

BigBrain Radio Show  
3-18-06

(music)

D: Hey good morning, it's Saturday morning. Welcome to the Big Brain Radio Show. I'm Dr. David Stussy, you can call me Dr. D.

Z: And I'm Dr. Zena Xanders and you can call me Dr. Z.

D: And we are...

B: The Big Brain Radio Show!

D: Well some of you might now that Dr. Z and Dr. D have been on the go. And I've been out of town, and I think you've been on the go in town, right?

Z: You know I've been having a cosmic virtual growth spurt.

D: We've been having a BigBrain lifestyle. We've had some incredible on in the interim and they have literally changed our life I'd have to say. Right?

Z: You know you can't be doing this show and having this conversation without it affecting you profoundly on a cellular basis.

D: That's right. Well we're getting ahead of ourselves...

Z: Well, we're trying to walk our talk.

D: Let's review some of the things that... that you've been... that you've been doing since August.

Z: Some things I've been doing... since August... oh my goodness.

D: No, since January.

Z: Well one of the biggest changes for me – and we'll get into this a little more in-depth – is that, you know, 60% of the United States is overweight, and a third of those are obese. So part of my continuing journey...

D: I think I sat next to them on the plane...

Z: Oh, did you? Well they are making plane seats bigger too.

D: Are they really?

Z: This is the problem... this is the irony... Instead of getting healthier, we're just accommodating with bigger movie theatre seats, bigger airplane seats. We have bigger butts out there.

D: Okay, well, say more.

Z: Well anyway, so my continuing journey on helping people with their metabolism and their healing is how to address ... there's part of the population that's very sick really... diabetes, degenerative diseases... but then there's a lot of people who are that proverbial 20-30 pounds overweight that are having trouble burning fat and with their metabolism. So I have something for everybody today, but also new concentration on those people who need to burn fat.

D: You've been studying a whole new thing on that, right?

Z: Weight loss resistance.

D: Some of the latest stuff, right?

Z: The hottest, latest stuff.

D: I know you've really been working hard on it.

Z: I have and I've got some great supplements ideas for people today too. What have you been doing?

D: Well wait a minute. What about your website? You've been doing a little work on your website, right?

Z: Oh yes, yes... Well I didn't know we were going to tell them all this up front.

D: Yeah, you want to tell them.

Z: Well anyway, I have a brand new website. [www.keepthezestforlife.com](http://www.keepthezestforlife.com). So that's the same address, but I have a whole bunch of new information on there on metabolism and gut healing. And also you can buy supplements right off my website now.

D: Well you told me that a patient just called in took care of all the paperwork right over the computer, right?

Z: Right you can... if you're interested in being a client you can get your paperwork right there. So I'm very excited about. I'll talk more about that too.

D: And that's really a backdrop against ... we've been doing a lot of work on the website for BigBrain... and some of the others... like my clinic, et cetera, so we have a lot of exciting stuff coming up. We don't have that ready yet, because yours is ready to go, right? Or it's almost ready to go.

Z: Yeah. Well they should visit me now and they can visit you next.

D: Okay.

Z: What about you? What have you been doing?

D: Well I have some... Some people might remember that I am ... excuse me a second... might remember that I'm on a sabbatical, which means I've been taking some time off from my day job. And I have been flying all over the country. I have visited with doctors all over the country who work with alternative healing... all over the United States at least. I've been... Houston, Phoenix, Arizona... well that's part of Phoenix I guess...

Z: (laughter)

D: California, Miami... been all over.

Z: Right.

D: And... and so I also went to a Master Planning seminar. I evaluated 200 questions that will allow me to continue to create my future in a physical and a metaphysical BigBrain lifestyle.

Z: Intersting.

D: That was quite the seminar. I also evaluated a one-week seminar where we looked in-depth at our ability to create the physical, mental, spiritual... and all the seven areas of life.

Z: Are you going to tell us a little bit more about that?

D: In a BigBrain way.

Z: Okay. Wonderful.

D: We'll do that when we come back.

Z: All right. Stay tuned for lots more BigBrain news, how to burn fat, and how to have your BigBrain working better. This is AM 950 Air America Minnesota.

(music)

(music)

D: Hey, welcome back to the Big Brain Radio Show...where we move into the Saturday morning. Now I was just talking a little bit I guess.

Z: Yes, you were kind of reviewing some of the transformation...

D: This is kind of fun.

Z: ...of Big Brain things that you were doing.

D: This is kind of fun to go over that. Well I went on the... Remember John DeMartini was here and he lives on a ship called "The World"... and I visited and spent some time with him on that. That was quite the incredible experience.

Z: What was that like?

D: Well, it's a ship full of multi-billionaires. John is kind of one of the low persons on the totem pole.

Z: (laughter) For now.

D: For now. And ...

Z: He runs with a nice crowd though.

D: ...the ship goes all over the world. They create the ports... they decide where they're going to go. They have a two-year itinerary. They have the finest restaurants. And the thing is, the people on there are very unique because they have created BigBrain lifestyles. And they're not just laying back... they are still contributing to the world. So you really get to meet some very, very interesting people.

Z: All right.

D: That was kind of a brain life.

Z: Yes, I guess.

D: Of course, we're working on the Big Brain Radio Show and we're working on "stuff that works". I started a Neuro Center at my clinic where we're going to have the top lecturers from around the world come once a month to lecture everybody on neurology.

Z: Um hmm.

D: And we actually had the top guy come in last... a couple of weeks ago... and lecture at the Chiropractic School – Northwestern Health University. And I have an individual coming in to kind of take that center over, and we're talking to him. Also, I've started working on a book called "The BigBrain Lifestyle"...

Z: Hmmm.

D: I imagine you'll have a chapter in there too, right?

Z: Well I think so. It probably has the seven different areas... I'm guessing.

D: Okay.

Z: You haven't shown me that draft yet.

D: I'm working on my own healthstyles, but... We're also creating a high vitality model for healthstyle that we're going to use virtual... and I did a one-week intensive study of neurology at the Sanctuary in Paradise Valley, Arizona.

Z: The Sanctuary. That fancy hotel.

D: Yeah.

Z: That lovely place.

D: Where all the movie stars stay.

Z: Oh, where the movie stars ... I think Jennifer Aniston was there.

D: She was in the same place I was staying.

Z: Oh.

D: I mean she was in...

Z: (laughter)

D: They had said she'd been there the week before in the same place.

Z: You're not moving in on Vince Vaughn's role?

D: I looked around for her. They said that's where all the movie stars stay and when I got there I said, "Well where are they? They've got to be in here."

Z: All right. Didn't you have a Tai massage there too? That's kind of unusual.

D: I did. I love Tai massage there. I think it's very good.

Z: Good.

D: I did a BigBrain Breakthrough with John DeMartini in Houston, Texas. And I also did a ... coordinating with James Cunningham who we had in the seminar... about putting on some seminars to examine the BigBrain lifestyle and seven areas for doctors... and then also their financial stability. And we'll probably call that the David James Companies. And... so I've been doing a few things.

Z: You've been busy.

D: I have been busy.

Z: So your sabbatical... it's been productive.

D: It's been productive...

Z: And useful?

D: ...and I have been still seeing patients, but not just as often.

Z: All right. Good.

D: But the fun is, the Big Brain Radio Show.

Z: That's right. Reaching out into the world.

D: So we thought that we would just kind of create a little summary of what we've done.

Z: Yeah, did you want to review a couple of the principles of the Big Brain Radio Show, before I go and give them that burning tip of the day here?

D: The fat tipping...

Z: Fat tipping burn