BigBrain Radio Show
June 2, 2007
Joe Licht

(music)

D: Hey good morning. It's Saturday morning, it's the BigBrain Radio Show. I'm Dr. David Stussy and you can call me Dr. D, and we have a very transformational program about health and exercise today. Now who in here… who doesn't want to exercise? Well, who's at least thinking about exercising? So I have quite the… quite a remarkable guest with me today. He's a BigBrain who I've become accumulated… accumulated? That's wrong… associated with… over the last couple years. And he has a very intuitive mind in what he does, which is what a BigBrain would do. And he has taken and … and expanded something that has a certain appearance to it and protocol and what people kind of think, and expanded the … sort of the borders of that. And I'd like to think that I'm a big part of that. So, us working together we have come up with some remarkable concepts and we called it brain-based exercise. That's pretty good, huh? Brain-based exercise? So who is this guy I have with me? Well, his name is Joe? Right?

Joe: Yes.

D: And I always have trouble with your last name Joe, so just say it.

Joe: Joe Licht (light).

D: The reason I do because it isn't spelled the way that …

Joe: No.

D: … you think it should be. So anyway Joe, tell us a little bit about yourself Joe.

Joe: Oh, well Dr. Stussy, I am an exercise trainer… been doing it for about 10 years now. I really enjoy what I do. I like to help people

reach their goals in fitness and exercise. And basically I've graduated from the University of St. Thomas back in 1999. While there I worked in the athletic training department in a few different sports… basketball, baseball, hockey, football.

D: So you know people who are really active. Right?

Joe: Yeah.

D: And also you did some interning with the Twins, didn't you?

Joe: Yeah, in 1999 I also had an internship with the Minnesota Twins minor league team in Ft. Myers, Florida. Had a blast with that.

D: You did some work over with Northwestern University Health Sciences, too. Right?

Joe: I did a little research in their rehabilitation department.

D: Yeah. So you've … one thing I've noticed about you is you like to get a lot of information, like a BigBrain would… and then kind of integrate it into your passion, which I really think is the human body using exercise protocol, but we're gonna actually kind of expand that a little bit today …what that means. And then you know you kind of build on what you know and you kind of stick to your beliefs because they're based on your experiences. So let me tell you a little bit about a BigBrain. A BigBrain is someone who understands that life is composed of both physically and then metaphysically… metaphysical being the things that we can't see and we can't weigh, which is a lot of the universe. And so our thoughts, our life, our culture… those are all weightless but they are very important to us and when we think about them they are definitely real to us. There is a reality to it. Actually, we think the term is actuality, but since reality shows are popular we use that. Anyway… so a BigBrain understands that we have a motor and sensory system. So we get sensory signals that come in… like we could smell something and then we get a motor response… our stomach goes "I'm hungry" or "I like that" or "I wouldn't like that". And then we have a metaphysical motor and sensory and that is really the most important, because our sensory in terms of our mind and what we create is called 'attention'.

So what we pay attention to … that means … sometimes people call it present-time consciousness. We all know people who do things and they're really not present. And Joe and I have even had these conversations where I see these people exercising and they're just reading a magazine, or they're listening to music. And I really don't think that's the purpose of human integration through exercise. So we really have to pay attention. People who are paying attention will get a certain amount of information and it'll integrate into their brain and it'll come out with a BigBrain idea. So the next part is called intention, and that's the motor response… what you create out of your…what you pay attention to. And that's where the… and we all have those experiences. There's no such thing as a negative experience… some work better than others. And so BigBrain understands that that's really our purpose in life… is to integrate metaphysical and physical reality … an example being electricity. Electricity … the concepts that would make electricity have been there since time began, at least I'm pretty sure it is… and… but only when one… someone discovered the principles… how to create light, which is kind of another metaphysical concept… because you really can't put your hands on light, can you? But we know that we couldn't live without it. Um… So… we have to have this integration between the ideas… the things that we don't know, but they're working in the universe and then put them to a physical use so they make and develop the human being. And I think exercise and motion is one of the most important part because our body is designed to function, our brain's designed to function. So then we get to the last part, which is called evolutionary health style. Evolution means we continue to develop like I said. Health being the optimal number of forward regenerative action days… and that's really important because why would a person bother to do anything – exercise, etc. – if it wasn't for something in the future. And why would we do something that wouldn't be regenerative… that would actually make us better… recreate ourselves, reenergize, whatever you want to call it. And so we happen to think that regeneration takes place with motion, not laying on the sand and drinking a martini, floating – although it can be relaxing. Regenerative is something different. And then the last thing is that the health style is based on our values. So our values determine what we do. We only get done what our top values dictate. Those things you've been talking about forever and they don't get done it's because it's not part of your top values. The thing that comes up in a

