accessible to everybody.

I can't tell you how many people we do pro bono or we're finding funding or working with nonprofits because we want to be able to help everybody, but there's a lot of people that they have use their insurance and so we have be to expand other ways of health from an insurance standpoint as well.

So you just mentioned about working with nonprofits and certain things like what kind of community impact are you guys having with what you're doing? So we give the first 10% of everything at BrainCode centers back to different nonprofit organizations.

Because we have a big heart for first responders, there's a lot of first responder organizations that we typically are donating to. And that's really big for us, but usually each couple years we'll pick a handful of organizations we're really passionate about.

We also love adoption, like kids in the adoptive and foster care situation. That is something that's very close to home. We work with a lot of women, postpartum, fertility journeys, and so that has become another very passionate piece of us where sometimes people don't have what they need to have a fertility journey, so different nonprofits around that.

But I'd say right now our biggest focus and probably will be for the next two to three years is first responders. I like that. Especially as two women that are just leading the way.

Women in power, that's something that is beautiful. Here in Liquivita, most of our leadership team are women. And when you look at the functional medicine biohacking space, historically for many years, I've been part of it for almost two decades at this point.

It's been very male driven from the top. So seeing you guys in that leadership role is a beautiful thing. How has that been, you know, being women in power, in this functional medicine space?

Honestly, it's. Been incredible that I feel we feel so incredibly welcomed. We have been. Very like all of the people that we have connected with. I. Feel like the wellness sphere is like one big family.

You're only kind of, one generation from anybody else. People are always willing. to connect they're always wanting to talk but you are right that you know a lot of what we've seen is kind of this like male dominated biohacking sphere but, you do have other people kind, of coming up within that Aguilar you, know different people trying to pioneer their way of going yes all of, this is fantastic women's bodies are different right as well as the same thing with you.

Know neurologically now the difference is with neurology every person is different, right there's not like Male brains

and female brains. It's that person's individual unique brain.

We also see hormone issues or things going on in men, probably more commonly in women. But everything that we do is going to be completely individualized to that person.

Honestly, it's incredible. We feel welcomed by everyone and we're here for all ships rise, right? That we believe that there's room for everybody. Let's do it together as we all have a similar goal of making people well and giving people information, which is why Rachel and I love to travel and to speak and essentially give away intellectual property because not even enough people know what their options are.

Right, right. So right now we're going, we have this big movement going on called the Maha Movement, Make America Healthy Again. What's your input on it?

I'm so excited about it. Just little things like cleaning up the additives in the food, getting rid of dyes, helping people be more educated, because that's the biggest thing is people don't know what they don' know.

And I think when we're in a wellness space, talking to you, your buddies, we all speak the same language, so none of that is new to us. But the lay person doesn't to read ingredients or to look at different ways to help their kid they just think medication or maybe get a play therapist or talk therapist they they don't know where to start and so if more information is out there now I also think information can be overwhelming for people sometimes you have to simplify it but in general like why would we not all want to be seeking a healthier America I just got back from Europe last week that I had never been world's difference of the food quality that was out there.

And so you hear about that, but it's drastically different. I felt like night and day. America should be like that. We should have the cleanest food possible.

we have. The ability to do that? Why in God's name are we not? I agree. A hundred percent of that how does brain code centers feed into this whole maha movement?

So first off, we actually joke that yes, make America healthy again. We always joke, that we're making brains sexy again, so that again I feel like as a culture, a lot of times we focus heavily neck down, right?

We know about generally when I say we know. There's a lot of information on food, there's lot information working out or even just benefits of walking, things like that.

And we don't necessarily focus neck up. So that really is our niche and our perspective is we want you to optimize your body. We want to you optimize our health.

Your brain, again, your best asset. How do we do that? optimizing sleep, circadian rhythm, how do we set that, optimizing neurological health? How do even address that?

So brain mapping, neurofeedback. Now, is it the only way? No. Is it a really fantastic tool that people can utilize to optimize their brain and their neurological?

Yes. So that really is our mission that Rachel and I have a very similar and combined goal of having impact. And a great way that we can do that is just letting people know even that neuro feedback and brainmapping is an option.

We want it to be Part of the conversation medication is a part of a conversation counseling is apart of conversation Neurofeedback should be up there as well.

I love that.

Future of Neurofeedback, AI, and Community Access

So, you know, we're obviously Unfortunately, it's been you, know very political when it comes to the make America

healthy again Which it should, be nonpartisan right because everybody should Be healthy but the fact that we are here and talking about something that might be a little bit political One of the things that, and this is sometimes a little bit of a tough one for people to answer, you start hearing people talk about the transgender community, children that are on the line of changing genders.

And we were just talking earlier about how in the psychology part of medical practice, they're not using any actual diagnostic tools. So when it comes to, let's say, a 12-year-old who wants to play on the other side of the fence, change their gender from male to female or from female to male, how does brain mapping play a part into what's happening in their brain?

