

BigBrain Radio Show  
6/10/06

(music)

D: Hey good morning. It's Saturday morning. Welcome to the BigBrain 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 BigBrain Radio Show!

D: Hey, Dr. Z, I understand you were in New York City, studying with Dr. Houston.

Z: Yes, Dr. Mark Houston.

D: Kind of an intense guy, huh?

Z: Yes. The author of "What Your Doctor May Not Tell You About Hypertension". And he's a genius. And he's a BigBrain. And he's intense. And he's fun. And I hope we can have him as a guest sometime.

D: Well, did you learn anything?

Z: I learned a few things. Would you like a little biochemistry lesson today?

D: Geez, I've never even heard of you listening to biochemistry. You like that stuff now.

Z: I don't know. He kind of made it interesting. I didn't get all the biochemistry, but I got some great things to report today about heart disease, and high blood pressure... and being too fat... and things we can do about it.

D: Should we get our pencils and paper out?

Z: Probably, if you want to learn something.

D: And we probably should post some of this too, huh?

Z: Yes, we will be posting it.

D: Folks, we are trying to post more and more, and we will be getting better and better at that. So...

Z: Bear with us.

D: ... bear with us, but we are... It's kind of fun. We really enjoy doing it. But...

Z: Getting into the virtual techno-world.

D: Yeah, putting all our stuff out... we have all our transcripts out, but we'd like to do it a little more so you know exactly where everything is. So, what's the best thing you heard? No! Wait a minute! We'll make the people wait!

Z: (laughter)

D: No, what's the best thing you heard?

Z: Well...

D: One thing.

Z: One thing.

D: Close your eyes. What is it?

Z: People aren't going to like this so much, but...

D: What is it?

Z: There's a new normal for blood pressure.

D: Is it lower?

Z: Yes. 110 over 70.

D: Now this isn't just the manipulation of the doctors and ...

Z: No.

D: ...to try and make people feel...

Z: Actually we know now that the 120 over 80... we now know with a sensitive testing we can do, is already pre-hypertension.

D: What?

Z: That there's already a loading on the vascular system.

D: So how come everybody's 120/80... even when you test kids and stuff?

Z: Well doctor, you should know this... just because the parameters say it's normal, doesn't mean it's optimal health. We're talking optimal health.

D: You know but I'm taking ... I'm taking maybe an adverse stand here because they're kind of dictating what ... you know normal... there's a bell curve for normal.

Z: Well sure. But I'm just saying...

D: Yeah, so I always...

Z: The blood pressure's even lower for optimal health than you want to hear.

D: You know what I've noticed as... as... as a particular approach of health gets less effective, they make the... they change the parameters to kind of fit what they want to try and do.

Z: Well, let's put it this way. Heart disease is the number one killer and high blood pressure is the number one reason people go to a physician. It's the number one reason for prescriptions. It's a huge issue and we now know it's a 20-30 year progression. Actually starts in utero. Can start in utero by the mother having blood sugar, there being a high insulin in the womb, sets the child up for future heart disease.

D: Our friend, Dr. John Demartini told us that already.

Z: It's really... it's metaphysical... going back into the uterus.

D: Right. Yeah. So there are connections

Z: So there's some interesting things to say.

D: So there should be some other ways of treating it.

Z: Oh there are.

D: Okay, we'll see.

Z: We'll see.

D: I look forward to it.

Z: Okay good. Well, what about you? I know we were talking about Mimi's book last week "The Heart Speaks"... Mimi Guarneri, the cardiac surgeon... cardiologist.

D: Yeah, she discovered... well she didn't discover it, but she expounded on the principal of the little brain. And what they've really discovered is the heart has it's own...has lots of brain neurons in it actually... about 60% more than they ever thought. So it has it's own brain system, so they can respond when it has to on it's own. And then we had lots of different things about the brain. So what I did is I went and looked up some of the information that we talked about...

Z: And what'd you find out?

D: I got all kinds of little articles and things that kind of talk about what... you know kind of verify what she said, from some different sources. And it's kind of cool because I think when you... you know you can study the brain and the brain for me is very interesting. You get into the metaphysical brain, it's super interesting. But the heart itself as an organ doesn't turn people... I mean the brain as an organ doesn't really turn people on.

Z: It's not really sexy. Although the greatest aphrodisiac is your thoughts.

D: Yeah, but they come from the emotions of the heart again.

Z: Well maybe. It's the whole ...

D: Yeah, so when you're talking about the heart, I mean it's really...it can be cool. I was... I was listening to some music... you know... and I had kind of like a negative thought... and then I started listening to my old friend John Denver this morning and I just had my heart like opened up again. And it was really cool. And you're right. It might be the brain. It might be the heart. But what we're actually doing with these few shows is creating a paradigm for people to see how it's connected and that we can actually change many, many things about how our life are perceived and for our family and our friends and even future generations. Okay?

Z: Well what else did you find out that you wanted to expound on from "The Heart Speaks"?

D: Well, you know I'm going to start with... there's an article... there was a place called the Bakken Heart Brain Institute.

Z: Bakken Heart Brain Institute.

D: I think there's a Bakken Institute here, isn't there?

Z: I don't know.

D: Down at Lake Calhoun... where they have all the electrical stuff. Have you ever been in there? It's quite interesting. And they built this big limestone... very nice building. But anyway, this one's in... this is

actually in Cleveland ... the Cleveland Clinic is famous like the Mayo Clinic.

Z: Okay.

D: And they have started a heart-brain institute to study the heart and the brain. Now it's a little bit more clinical than some of them, but they have a whole thing... that's exploring the heart-brain connection. And they're having a heart-brain summit this year. And they're starting a whole new direction. So when you get a big institute like that, that's ... you know you're into something.