moment's notice and you get it done… it's associated with your top values. So it always behooves us to kind of see what our real values are. And then if they're not, and we want to have something, how do we link our top values… which health and vitality is pretty top, wouldn't you say?

JL: Yes, I would.

D: And relationships… those are top. So, you know how you relate exercise, relationships, and stuff. So we're going to talk about all that. So the final concept then is the BigBrain person himself. And a BigBrain is someone who shares ideas and actions with another individual in such a way that it changes your life forever. And we've all had that experience. So I always tell you thank the BigBrains in your life and make sure you're aware of them. Okay? Because you're a BigBrain also… everybody is a BigBrain in some area. We can't be everything we try, but we're certainly a BigBrain. So now we get back to Joe. So… Joe, when I first met you, you… I kind of got handed off to you, right?

JL: Yeah, I would say that. I met you through another trainer.

D: You know I like to exercise. I like being… and I've been an athlete all my life. I used to do a lot of triathlons and stuff but I found at this stage in my life I needed to actually schedule exercise to get it done. And I had a pretty good trainer and then he introduced me to Joe. The thing I noticed about Joe is he was just… he didn't have a set… he a structure, but he did it in such a way that seemed appropriate for the person that he was with. I could really feel that. And I feel that's the way I am with patients. You know, every patient is unique and different and you need to have a structure in taking care of them. And so when I would talk with them and share, it wasn't like … we were really actually having kind of a good time together. (laughter) Some days were better than others. And so the thing that I could really see from his very first words out of his mouth, that he had a vision of what he wanted to do with his background, what his interest in athletics in the human being and being productive. And you could see that this was a vision inside of him. And over a period of time he had an opportunity to make different decisions to go in different directions. Instead of taking maybe the one that would look

optimal to someone who didn't have this vision, he stuck to the one that would take him where he wanted to go. And that really is a sign of a BigBrain. So now let's have you tell us a little bit about that journey. Okay?

J: The journey began a little before I met you. Pretty much when I got out of school I had a decent understanding of fitness and neurology and that was something that intrigued me a lot… was understanding how the body works… not just if you lift a lot of weights or run a little bit that you're going to lose the weight. It was about how was that done.

D: Well you know, Joe, one thing … another thing I noticed about you and I think this is the BigBrain quality… was that you were a student. Some people might use scholar, but you were a student… what you liked to do. You studied. You wanted to know not just how to do an exercise, but you wanted to know what made it work, you wanted to know about muscle… physiology, anatomy, everything. That's not necessarily so common. Okay?

J: Well that's kind of what intrigued me about you, is that you had the understanding and we would get into the gym and we'd start talking about things. And you didn't really tell me that I was wrong, but I couldn't really see…

D: (laughter)

J: There were certain types of … I wanted to talk about your shoulder at times. And I said, "Okay, I can handle that." And you'd say, "No, no you can't." "Well, you could if you wanted to," you'd say to me. And we…

D: I don't remember that. (laughter)

J: You don't. Allow me to rehab it and you'd say, "Well there's a few things we have to work on first."

D: And so that intrigued you?

J: Oh, definitely. And I feel like that there were times in the gym when we first started working out that I was trying to pick your brain.

D: Mm hmm.