That's a big question. And yes, I can see there's so many different opinions on that. My first thought is the family system. Now, this is, the counselor side of me, right?

But looking a lot deeper in why does that kid want to change in the first place and starting there? You know, and so if you, you could look at the brain all day long, but ultimately, if there's some sort of decision being made, where does that line get towed?

I mean, ultimately as a mom, as parents, If my eight year old, my 12 year-old came to me and was like, I just really feel like I need to start doing whatever it is, drugs.

I to become this. As parents we're gonna be a sounding board to help them understand like your brain is in a critical developmental period. making huge life decisions when you're that young?

can't take see backsies on some of these decisions. And so usually a 12-year-old's not gonna run to the doctor and start to talk about this. There's some sort of family system that's involved in that decision making, whether they're encouraging it or against it, or what have you.

I would start there. If there's sort reservation, how then, yeah, does a parent support them? Just like you would if it's any other life decision that a twelve- year- old's trying to make.

But I, my first thought is looking at the family system, because you got to start there if you're going to look at their brain. I would, I completely agree with you.

As a lot of times, I am making a generalization, there's other things going on as we have treated a lots of kids in similar situations. There's anxiety, depression, and confidence issues also happening.

Maybe let's address some of those things first, not to say that we're not going to end up at the same place. The brain doesn't fully develop until someone's around 25 years old, men even sometimes a little bit later.

So if we are making major life decisions, I mean, even we're talking about voting. We're taking about the ability to smoke. Were talking bout the ablity to drink.

were adding those things in before someone's brain has had the Ability to fully develop. So it's not to say that were not going to maybe end up at the same place at The end.

Anyways, let's start with some education. Let's treat of the all of The other underlying things possibly that are happening that could possibly be adding into that decision making process.

And then, if we end up at the same place, we've probably checked a lot of other things before then versus I do think there in some ways is a push to go straight there.

How do we make that a longer process to support these kids. All right. We're talking about kids, we're talk about community. The other topic I want to talk, and this is something that we are pretty big on, is cultural relevance.

Bringing certain things to other communities that really haven't had access to a lot of these biohacking functional

medicine modalities that are out there.

So with what you guys do, what have you seen when it comes to the different cultures that are out there, the black and brown community, that Latino community.

You know, Caucasian communities like, you know everyone has something different going on, especially when they're coming from specific communities. Yes, as far as are you talking more about like what do we see from symptomology standpoint or just like kind of Yeah, I mean, you know, we could start off with there and then see kind of like, treatment wise, what they have access to.

Yeah. I do think back to the insurance question, access sometimes goes down, right? If it's limited to insurance, depending on what the socioeconomic status is of that, neurofeedback, your health in general, is a huge investment.

And right now, biohacking, In a nutshell, peptides, brain mapping, neural feedback, talk therapy sometimes, if you're not in network to get a good therapist, it's all out of pocket.

And that creates major limitations for people, especially with lower socioeconomic statuses. While yes, we see all demographics come across brain code centers, I would definitely say you know, there are a lot of people that struggle or they have to save up a lotta money.

Now, what is interesting, and my husband's kind of the silent CFO of company, we are not working with like top, people think like the only people who are able to do brain code centers are people have all the money in the world.

That's actually not it. We're reaching people desperate for relief. They've tried everything. So they are, you know, saving, scraping together money. We are also, we have different plans that we can put people on that are very affordable.

So we will bend over backwards to make sure that this is accessible. But yeah, a lot of our population is kind of just blue, I'd say blue collar. Oh my gosh, absolutely, yeah.

Also, I was thinking, so there's a book called A Symphony in the Brain, and I believe it was in 70s in New York. They decided to do this study with neurofeedback where they went to these inner city schools and rather than having these kids go to detention, they did neuro feedback.

Isn't that incredible? And now it ended up that, you know, funding ran out and so it changed. But there's a lot of people, that's not a brain code thing, right?

That braincode wasn't around in the seventies, but we have seen neurofeedback be a part of different communities for a long time. So, I agree with you that we do hear from people.

Do you mostly work with professional athletes? No, we will mostly work with moms, with kids, first responders, that no, our population, I would say, is that neurofeedback, they're having to do a lot and sacrifice some to be able to add it into their regimen.

We're not working with a ton of people who haven't ever had to think about money and neuro feedback is just the cherry on top. Also Rachel and I, one more thing is we are very big on giving away, like how do we give away free information?

What can people do to biohack their brain for nothing? Right? So we're also very, big neurofeedback is our number one modality, setting your circadian rhythm, go out in the morning into morning sunlight.

It will literally create more melatonin in your brain 12 hours later. That's a great sleep hack. Oh yeah. So we also talk about a lot of things that will cost you no money that you can start utilizing to help create different neural pathways right away.

Yeah, these things are definitely very important. And I'm all about that. That first sunlight, you get some of that blue light that comes from it, stimulates cortisol, gets your body going and all that stuff.

So as we start wrapping up here, I want to ask you guys, if there is one celebrity out there that, and I'll let you both answer this, that you would actually like to see go through the brain mapping, the neural feedback, who would that be and why?