Z: Why don't you just spell that name so if people are interested to go right away. How do you spell Bakken? How do you spell it?

D: B-A-K-K-E-N Heart-Brain Institute

Z: B-A-K-K-E-N Heart-Brain Institute.

D: Yeah and again we'll put... we'll post these. But then they start out by talking about Aristotle, which we talked about last week, because Aristotle... remember there's people that are cardio centris and then brain-centris?

Z: Yes.

D: Aristotle was a cardio-centris. He thought emotion in the heart. So he said the heart is being the hottest of all the body parts is the counterpoise of the brain, which is the cool part.

Z: Hmm.

D: Because the heart ... blood... and anyway... they started a big endowment... I just thought it was interesting that they had taken it on... in terms of world class care...

Z: The connection between the brain and the heart.

D: Yeah. They're... one of the most interesting articles I found was from a guy named Joseph Chilton Pearce. And a lot of us older, hippie-

type guys will remember that he wrote a book called “The Crack in the Cosmic Egg”.

Z: Oh yeah. What did Joseph have to say?

D: ... and the Magical Child. And if you remember Renaissance and that... they all based their whole thing on ... the child development being the potential for the future. And ...

Z: Renaissance being a chiropractic paradigm. Is that what you mean?

D: Yes.

Z: Yes.

D: Yeah.

Z: People wouldn't know what that was necessarily... Renaissance.

D: Thank you.

Z: Very good. But what did Joseph have to say?

D: Well that was where they said they could change genetics. So he had... he's making some... he's talking about ... (break in tape) and that they combine the three fields of molecular and the energy field... and how the heart really drives the limbic system. In fact the 60-65% of the neural ... cells in the heart that are neural cells are really the connecting gangling to the ... and he talks about that hormone that we talked about last week... ANF... which you remember...

Z: Yes.

D: What's it called again?

Z: Atrial naturetic factor.

D: It profoundly affects every option... every operation in the limbic system. It is the center of the emotional brain and it comes from the heart. It stimulates from the heart.

Z: That same hormone stimulates the limbic part of the brain.

D: It affects every operation in the limbic system... and the hippocampus. Now if I...

Z: Memory.

D: Memory... long-term memory. So your memories in the heart... okay... Isn't this interesting?

Z: Wow, very interesting.

D: And learning... learning takes place in the control centers. Memory takes place if it comes, but learning also takes place there. And the control center is for the entire hormonal system... it's the most important hormone. They call it the most important hormone in the body.

Z: Wow.

D: Yes... it went from not even knowing it existed... really... if you haven't heard a lot about it...

Z: I can see valentine's cards saying "I love your ANF".

D: (laughter)

Z: (laughter). Hey now, we could start a line of valentines cards.

D: I would have fun with those... see what we can come up with. Anyway, they connect the... they connect the brain. So there's literally a brain in the heart. So he goes on to make the difference about the electro magnetic field, which we talked about last week that you can experience it. It is so powerful you can experience it 12 feet away... with individuals.

Z: Yeah. If you had a way to register electromagnetism.

D: They do have a way of registering. So then it gets into the holographic concept where it... the cell and the heart represents the whole body. Okay? But his whole thing is children.

Z: Mmm.

D: So his thing is that children... I don't know if you remember he was quite controversial because he didn't think children should watch TV at an early age.

Z: Mm hmm.

D: He said it isn't giving them time for parts of their brain to develop. And children... feeling unconditionally wanted, except in love... if they feel that experience... that feeling... it totally changes who they are as an adult. And I've got another study that's super about that ... that ...

Z: Mm hmm.

D: ...that changes...

Z: And that's hormone related too, because they have that feeling of bonding and oxytocin.

D: Yeah and the bonding... and he says it takes place in the heart. He goes into detail about it. Here's about the enemy... Television literally prevents neural growth in developing brains of children. When children watch too much it suppresses the capacity of the brains to create an internal image of something. It said here that they watched... what did he say... five to six thousand hours of television by age 6... and they can't ... it's hard for them to distinguish some categories because the TV does it for them.

Z: Yeah, it's really a big issue.

D: Well then he goes on about... he went to this ... he was invited to the University of California Berkley's study about computers in education issue. And he got invited and the woman who invited him got fired because he's controversial about computers. Because he told him that's... you can introduce the computer to the children too early before their thought

processes are worked out and then you have a disaster in the making. And he gave some of the evidence for that.

Z: And that aligns with you know the... the education really started with the Waldorf School where they don't allow computers or television... you know until much later... because of these same issues that you're talking about.

D: Yeah, well look how quickly I've caught on to computers.

Z: (laughter) Yeah... you're a techno wizard Dr. D. (laughter)

D: And then... so then he goes on... this is what's really interesting... this all has to do with the experience of the heart. Okay? He's talked to teenagers and teenagers... they have this feeling of a great expectation these days... because there's something missing for them. They think something tremendous should happen to them at age 15 to 16. And the second feeling they have is some greatness exists within them. And third there's a longing that's so intense that it can never be figured out. And he feels that has to do with the emotions and having appropriate...

Z: Wow. What's that website? Or how do they find more information on that?

D: Well, this is... (music)... this is called [www.ratical.org](http://www.ratical.org).

Z: All right. We'll make sure that's on the website.

D: You know how you sometimes you get to these ... not sure how I got there. But I knew Joseph Chilton Pierce.

Z; Joseph Chilton Pierce. All right. When we come back, we share more about the heart. This is AM950 Air America Minnesota.