J: And I wanted to learn… you were there to teach me about neurology, about how the brain connects to the spine. But at the same time, it was your time to work out. And we would just get going with that and we'd start talking, and you would teach me as we were working out. And I really… I'm fresh out of college. I think I'm in the best shape of my life and there were things that you noticed about me and you'd show. And you were a chiropractor… you still are … excuse me… a chiropractor. And I would say to myself I don't know about chiropractic. I'm a little scared of it. I'd hear things about it. And instead of trying to show me… or tell me… you would prove it to me. And sometimes it was just a simple adjustment in my shoulder… a posture change and all of a sudden it opened a whole new world to me. And that's what made me realize that I want to begin training more efficiently… not just go through the routines… not just bench presses, tossing a ball around, those types of things.

D: Well I think you actually had some insight. And you've told me that you have kind of a view about trainers in general. Sometimes they look buff, but they don't really… they aren't really healthy and they're not really doing it in a way that… And you just noticed it for yourself, you didn't make them wrong. I don't think…

J: No.

D: I didn't feel that at all. But you saw that you really didn't think that's really what they should represent. Right?

J: I always thought that you needed to cater the workout to the individual. And a lot of injuries that I would see that were never really dealt with the way that they should be… If I have a sore knee or somebody has a sore knee, not to avoid the knee. Let's find out why it's sore. Let's deal with it.

D: Oh, instead of just kind of adapt around it.

J: Yeah, my leg hurts today. Let's not… not going to do anything with it.

D: So I guess what you're saying is that you really wanted to get in there and try and make a difference and figure it out… even if you didn't know the final answer… you knew the first part of the answer. Right?

J: Tried to find out.

D: First part of the question… how's that? So I think as we talked, you know, you started to see that… I started to show you how the brain and the muscles connected together… and how even simple eye movements could change your strength… and how we kind of perceive ourselves in the universe. And that's probably the most important part of the body… loses that perception. So we're going to talk more… deeper with him and get back with Joe, the exercise specialist. This is Dr. David Stussy. You're listening to the BigBrain Radio Show and we'll be back after this break.

(music: "Let's Get Physical" by Olivia Newton-John)

(music: "What a Feeling")

D: Hey, welcome back to the BigBrain Radio Show. This is Dr. David Stussy and we are with Joe, the exercise specialist, and we've created with him brain-based exercise. So let's just see what else this music has to say.

(Music: "What a Feeling")

D: Okay, welcome to the BigBrain Radio Show… and that show was about a vision… kind of going at it alone. When you have a vision you don't always feel like you're connected. And sometimes we yearn for that, but that support might actually throw us off course. So… but we do find support… and there's always support for us. There's equal support and challenge in the universe at all times, which is part of the BigBrain philosophy. And sometimes we see one or we see the other and that's when we get blind-sided. And so things are always happening that are moving in the direction that we need to

go… it's just that we don't know. Okay? So, Joe… you're in a direction you don't want to go and you don't know… because I'm sure there was some uncertainty there. And you and I started talking about working… well actually I showed you a building I had because you came over and started to be a patient for a while. Right?

J: Yeah, about 2005.

D: And the amazing thing is when you started being a patient you started noticing you were getting stronger.

J: Right away.

D: Yeah, so what was that about? Huh? And … ah… so why would just being treated with chiropractic make him stronger? Well obviously it helps the brain and the muscles connect together. And we'll talk about that. But then he… I showed him the space that I had… building next door… it's now called The BigBrain Institute. And he just kind of kept after to me to work out and it wasn't right… and we actually had a huge metamorphosis… it went far beyond my expectations… even though it was one of my goals. Isn't that interesting?

J: Yes.

D: And I didn't see Joe at the time as an answer to that. But I underestimated his scholar activity. So we had a little event happen … that one weekend… what was that?

J: Ah, the Carrick Institute Seminar?

D: Yeah. So there's a neurology seminar that only post-graduate doctors go to… and it's not the easiest thing… but it just happened to be a very good instructor from Iowa, who was a former high school teacher. You could tell that, right?

J: Mm hmm.