Oh, man. I have like 15. Actually, Rachel and I, we were talking about President Trump today, because we're talking sleep. And Rachel said, you know, President trump sleeps like four hours a night.

That dude is lit all the time. First off, I think that dude has high beta, beta on the cingulate. But just out of a sheer non-political perspective, if I was allowed somehow to map his brain, I wanna see it.

He showed the results on his whole bill of health recently. That's right. It's just so fun, right? Just need to add in a brain map. Yeah, a little brain math.

I like that. Oh man, this is so funny. My first thought is an artist named Brandon Lake.

MAHA, Culture, and Closing Thoughts

Worship artist the reason why is we saw him in concert and it was just so epic but it Was on a smaller stage so I was talking the other day with some of my friends and I Was you know talking to your your colleague over here and It's interesting that artists, you Know like the artists that are going around traveling sacrificing everything and he's such an amazing artist He's a family man.

It seems like But I'll be curious as he's getting on bigger and bigger stages how that impacts his stress levels and his brain. And I wouldn't want that to take away from the amazing mission as well as just the artist he is.

He's the first one that comes to my mind. Especially if he plays music in a worship. He has the ability to actually bring people into a certain state, you know, with the music that he plays.

It'd be interesting to know if as he's playing the. Music, does that also help him? You know. I'm sure 100 percent. Music puts us totally into a different brain state.

The only difference is we can't maintain that brainstate unless we train it, which is why you can go to yoga and think it's going to cure your anxiety.

It just puts you in that state now. But you're absolutely right. Music is a huge catalyst to changing the state that we're in neurologically. So now you got me thinking because we were talking about the video and the visual.

Is there a way to go through the training without any visual, just with audible? Yeah, so auditory is the number one way your brain learns. So oftentimes we do eyes closed training where I'm sitting here, eyes close, and then I am regulating my brain, taking some deep, intentional breath to make sure that I listen to the podcast.

I can keep hearing your voice, my voice. We will do eye closed with clients all the time. Some people prefer it. They don't want to look at anything. Also, some people need it that when people have had, let's say a traumatic brain injury and have or having convergence issues with their eyes, it can be so exhausting to have a visual stimulus.

So we'll do the first 20 or 30 sessions all eyes closed to help build a baseline and then work into that. Yeah, eyes close training is all over. So, we're gonna go through a little game we are gonna do here.

So you can only answer with one word. Alright, so I'm gonna name a few biohackers and then whatever comes to mind, that's the word you're going to say.

And you are both going do it. We'll start off with Gary Brekka. Smoothie from Erwan. I also thought smoothie from

Arowan because we tried it. Smoothie.

I didn't try it, but I saw it there when I went there to Cali. It slapped, it was really good. Joe Dispenza. So smart. Brain power. Ben Greenfield. Relatable.

Introspective. Dave Asprey. Outspoken. I was thinking glasses. Those freaking glasses! The tinted ones. The yellow ones! Peter Artea. Thought-provoking.

Uh, I don't know who Peter Artia is. No, that's fine. That's your one word. Unknown. Exit that one out. Brian Johnson. Charismatic? I have no idea why I can't think of a word.

Also relatable. Oh wait. I almost said not my fave, but that. There you go, that's it. Said it, said it meant it! Oh, good. All right, so thank you for that.

As we wrap up here, if there's one person out there that's been listening to this podcast or watching it and they can really connect and relate with everything that we've been talking about, what is one thing that you guys can leave them with?

Your brain is always, always capable of change. And it has this amazing ability to move and flex and get stronger and more resilient. You can always find hope that your brain's neuroplastic.

100%. Sometimes we feel beholden to what we're born with. We're not. Just like your body, your mind is adaptable. It can change And are there so many ways to do that?

Yes, neurofeedback is an incredible, powerful tool to be able to take back control. And ladies, where can people find you guys? Follow us on BrainCodeCenters Instagram, www.braincodecenters.com.

We love doing one-on-one consultations as well. So if you are struggling with something or you need to find hope with a symptom or a kid or significant other, come chat with us.

we can learn more about your situation and dive more into the nitty gritty with your questions. Also, our consultions are 100% free, so it's not going to cost you anything to Amazing.

Ladies, thank you for having you guys here at the podcast. It was fantastic. This is information that people truly need. Thank you so much for. Having us, Sam.

Guys, as you. guys heard, brain health is everything. You got to make sure you have your brain on the spot, right? Without it, you're just nobody. I'm telling you right now, You want your.

brain to be sharp as a tack. you want to. Be able to tackle things on a day to day basis. and it all starts up here. They said it. People tend to focus from the neck down.

What about this? Without it, you just can't perform. So make sure you follow them. Look at the links down below. Make sure subscribe, follow, share, do all that fun stuff, and we'll see you for the next one.

And just remember, I'm gonna do it myself now, so stay tuned. You're gonna get the behind the scenes on this one,