(music – In The Burning Heart)

(music – Beat of My Heart)

D: Hey, I just want to start singing. Don't you?

Z: Is that an oldie? What is that? Who is that?

D: That is Amy Hart.

Z: Amy Hart.

D: Now ... um... Rod Stewart did that ... and a couple others... but I ended up with this one. I thought it was... I like this song.

Z: That's great dancing music.

D: Isn't that great?

Z: Can't you just see yourself on the terrace under the moonlight?

D: Yeah.

Z: Yeah.

D: You know and it talks about what we just said... every beat of your heart affects my heart.

Z: And it really does. Hearts resonate. Hearts syncopate.

D: Yeah, so...

Z: Hearts entrained.

D: That's what I think is so interesting about some of these heart songs because they really, really reflect what really is true about the heart. And just like when you talk about other things, but ... this is fun, isn't it?

Z: The human experience of the heart.

D: So ... um... we just kind of talked about children. And we talked about high blood pressure ... and so I thought you had ... you were telling me about the...

Z: Well one thing I just wanted to bring up because we haven't mentioned this yet, but we are healers... and many alternative healers come

from a more Eastern point of view. Acupuncture is based in Chinese medicine. And many people are familiar with the chakras... and the energetic centers... and you talk about this energy of the heart being detected... up to 10 to 12 feet a way. Well I just wanted to mention that the heart chakra, or the energy center of the heart is the fourth chakra and it... the color is green... and the purpose of the heart ... chakra system... is for esthetics, like art and music. You said when you hear music it affects your heart. And that's where things are processed into feelings and emotions. Here lies the ability to love freely without fear or subconsciousness... and negatives feelings and emotions are neutralized. And one thing I thought was interesting... you know always say that you're kind of the crazy bigbrain world of the BigBrain radio show... and that's balanced by my big-hearted world from Dr. Zena...

D: Yeah.

Z: Well I just thought you'd find it interesting to know that if you're into zodiacs and planets, my zodiac planet is the heart center, correlated to the heart. I'm a Libra.

D: Uh huh.

Z: And your center... your chakra center is correlated to the third eye and crown chakras... the brain area.

D: I feel at home when you say that.

Z: So I thought that was pretty interesting that even energetically we're taking our places here.

D: Well you know you're talking about this energy... you remember that Dr. Guar...

Z; Guarneri.

D: Guarneri.

Z: Mimi... call her Dr. Mimi... (laughter)

D: In her book you know she told about how she got... she ... Dean Ornish... we're going to talk about... it's kind of the first medical doctor that showed you could reverse heart disease through diet... and he asked her to participate in a program with her... with him. And she did it just kind of clinically. And then it... she got introduced to the head nurse who had 20 years of experience, but she was also into energy treatments. She didn't know what to think about that, but that was fine. But then she got really, really sick... a bad infection... and she just couldn't get well, and she was really humbled...

Z: Dr. Mimi did.

D: Dr. Mimi and she was just sick. Well this nurse comes up to her and says you look so bad. Here, lay down. And she had to lay down and she didn't know what to expect. But the lady did the heart chakra...

Z: She did like an energetic...

D: ... with her hands. Yeah.

Z: Yeah, chakra balancing.

D: And she didn't understand what's going on, but after she got off the table she felt better. And that really transformed her, because then she... when they did this program with Dr. Ornish, she actually participated in it like a patient.

Z: Mmm.

D: And then she experienced what it was like to have the feeling that your heart... if you're used to having all that energy and emotion and things and it's not there any more... she got to feel and hear what patients really went through instead of ... she had just gotten used to putting these stents in and stuff like that. It ...

Z: Right.

D: ... literally changed who she was.

Z: She became like a metaphysical cardiac surgeon.

D: Yes she did.

Z: What a blessing. I'd want a surgeon like that, if I had heart disease.

D: Yeah, so wasn't that great? She had the energy treatment and she got better. So...

Z: Good.

D: ... we all know about that.

Z: All right. Good.

D: We kind of take that for granted you know. But, it's really not in a lot of people's parameters so we need to talk more about it. Even when we give a chiropractic adjustment we can just change heartbeats and rates. I've had blood pressure drop... like in ten seconds...

Z: Mm hmm.

D: ... to go to normal. So... but most people don't understand that... or don't know about it. So... go ahead... What else you got?

Z: Well I wanted to speak just a minute from a little more clinical point of view about heart disease. You know we talked last week that the number one risk for heart disease or hypertension is genetics. So you have to be respectful of your genetics. But what we now know is what you do in your life... whether it's eating or smoking or drinking... affects your genetics. It turns on or turns off certain genes. So a lot of our genetic expression can be altered with our diet. But the interesting thing that I was reminded of this weekend in New York City was weight is the number three ... besides genetics and diet, the third risk factor is weight. So being overweight is a huge issue for heart disease. And I think... if people have a tape measure at home... this might be a little confronting... but one of the main parameters to know if you're at increased risk for heart disease is if you carry your weight in the center. They call it central adiposity... or we call it that apple shape. So if you take a tape measure and you go right at the

top of your hip bone... right through your umbilicus ... for women, it should not be any greater than 35 inches.

D: Right. Let's write that down. 35 inches.

Z: Write that down. And for men, no greater than 40 inches.

D: Whew. Made it.

Z: Or you are at increased risk. But here's the other confronting factor... body fat. Okay? So to be at ... to avoid insulin resistance and diabetes, which are main components of heart disease... go with heart disease... men, 16% or less body fat.

D: 16%?

Z: 16%.

D: I'm going back to triathlons I think.