D: And he had us do these integrated activities taking brain-based knowledge and then how do you send up a rehab program taking

advantage of the things that work for them, and not to aggravate the things that didn't work for people… that weren't working in their nervous system. And I think that was a real breakthrough for you because you actually started seeing that it wasn't just muscles or brain, it was both, and a lot of other tissue in between. Right.

J: Yeah, the combination of them both… of the two.

D: I'll tell you Joe, I was very impressed because you just… I think I told you we were going to listen for an hour, right?

J: You told me… we were supposed to work out that day actually. And you said, "I have a seminar I have to go to. Why don't you sit in on it and then we'll work out afterwards." I believe I spent the weekend there?

D: Yes, you did.

(laughter)

J: I don't think we worked out.

D: We had a really good time because we got to develop… and I think that was really the beginning where we saw… and even though we continued to work along the line where we've put in equipment that would be more traditional exercise, it's how we're using it and then our expansion of that. And the other thing I admire is that you were willing to kind of… you know, take the lead… and you wanted it to happen. It's been a very, very exciting time at my clinic because as I've expanded what we do at the BigBrain Institute, I've always wanted to have brain-based exercise because it's the most efficient. And there's probably something beyond BigBrain… around brain-based exercise, but we won't know until we complete that. Okay? So we want to take things… we want to take our different backgrounds, combine them and then take it to a new level. Because all we're trying to do is make the body more efficient… to actually restore it to its previous – or even better condition – than it had been, and also to prevent the …sort of the cumulative effects of life. They kind of stack up on people… and I can't imagine how some people make it if they don't have some intervention at some point that we reverse that

process. And exercise is one of them. But then there's kind of the generic exercise that everybody gets exposed to. And there's exercise that really would change something for everybody. Right?

J: Yeah, definitely. One… one common goal that the two of us has is not necessarily have to work harder but work more efficiently. And I always had that in my exercise program; you've always had that in your BigBrain institute, Kenwood Chiropractic and we saw a happy medium with the two of them. One thing I noticed a lot about you right away is the… your ability to focus… to focus on the work out. If you were putting your mind to the work out, you could do amazing things. Dr. Stussy's probably one of the only people I've ever seen go to a point of fatigue, think about it and continue the exercise with efficiency. Not sloppiness. You're also somebody who knows your limits. You say… this is… this is where I'm at and this is what I've done.

D Well the more we focus on something the more… the finer, finer details we're … more likely to have a manifestation. And we can't be focused all the time, right? But it helps to have the ability to do it right? And so… You know what? I want to look at the definition of exercise. All right? So I got out a … well I went to the website obviously. Exert one power… or exert one's power of influence. Okay? Um… it's… actually talks about a systemic training that causes perfectness… or goes towards perfection. It also says that it creates a health regime. It actually is used to restore health. So exercise is something that has a much more holistic concept than just sweating or something like that. It really is… when you look at the universe, which is motor and sensory, it's a motor activity, which creates a sensory response, which then creates further motor capacity. Because you couldn't do some exercises if you didn't set the… set the… sort of the benchmark for it to go to the next thing. So you're actually creating and expanding your universe. You're expanding your physical universe. And when you exercise, you actually fire neurons in the brain and some of them are not too active. You might… ones that have kind of gotten little bit less active. And so neurons, which they discovered with Eric Kendall, when he got the Nobel Prize, that there's a thing called neural plasticity and you can restore function into people up into their 90s. And so… if you want to fire… if you want things to work better you have to fire the brain.

And so exercise does that. And so we're expanding… we're not taking away from exercise in terms of traditional sense, but we're expanding in terms of the more accurate sense. Okay?

J: Yes.

D: And then you use the sense… the term transformation. We want to transform people. And I think that's pretty easy because transform means to change form. And how many people are working out trying to change their forms?

J: Most of us.

D: Most of us. You're either trying to lose weight, gain weight, get skinnier, get beautiful, get more buff as they say, have six pack abs. What about inside us though? Lower the blood pressure, have more efficient diet. A lot of people have diabetes II, which is like 25 million people, have diabetes II, which causes inflammation. It's hard for your body to recover from anything when you're in inflammation. All right? So, you know, we all know that there's that process. So, a conversion or a revolution, an alteration, a makeover, transformation. So, another thing that the brain-based exercise is based on a true transformation. It doesn't have to be in terms of muscle tone, weight loss, although things are going to be to our advantage. It's actually changing the internal function of the body so it creates a better environment for like things like losing weight. I always tell everybody when they get treated that everything they're doing will become more efficient. If they're taking medication they better be careful because it'll probably be too much. Like I have a number of diabetic patients who have had to cut back on their medication, because the body gets more efficient. And exercise does the same thing. And so… we just have to be aware that it's happening. And I… I would doubt that a lot of exercise teachers probably even mention or think about that.

J: Well also the bottom line goal is to just feel better about yourself.

D: Mm hmm. Did you always check on medications and stuff patients were having?

J: We would check on it a little bit. What I would like to do is contact the doctor of the person. I really don't know a lot about medications…

D: Wow… that's good.

J: … so I would… I would talk to the … if somebody had a heart condition their cardiologist. I spoke with a few chiropractors in the past… some physical therapists…

D: You know medication actually changes how a muscle can respond.

J: Yes.

D: Okay? So… ah… we're going to kind of… to boogie along, this is gonna be get higher… higher energy here as we move along. So… um… because when we're talking about energy the cell is driven by energy. It's created inside our cells and bursts out into the body. When you exercise you activate a cell. They call it healing energy. They call it energy medicine. They call it life force. In chiropractic we call it innate. It's the true, restorative power of the body and exercise… brain-based exercise is going to restore that. So this is Dr. David Stussy, the BigBrain Radio Show. We'll see you in a little bit.

(music)

(music)

D: This is Dr. David Stussy, the BigBrain Radio Show and we're going high energy because we're into exercising the brain. Here we go.

(music)

D: Okay I think we're ready to go. You gotta be toe-tapping with that, huh? Or dancing. Everybody's up dancing. Okay? Um… You know the reason I played that song is because it has vibration and

rhythms. And the human body is … actually all it is is vibrations. I didn't say you're a vibrator… but we have vibrations. And all our cells are connected. And they know there's as much empty space in the body as there is full and that we vibrate and we resonate to things. And so … music is one of the things we've talked about on the radio show… we resonate to. And exercise is another thing… that people resonate to and I think you probably even have to find the exact exercise for the right person. Like what we're doing is we're… we see a lot of people who have been in severe injuries and accidents…car accidents and things. And so… what we would do to them when they first come in… when they … later on are two different things… and I know… people don't think about it, but they've got inflammation. So we just want to get motion because the inflammation is part of the healing process. And then they lay down scar tissue and that's part of the healing process. And then that tissue gets restored to more normal tissue. So everything we do at each time would be different and part of the brain we communicate, the muscles we want to use, the joints we want to use are going to change. So… Joe and I have sat down and with his background and experience, and then kind of the insights we have about how to use that, we create a program for our patients where they can be starting to do exercise in the form that's appropriate right from the beginning. Right?

J: Yes.

D: And … have you got anything… any insights you've had about that?

J: Yeah, one thing I've really liked about it is you've been teaching me about shunt muscles… about muscles in the body that are not able to be controlled through thinking about it or just moving it… a bicep, a triceps, quadriceps. We can move those through different exercises. The shunt muscles are the muscles in the spine… basically muscles that fire much more rapidly throughout the day. And that helps create energy and send energy throughout the body. And when those muscles are damaged or hurt, the body is not able to get the signals that it needs to get. So the idea of the brain-based exercise programs are to really just cut out the time, get to the most efficient part, and take care of them. And you've shown me sometimes simply through getting on an elliptical machine. Moving your arms back and

forth… allows the oxygen to get to those muscles. Simple things like ice… icing the body so the blood vessels constrict a little bit and when you take the ice off they open up and oxygen gets into those muscles.