Z: And I... some of these I think are Dr. Houston's parameters. But we know 18 for sure. And for women... 22% or less. And I think ...

D: Really.

Z: ... the parameters that are now posted are 24%

D: Uh huh.

Z: So if you've got that tape measure out and it's bigger than that, or if you can get to your gym and get a body fat testing, you're going to know about your underlying health that really affects heart disease. Here's what I... just one more thing I want to say ... we'll go back to some of your articles... 70% of the people that have hypertension or high blood pressure also have type II diabetes or insulin resistance. 70%. So three-quarters of the people that have high blood pressure also have a metabolic syndrome kind of on their way to diabetes... or have it already.

D: I have this wonderful lady that comes in... she's from Canada and she lives in Mexico... she's all over, she's an executive. And I asked

her and she said... to make it short... her husband was diagnosed with Type II diabetes. He lost 40 pounds... he just like took it on... and everything went away... medication...

Z:           Yep.

D:           ... everything just went away. Doctors were stunned because nobody does that. They all talk about it, but nobody does it.

Z:           Right. See that's the key. If you can lose the weight, you will take away your diabetes... potentially, easily take away your diabetes and your high blood pressure and everything. But one last fact... because... this one of the reasons why. We learned about adipocytes this weekend. And adipocytes are fat cells. And here's what we now know about fat cells. Fat cells make hormones. You said the heart's an endocrine organ... so is a fat cell... but in a negative way. It makes 35 toxic hormones... that hurt us.

(music)

D:           Really?

Z:           And one of them is called angiotensin II. And Angiotensin II is the hormone that gives you high blood pressure. So if your fat cells are full of fat, you're making this Angiotensin II hormone. It's giving you high blood pressure.

D:           Wow.

Z:           So maybe of if you lose weight...

D:           Maybe we should lay that out a little better when we come back. Okay?

Z:           All right... when we come back. I Left My Heart... don't leave your heart... Minnesota's...

D:           I just got back from San Francisco.

Z:           You did. AM950 Air America Minnesota.

(music – I Left My Heart San Francisco)

(music – Affair of the Heart)

D: Hey, welcome back to the BigBrain Radio Show. It's not physical, it's a metaphysical... its "Affair of the Heart". Isn't that great?

Z: An Affair of the Heart.

D: Yes. That was Rick Springfield, who also was a ... a... what are those shows that are on during the daytime?

Z: Oh, soap opera?

D: Soap opera... he was a start on a soap opera. He's a good looking dude though.

Z: Okay. I'm glad you noticed, Dr. D. (laughter)

D: I can appreciate a good looking guy.

Z: Basically he's hot.

D: He's hot.

Z: Okay.

D: Well he's old...

Z: He's old now, but he's hot.

D: You know and the song before that was Tony Bennett and "I Left My Heart in San Francisco"...

Z: Oh, I love Tony.

D: And of course you know my daughter lives there... and I get a little tear...

Z: So you have a part of your heart in San Francisco.

D: ... I get a little tear in my eye.

Z: Oh... dad.

D: Dad, dad, dad.

Z: Dad.

D: Anyway, we're really enjoying looking at this heart stuff. Say... you had the pacemakers and I had this thing... Researchers discover molecular pacemakers for the heart and the brain.

Z: Oh, you don't want to clarify what I was talking about before?  
(laughter)

D: Oh, god I got so excited. Why don't you clarify that and then I'll...

Z: Well what was it that you... hold that pacemaker...

D: Isn't that much there.

Z: What is it?

D: Well Eric Kendall... people wouldn't know, but he's like the BigBrain guy... but he'd been doing this study on the heart. He won a Nobel Prize for his work on the heart. And ... but they found electric pacemaker cells generate rhythmic, spontaneous impulses that power the heart and the brain. The one... the heart obviously is the heartbeat, but the brain pacemakers control our behaviors, how we sleep, how we bind together, our breathing... all kinds of stuff. So ... and they discovered they're tied up with a genetic... a particular genetic thing and that's why they're all so excited... so...

Z: I'm sorry, I'm not following you. Are you saying there's cells in the brain that are heart...

D: Pacemakers... pacemakers and they're both... and they're tied together.

Z: To the pacemaker of the heart.

D: Yeah, they all have the same genetic source.

Z: Oh.

D: And that's what they're so excited about... like me. I'm excited.

Z: Yeah I know... like wow... you just couldn't wait to tell us about that (laughter).

D: So let's tie together what we were talking about before.

Z: Okay. We were talking about the adipocytes... the fat cells...

D: Oh yeah.

Z: And that they actually make...

D: Can you spell adipocytes for people?

Z: So it's like the word adipose... A-D-I.

D: Okay.

Z: Adipo... A-D-I-P-O...

D: Okay.

Z: And cyte means cells. C-Y-T-E.

D: Yes, I do know that.

Z: Well, for the listeners. So... adipocyte is fat cell. But the point I was trying to make is that the fat cells make their own hormones. And it's a self-fulfilling prophecy about creating more bad chemicals. And one of them is Angiotensin II, which isn't a bad... in itself... but out of balance, it gives you hypertension.

D: Now to give everybody hope, I'm just going to tell you... the more and more we study the body, the farther and farther down they're going to find stuff. It's just like quantum physics. It'll go down into nothingness, which where does that go... because... but the good thing is the parts represent the whole. And that's why if we take care of the whole heart and the whole brain, we'll take care of the whole body. We can treat everybody. So you don't... you know what I mean... you don't have to worry so much about that stuff because there's... it all functions together.

Z: Well... and the point is I think too that you can do one or two things, like lose weight and eat well, and it's going to affect all those things.