D: From the blood, right?

J: From the blood. Oxygen is…

D: Well the thing is you can't have healing on muscle without oxygen. It's obviously… obviously… primary for life. So you gotta have oxygen, it comes in the blood. Most of our blood in our body goes to our organs and our brain, which it should. The back the spine and joints have very poor blood supply, so when you shunt it in…

J: Well, as a trainer I've always thought if my shoulder hurts if I can do it I do some motions, I strengthen those muscles. But if the brain is not sending the signal or the energy that needs to get there then it's really not going to do much…

D: Hey, let's talk about it… let's take that. The typical shoulder… let's say we have an athlete. He injured his shoulder and it loses its strength and it loses its mobility. Well motion in a joint sends signals … there's different types of receptors that send signals in the brain, usually the opposite side of the brain of the shoulder… that control the voluntary motion. Well since there's no motion, there's no firing those neurons and they become… they kind of go to sleep… they hibernate. But the prob… what we don't know is that same part of the brain connects on that same side of the brain, which goes down to the other shoulder and stabilizes that shoulder… the intrinsic. Because even the active muscles, the ones we like, bicep, it is part voluntary and part involuntary. It has sort of a stabilizing effect. So, how many times have you heard somebody hurt one shoulder and then they hurt the other?

J: Without injuring that shoulder in the first place.

D: Right because they didn't rehabilitate the other shoulder even though it was pain-free probably, by getting the other neurons fired back up in the brain, which stabilizes the other shoulder and they end

up hurting the other shoulder. I think the classic example would have been like … what's his name?

J: Daunte Culpepper.

D: Culpepper. Remember I told you…

J: Let me… let me… can I tell them about this?

D: Sure. Yeah.

J: We were … we were working out one Saturday morning, and I believe it was right after he was injured… and it's when… I want to say it was a game against the Chicago Bears, where he hurt his back.

D: Mm hmm.

J: And you told me… you said, "Well, he's done for the rest of the season." And I said, "Oh no, they'll get him back. He'll fix it." You said, "He'll come back, but he won't be the same. He'll be a little slower, his pass will be off a little bit." And, if memory serves me correctly, he really didn't produce much the rest of…

D: No, then he got… His knee gave out because the knee is related to the stability of the back.

J: Knee gave out. And I think you even said that to me, and I'm… I'm thinking this… okay, whatever, we'll see. Because that's my… I'm a Vikings fan, I love to watch it…

D: And you're a trainer also.

J: And I'm a trainer… and… just… I was kind of amazed and I've always given you a lot of credit for that.

D: Right, and see it's really a disservice to the athletes because they don't get that. And so they kind of get used up a little bit.

J: Yep.

D: And so they keep re-injuring until they go to the surgeries and the surgeries create some stability, but you still haven't fired those neurons. And we… sometimes we get the privilege of working with an athlete but they're usually so… kind of engulfed in the whole system. I know you're familiar with that with the Twins.

J: I actually…

D: You have some definite opinions on that.

J: I had some fun with that down in Florida. I got to first-hand do some rehabilitation with people. Great experience, great team of people down there.

D: So… but they have a lot of people that work on them response…

J: A lot of people. Oh that physical therapist, doctors, chiropractors…

D: Yeah, so it's hard to get one… you know there's kind of a… usually when you have a group there's a lowest common denominator of agreement… of what needs to be done for them. Okay? Not to say they don't do the best, but it's the lowest concept… it's the lowest common denominator. A couple of other things that we want to look with exercise… it's just this concept… when you exercise is just this concept. When you exercise the three functions you want to restore: endurance, strength and flexibility. Endurance would be cardiovascular. Strength would be moving some resistance and flexibility would be moving a joint. And they are not separate because they all have to have a certain connection to the brain… because your muscles fire receptors and there's like six different receptors that go to your spinal cord, go to your… one part of your brain, another part of your brain. So we don't realize that when we use a muscle we're actually activating. In fact, the human body is designed to be activated by the muscles and the joints and the spine. A baby is born helpless, and as it lifts its neck it starts developing the middle part of the cerebellum. When it starts to crawl, the outer cerebellum develops… not develops… and when they stand that starts driving the lobes of the brain and the real brain development starts

when they stand. So… it's based… it's all based on motion and standing upright, which fires a certain group of muscles, which is really the basis of being human, which is called extensors. Extensor muscles… so when you see people all bent over, flexor muscles are winning, right?