D: That's the holographic...

Z: And if you lost 20 pounds your blood pressure would go down.

D: Everything's connected...

Z: You wouldn't have to be on meds.

D: Right because the system stress is referred in the high blood pressure, but it's the stress of the weight and the changes in the cellular metabolism and the hormones, etc. So just to give everybody hope... just take care of yourself and listen to the BigBrain Radio Show... we'll tell you how to do it. Okay?

Z: You know one other thing because I know people know about this... you probably don't have your Viagra articles over there, but...

D: No I don't.

Z: You know the opposite of the angiotensin hormone that gives the high blood pressure is called nitric oxide.

D: Yeah.

Z: And we now know that this nitrous oxide pathway... that's a vasodilator. It's the opposite... it does the opposite of the constriction. And

the most famous drug for doing that is ... the formula for ED – erectile dysfunction—is Viagra.

D: Well another thing is argenine and cystorene... the two amino acids.

Z: Cystine... yes, and I do... when we get some time, I have some natural agents for different conditions... you know that... But some people need medications, but you can do a lot with lifestyle and natural alternatives first.

D: Okay.

Z: So just remember nitric oxide. That's an important good pathway.

D: Yeah, and that's stimulated by argenine.

Z: Stimulated by argenine. That's a supplement.

D: Yep. So anyway... well this is ... just says that brain damage is linked to heart failure. So people with all the heart problems... just what we've been talking about... the problems like Alzheimers'... all this stuff really is ... they're finding it goes back to heart conditions, where the heart isn't getting enough blood to the brain. It doesn't get enough oxygen. It doesn't function...

Z: So I need to comment on this because this was really what the whole weekend was about. The whole weekend was about that it's not ... what goes before the heart is the vasculature. And the vasculature are the capillaries to the brain. So you start having problems in your vessels then that creates the heart disease too.

D: Yeah, well what a lot of people don't know is when the vessels... when the blood... when the... arteries constrict and the capillaries... the veins get bigger. Okay? That's what hemorrhoids are... that's what the things in legs are... that's all ...

Z: Mm hmm. More pressure coming back to the heart.

D: Yeah, it's more pressure coming back. Okay? They get big, big, big.

Z: But people who have problems with their capillaries... the farthest parts of the body have the biggest problems. You know the feet, the brain... the little vessels in the eye. You know that's where all this high blood sugar and high blood pressure affect physically the body the most.

D: I had an article about that... something...

Z: The little vessels in the kidneys.

D: ... synthetics.

Z: If you have any protein in your urine, we need to talk because any pro – any amount of protein... micro...

D: You talking to me?

Z: Anybody who's listening. That's a sign that the vessel... the little vessels in your kidneys... have been damaged and there's holes... little leak. You're leaking protein into your urine. That's not good.

D: Wow.

Z: So anyway... I'm talking more about the physical.

D: you know they kind of blow over those tests...

Z: I know they do.

D: ... and they say that's just stress.

Z: I know.

D: That's interesting.

Z: The normal findings on labs is 30 ... like micro liters...

D: Yeah.

Z: ... or whatever the measurement... but I found out this weekend... 0 to 30 is also indicative.

D: Listen to that out there folks... because that's a test that's generally blown over. They'll say a little protein in your urine is no big deal.

Z: Mm hmm.

D: And you're saying it is a big deal.

Z: It is a big deal. The other finding... thing I found out this weekend you're not going to like is that... you know they take a fasting blood sugar to see where you might be on the diabetic scale... and normally it's fasting blood sugar of 100.... But we now know it's really fasting blood sugar of 75.

D: I always thought it was 50.

Z: No, it's been 100.

D: When I used to do the blood tests over at school we did 50... we used 50.

Z: Well maybe y'all were more well then... parameters went up... I don't know... in the '80s and '90s. But that was a long time ago... so I don't really know about that. What else you got over there? (laughter) Changing subjects... before I get swat.

D; I don't even know what to say anymore.

Z: (laughter)

D: You know one more thing. I was reading about the... you know we talked about the cardiocentris and the brain centris... the Egyptians used to take the heart of the... the brain out and leave the heart because the heart was the center of resistance.

Z: Oh my. Oh my.

D: Okay. A lot of what here I have... there's a group called the Heart Math... and I've mentioned those before... in Boulder, Colorado – Boulder Key, California... excuse me. And a lot of the articles I found were kind of produced by them, which says that... they just kind of give the background for the intelligent heart, the emotions in the heart... heart variability rate, etc. is really reflected in how well the body is working biologically. Um... Did you... something you wanted to there?

Z: No, I'm just listening.

D: Okay.

Z: The heart... biological.

D: But anyway, they have this thing called the “Heart Centering” exercise. The heart... it describes in detail what you can actually do to relieve stress. And they have a whole system for changing. And they have a thing they call freeze-frame.

Z: What's that?

D: Well if you have a situation that's emotionally upsetting you...

Z: Oh.

D: You freeze it in your mind and then you think of something to complement it... a joy... which is the collapse process that we learned from Dr. Demartini. Okay?

Z: You try to balance it out before the hormones take off.

D: Yeah, actually when I went in there, they're pretty much... they're doing all that stuff. It isn't this particular article, but you freeze-frame it and then you just balance it out, which we've always said every event has an opposite charge to it. So if we see a negative event, there's a positive. If we see a positive there's a negative.

Z: Right.

D: It's always balanced. Well they actually used that in getting people... and they get big changes in their heart physiology.

Z: Well that's great because physiologically, once we let ourselves go... go way one way... kind of get out of control emotionally, then all the hormones are released. It's too late. You've already had the hormone physiological effect on your body. And then you have to wait until the adrenaline clears the system.

D: This is just like it. Then they say you send your love to others you know because the unconditional love is what heals.

Z: So send that hormone instead of the stress hormones.

D: Yeah.

Z: The love hormones.

D: Isn't that great?

Z: That's good. One thing you will be happy to know that I learned this weekend is a little bit of pinot noir... people know this... a little red wine with resveratrol... very high in anti-oxidants is okay. And also a little bit of chocolate. The cocoa in chocolate has some beneficial effects, which I thought people... the hormones of love... wine and chocolates. Right? We all knew that.

D: We do.

Z: Yes. It's actually scientifically proven. So, that's good.

D: I have some chocolates for you outside.

Z: (laughter) Oh thanks.

D: For everybody. Hey you know... here's what I was looking for. They found that the dietary salt increases the sympathetic nerve response...

Z: Mm hmm.

D: ... which is what causes the capillary restriction...

Z: Mm hmm... starts racing the sympathetics.

D: So yeah... so I was just trying to find... but that was actually a big finding because they always think of salt affecting the osmotic pressure, but it actually stimulates synthetic nerves which constricts the blood to the arteries. Okay?

Z: Mm hmm... which is the problem.

D: So that was ... that was a big, cool thing. They found it someplace and I'm not going...

Z: Some people may have heard of Louise Hay.

D: Yeah.

Z: She does the medical... metaphysical aspects of physical problems. She has several books. I think people may know of her.

D: Mm hmm.

Z: But high blood pressure... hypertension... is metaphysically a longstanding emotional problem not resolved. That's the metaphysical... metaphysical meaning of hypertension is a longstanding emotional problem not solved.

D: And so what does she say to do about it?

Z: And the affirmation is I joyously release the past. I am at peace.

D: So you can just release it. You don't have to handle it?

Z: You could just... well in her paradigm anyway... you can have that thought. The new thought pattern... kind of like the freeze frame... when you're starting to be upset about that emotionally unresolved problem you say I joyously release the past and I am at peace.

D: Um... so... like here's... here's... it kind of fits with that because it's like smiling. There's a... here's a website... medical again... of neural cardiology. Remember, I told you there's a specialty that's developed. And the heart has the power to modulate brain activity. And they have a technique they called 'Heart Smiling' or cardiac coherence, which is the same thing they're talking about there, where you'd have to center, think of love, think of unconditional love, make yourself smile...

Z: Yes.

D: Think of someone that makes you smile...

Z: Like an inner smile.

D: ... and then they have a whole process. This is... I don't know where these guys are from, but we'll post it. And then there's the...

Z: Well, smiling and laughing release endorphins, which are the relaxing, good hormones for your heart.

D: And in Hawaii there's a center they've opened that's called the Medical Center in Hawaii of Cardiovascular where they are doing heart-brain... it's called the Hawaiian Heart-Brain Center. In Hawaii.

Z: Well if I have to have some heart treatment, I know where I'm going. Aloha baby!

D: That's why... the forefront of heart-brain health care.

Z: (laughter). That's great.

D: Isn't that cool?

Z: Very good.

D: And there they are, lounging in the sun. No, it doesn't show that.

Z: (laughter)

D: Give us some ... give us some cool stuff on the ... on taking care of ourselves.

Z: Well this was one of the most startling things I learned this weekend... so you... We said what's the best thing you learned...

D: I'm going to hold onto my chair.

Z: Okay. So...

D: Wait, wait. I gotta get ready.

Z: All right... and for anybody listening who has been diagnosed with high blood pressure, this may be of interest to you. You know medicine is an art, as well as a science. So this is... this is not a crack-down on anybody. But there's really two categories of high blood pressure. And you determine it by a blood test on an enzyme called Renin... R-E-N-I-N ... which I'd never heard of. I haven't seen it on any panels for people who have come to me with high blood pressure. But you check someone's enzyme in their blood called Renin... plasma, Renin... and if you have low Renin, it's a different protocol than if you have high Renin. Now how many out there have been to the doctor for your high blood pressure and you never had your Renin tested...

D: So they're taking the wrong medication.

Z: Right. So what happens is... we now know that thiazides, which are diuretics, and beta blockers are two of the worst medications for treating high blood pressure, in the sense that it ruins your metabolism. The side effects of those medications set you up for Type II diabetes. So when diuretics and ...beta blockers have now become the lesser desirable medications. The new medications are ace inhibitors and calcium channel blockers. And again, I said... I do have natural alternatives because half of the people who have high blood pressure are great candidates for lifestyle modifications for six to 12 months. So only if you have Stage 1 or 2 blood pressure, which is up 150... 150, 160 over 90 to 100, you're stage 1 and 2. Only those people need to take some direct action with medications. Anybody less than that can work on lifestyle for six to 12 months without a lot of damage to your system.

D: And I'll bet they don't... nobody gets told. The get just thrown on the blood pressure medication.

Z: Right. Well the low Renin... here's the thing. If you have low Renin, that's a volume problem. You have too much volume in your vascular system. That's why you think the diuretic, but the diuretic has a lot of problems.

D: You know, isn't that interesting. You know my dad... you know he had all this trouble with his medications and stuff... but he used to go give blood because he felt better afterwards.

Z: To get rid of the fluids.

D: The fluids.

Z: But then high rennin... it's not a volume problem... it's a constriction. You know it's like a lot of that angiotensin we talked about. So you have high blood pressure because your vessels are constricted. If you give a person a diuretic or a... for a high volume problem... if you give that to a person who really has a construction... blood pressure... you're making it worse. You're taking away more volume. So that's why sometimes people will go and take one med and they'll say "Doc this doesn't work"... go back, take another. It's based on... they could be getting the wrong category of med for the kind of high blood pressure they have.