J: Flexor muscles are taking over…

D: So I think…

J: … there's the constant tug-of-war going on.

D: Right… and we've had some insight with that, right?

J: Yeah, between flexors and extensors… and… it's where you do see the low back pain that can come sometimes just from the shoulders being pulled over.

D: Pulled over or when the… when you bend over and your low back goes out, your spurt muscles, which make your back work are working but the shunt muscles that should stable, like hinges on a door, are the ones that give out. And they can be relative to any condition in the body that might be affecting that.

J: And they're also the muscles that are firing all day long.

D: Constant.

J: Constantly.

D: Those are the intrinsic. They have a high metabolic rate. They're very seldom exercised. We start our patients on there right away and with _____… I'm so excited because we're going to be doing that from day one right on through… because I have the same problem anybody else getting people to do certain exercises and I really make them short and easy and sweet. But we're going to actually have some management for that so they kind of move from one area to the next. And then the other problem that people make when … is they might do these simple ones but what they really want to do is the hard ones.

J: The hard ones…

D: They come back to running. And you know our theory is if they go back to running they run a block and then a block and a mailbox, and then they gradually increase where they don't want to go back to running 3-5 miles because they're going to injure themselves, they're going to get… it's not a win-win situation. So when you use strength and endurance you have to take into consideration… I told you about all these receptors going over. A lot of people don't realize a thing called a cross-core… so when you bend a bicep on the right, that's going to contract your right bicep, it's going to relax your left…your right triceps. But it's going to contract your left triceps and relax your left bicep. That's called a cross-core. So you can exercise a bad joint by using the other arm.

J: Yep.

D: So there are all kinds of really interesting things and a lot of exercise therapists know this, but there's things called mirror exercises where we put a mirror in and it fools the brain and then we move the healthy joint, but the brain thinks it's the unhealthy joint. So that's called brain-based exercise because you're actually doing what's appropriate for that person to restore the most function in the area possible. Because let's just say that there is one side that's weaker than the other. And if you're just doing bilateral exercises or you're thinking how to strengthen that joint, they might both get stronger but you still have this imbalance. Okay?

J: You've shown that to me first-hand.

D: And so… ah… you know… when you restore these functions of the brain, and a lot of people don't know the extensor muscles are controlled by part of the brain, and it's all the extensor muscles on the back that would fatigue from that side. That's why people can't understand that some weaknesses because it doesn't relate to a particular nerve or muscle. It relates to the track from the brain that controls all those extensor muscles. And I'm sure some people have noticed… I'm sure there are people out there listening who know their

weakness all on one side is all along the back or all along the front, etc.

J: My hip; my knee hurts…

D: Yeah.

J: …my ankle hurts.

D: Yep.

J: Why doctor?

D: And so it's really not related to local. It's actually from the brain. And the other thing is feet and gait itself… gait training is real important. So we have people go back to running and gravity's the only constant in the universe so we call it gravity re-education… right?

J: Yes.

D: And a thing that I've learned from Joe, and he really, you know… everybody's seen… why don't you tell us a little bit about the bosu ball and that stuff like that.

J: The bosu ball, stability balls… things I like about those is that… in my mind, what's going on when you go to… from a stable surface to an unstable surface is again you increase those flows of neurons to those areas…

D: To those intrinsic areas.

J: Those intrinsic areas… to the entire muscles in general…

D: Right. And I think a lot of people when they talk about core training they're talking about the large muscles in the middle of the back.

J: But the core…

D: They don't really understand what the core is.

J: The core's actually close to 50% of your body's mass. It is pretty much from your pectoral muscle all the way down to your mid-hip level.