D: Well you know I haven't studied Dr. Houston, but I read part of that book. And I read the part about medications in there, and it makes you scary because right ... after you took them for a while, the problems were pretty much... you were pretty much set up for a long-term...

Z: And I'm not a medical doctor.

D: ... series of visits.

Z: But you know I specialize in helping people heal with nutrition. And the thing I found most interesting is these drugs also deplete major categories of nutrient sin the body... B6, B12, folate and zinc. So if you are

on medication you really need to take supplements to replace what the medication's depleting you of.

D: So at least co-treating with that.

Z: Co-treating... yeah, yeah... and that's the art of being a physician.

D: I think that's the state... I think that's the state people ... the top... top planks are really at that point or are getting to that point.

Z: Right.

D: ... or they should be at that point.

Z: So that was the most interesting thing I really learned ... I'd never heard before. And it's a big deal.

D: You know ... um... I was talking about this Heart Math and they do this... this was like listening to John Demartini. Whatever memory one chooses, the key is to feel emotionally stirred by sincere appreciation and gratitude. Okay? And what do I talk about all the time? Gratitude and appreciation. And they said you have to stay in the moment and not be... take it one direction or another. And so this Heart Math... all they do is they try and get your head back to your heart... so they get too connected instead of apart.

Z: Hmm. Connect your heart and your head.

D: 'Cause when you're... you know when you're all worked up or something, or you have a feeling of being victimized and stuff... that's all in your head. And then it affects your heart. But when you've got the two... connect your heart kind of lets... in fact you know have you ever been really angry and... like something you couldn't change and then something kind of shifted? And all of a sudden all that was gone... you know it's like you loved them again and stuff like that...

Z: Mm hmm. You had to have a change of the heart, which we talked about last week.

D: It was the heart... the heart has to change first before the mind changes.

Z: You can change your mind, but it's not going to be really effective or long lasting if you haven't also had a change of heart.

D: It takes courage to speak from the heart, but once you do that the value of a relationship is changed forever.

Z: Hmm.

D: Isn't that good?

Z: That's very good.

D: We got a lot of good stuff about the heart. I'm loving this stuff. This is great.

Z: You know what? I wanted to tell people one of the number one ways to increase that nitric oxide that we talked about earlier... the good pathway... is exercise. Because I gotta get my plug in for exercise yet today. But we'll wait until "Stuff that works".

D: Well yeah... are you talking about burst training and stuff like that?

Z: Well yeah... but any exercise increases nitric oxide... and that's the good thing we're trying to...

D: Well I think we need to be specific because there are better exercises than others.

Z: Well that's true... because we love burst training.

D: Because I see people in there... you know riding the bike, reading magazines...

Z: I guess I was talking to the people who never exercise.

D: Oh.

Z: If they would do some exercise, it would open up those pathways.

D: Oh, walking and everything like that.

Z: Nitric oxide to the heart. Opening up the heart.

D: Dancing.

Z: Dancing... that'd be great.

D: Dancing is a very high level of exercise.

Z: It's a very physically metaphysical exercise.

D: Heart, brain... all your joints are coordinated... balance...

Z: I'm going to go get my tap shoes. Hold on.

D: Visualization. Hey Yeah!

Z: This is AM950 Air America Minnesota. Come on back for stuff that works.

D: Okay... Hearts On Fire.

(music)

(music – Heart and Soul)

D: (singing)...I fell in love with you... heart and soul... Aren't you going to sing?

Z: (singing)... madly... I lost my words. Sorry. I was thinking about something else.

D: I know we played that last week. All right.

Z: Heart and Soul... the one everybody knows on the piano.

D: That's right.

Z: That's right. Okay. Good.

D: And that goes way, way back to Jan and Dean. And I think Jan got hurt in a car accident and changed the group's destiny forever.

Z: All right. I was talking about exercise and how that's good for you... everybody knows that. But one of the reasons it is good for you is because of this nitric oxide pathway. Joined a health club last year... spent about \$400... haven't lost a pound... apparently the gimmick is you have to show up.

D: (laughter)

Z: (laughter) My grandmother starting walking...

D: Wouldn't that be great if you just paid the money and lost the weight?

Z: My grandmother started walking five miles a day when she was 60. She's 89 now... and we don't know where the hell she is.

D: (laughter)

Z: (laughter)

D: So you've got some humor there.

Z: And lastly... I don't job, it makes the ice jump right out of my glass.

D: (laughter)

Z: (laughter) So anyway...

D: Okay.

Z: Exercise is one of the...

D: There are different approaches to life.

Z: That's right. That's right. And... we now know that exercise is one of the main... you know things to do to help your heart ... risk of heart disease. So I just wanted to encourage people to exercise... and... you know ... doing something. Some people listening are athletes out there training for Grandma's marathon... or the TC marathon. But a lot of people are just couch potatoes who have been watching American Idol, like me, all winter and it's time to get up off the couch and go out for a walk... you know and start to move your body.

D: Well I wasn't kidding when I said you know that exercise – there are lots of ways to live life, and exercise just means using your body... so dancing is excellent...

Z: Dancing, gardening, mowing the lawn.

D: ... gardening...yeah... yeah... doing some recreational things. Things... you can create your own forms of exercise that really create results for you.

Z: Well and what Dr. Houston said ... if you do 30-60 minutes of exercise a day, it's equivalent to taking one high blood pressure medication. So it's really worth it.

D: Now how does he feel about the burst training?

Z: Um... you know I didn't have a chance to really talk to him about the burst training.

D: That's a much shorter time.

Z: Well I think where we would... where we would overlap in that is that idea of building the lean muscle mass. Because the lean muscle mass is the furnace to the body.

D: Because most people are not going to work ... work out 30 to 60...

Z: I know, it's a commitment. But he talks about walking... you know the simple things... walking the stairs at work, walking across the parking lot, doing the gardening... you know making your everyday life a more physical life.

D: And then watching what you're eating.

Z: Yes. And I just wanted to let people know that I have a healthy shake that's easy to take. It's great for breakfast... if you want to keep your blood sugar down... your insulin down... and like we said, keep your fat cells skinny so that you don't get this hypertension. And it has to do with a protein powder, a fiber powder, some greens, high dose vitamin C and fish oil. So if you're interested in finding out about a healthy shake to keep your high blood pressure under control via your insulin response, find me at my website [www.keepthezestforlife.com](http://www.keepthezestforlife.com). And send me an email and I'll tell you all about the shake. And maybe we can even have that on the website. Huh, Dr. D?

D: Fantastic.

Z: Fantastic.

D: Well we should have... well we're linked to you for sure, aren't we?

Z: Yeah, check my link on the [www.bigbrainradioshow.com](http://www.bigbrainradioshow.com).

D: You know I have... just... I just wanted to summarize one of these articles. It says the heart is the primary generator of rhythmic patterns in the body... and with every heart beat a generation... the heart transmits complex patterns of neurological, hormonal, pressure and electromagnetic information to the whole brain and body at once. And then there's this... I've got this thing... it's like a chapter out of a book called "The Traumatized Heart" by Dorothy Mandel. Her book is called "The Spirit and Matter of the heart. She has a new definitions... mind, body and medicine are recognized all forms of organization. The transformation between mind and body are called according to *The Health Psychology*... the heart is recognized as the center of these changes. Okay?

Z: So what's your point.

D: The point is...

Z: Summarize this.

D: ... we as alternative health providers we've known this for a long time. And you know we're always talking about the nerve and the spine... and sometimes we would get it and not get it. But by having these different views that are starting to show up, they're seeing how it's real integrated... because when you remove interference to the spine and nervous system, the heart gets better, organs get better and you have a better chance of getting better because the body is \_\_\_\_\_ and respond. And when you do nutrition... when you do the things you're talking about, you're upping the margin that people can get better. It isn't like you have to do everything, but you can take these important areas....

Z: Yes... you do a couple.

D: ...they connect it whereas before they were taking things to try and ... they... you know there's nothing that matches the intelligence of the human body. People can't even create a human cell. All the genius in the world would not even be able to recreate a human cell.

Z: Mm hmm.

D: So to think that we can give it one little this and one little that and actually make it work is crazy... and we're finding that's true.

Z: We just have to provide the environment for the body and let the body do its thing.

D: So do things as a whole system. You know I'm a big provider of whole system... I could do a whole show on that... because that's really how the universe works and how we work. And why not operate the way the universe works... the way God created it. It's all the same and we all work on a very magnificent scale. So when you look at it that way, the parts ... the parts equal the whole and the whole is more magnificent than the parts. So we really have a lot to contribute. So anything we can give you here or have you see... or change you a little bit... Remember I said a big brain is somebody that tells you something you hear and then it shifts your

life forever. So that's really my goal here... just to say something and create something that kind of fits on people's patterns or ... you know and I have people come up to me all the time that... like 10-12 years later... and I go "I really said that"? But it changes their live ... and so that really is the best experience I can think of.

Z: That's good. Exchange of ideas... planting seeds... inspiring one another.

D: I think so.

Z: Having little epiphanies.

D: Yeah and here's another article...

Z: Connecting.

D: ... by Ruth Glinton. She did the whole thing... remember I told you about the heart transplants the cellular memory?

Z: Mm hmm.

D: She did a whole study here for ... the journal of science and mathematics... where she researched that whole thing and it's true. You know there's a real variety. She said the biggest thing is ... the biggest thing is doctors are so used to ... and even in my... our profession... a certain way of looking at things... so when you bring in new information so they don't accept it very well. So it takes a generational change. And I think Buckminster Fuller was really clear of that. It's the ... it's the new information will really never become present until the new changes take place... so another generation that takes information and works for it.

Z: That's interesting. And on a physical level, we recycle our body every four months. So if you start making good changes today...

D: What a great analogy.

Z: ... it takes four months.

D: I love it.

Z: Like you start... if you give yourself an oil change, and you start taking fish oils instead of eating transfats, it is going to take about 4 months to make that oil change and have every cell be experiencing that new... that new paradigm. So make sure when you do a nutritional thing or a spiritual thing you give yourself some time for it to get integrated.

D: Right.

Z: But it will change your life.

D: And take the time to do that.... Because... here's an article... and this is a signed neural image... the activity of the human brain and the predicting differential heart response ... the emotional facial expressions. So how we look at people and how relate to people in our face. Remember... I said a third of the whole brain is tied to the face and the jaw. A third.

Z: Mmm.

D: Another third is a thumb. Okay?

Z: (laughter)

D: So you give them the thumbs up and smile baby.

Z: We're basically a big head and a thumb. (laughter)

D: That'll be the BigBrain... you smile and put your thumb up. Okay?

Z: That's right. And don't forget the heart. Always remember the heart.

(music)

Z: Thanks for joining us this morning. We'll listen for you next week.

D: Here's my emotional center... John Denver.

Z:           And this is AM950 Air America Minnesota. Have a great week.