D: Okay.

J: And the most important thing about the core is that it protects the vital organs of the body. It strengthens the ribs. And it's… was overlooked for years. Everybody, like you said, wanted to have the six-pack. The six-pack abs is only a portion of the core. So what we do with the bosu ball … it's the half-moon ball. And the medicine balls…

D: Well the bosu… let's just say about that, because you have to stand on this thing and then you're doing exercises with it. And then when I showed Joe when you move the eyes to different positions, that actually changes how your brain works. So we've incorporated… 'cause eyes just move by muscles folks.

J: They do.

D: And they're simple muscles and they're easy to fatigue. So you can do them and the eye muscles were developed in the same embryo column when you were a little embryo before you were even born… as the ones in your spine. So you can use your eye movements, and I think there's even a psychology process that use it, although they're a little general about it. Um… so… you can go from… when you're on a ball like that, you really can use the stability. In fact, I think what finally find is most people actually are starting to fall at an early age, but they don't fall over because we have our vision. But we have a little imbalance so we use it by rolling our foot and are using a different hip. And then when people get about 50-60 all of a sudden they're falling because their visual cues don't work any more. And… but it's been happening for a long time because the eyes now can't coordinate or can't create enough stability to overcome the loss of mass and balance. So, that's why it's so important that people do these exercises incorporated into their… because the brain has to be healthy if you're going to age.

J: And it doesn't matter how old you are. I like to say that. I've… been… I've done… had many clients…

D: You do.

J: …Some of them seniors who… when I… the first thing I do with a lot of people is talk to their doctors. And one client who you know in particular…

D: Mm hmm.

J: …the doctor told me be careful of balance. His balance is off. And we were working with a stability ball for over a year before the doctor even told me that. And when I told the doctor that he has a stability ball at his house and we work on it 3-4 days a week, he was amazed. And he said, "Well, keep it up then." So…

D: Yeah, they did a study… there've been a number of studies that had people… they just had them do… what's that… tai chi… a group of people, and their tendancy to fall decreased substantially, like 80%. Okay? So, as we said, the body is neuroplastic. The muscles do age, they do lose their tone and strength and you have to keep it up. The brain can still fire though and connect those areas and it can take advantage of the tissue that you have. But I think one of the things that's most important in the human being as we age is flexibility. What do you associate with aging? Flexibility or inflexibility? Inflexibility if you bend over. So flexibility is obviously a sign because… as we said several times in this show, motion is what fires the body. Without motion you actually don't even have life. Okay?

J: Yep.

D: Or close to it. In fact, that's one of the criteria for evaluating life if there's cellular motion. Okay? So, tell us about flexibility. What do you have to say about that?

J: I'm a firm believer in flexibility. I've heard the arguments… and stretching I guess I should say… to promote flexibility. Keeping yourself as flexible as possible can help you from falling, from hurting

yourself. It's things that can… simple things… a lot of people like to say I don't have time to stretch… I don't have time to keep myself in shape. And the idea is to find something that you really enjoy doing and to run with that… to…

D: Yeah, and what we've tried to find is things that are easy to do. Simple… we know we're going to do it. We call it accelerated healing. It's going to make… they stretch. And the other thing is kind linking the stretching so that it all kind of connects. Because you know people say well I got … I can bend over, but they can't move their neck. Well that's really going to…in the long run it's going to … because the neck is what determines your posture. They're going to be bent over, they're not going to be straight. Their hips are going to over-contract because they're falling forward. Their knees are going to over-stabilize and their knees will hurt. And then they're going to start having the inward rotation of their feet. So there's all these things even though they feel they're flexible in certain things. If they're not looking at the whole body, which is what… another thing that we intend to do more of is to integrate that because … in fact, sometimes you can't get the inflexible area better until you've even made the area that was already flexible more flexible, or at least stronger. Okay?

J: Yes.

D: Because the tightness might be stabilizing a very important area of the body. And I think the thing we've discovered with the rib cage, how much the rib cage is being used and how tight people are in their ribs.

J: Constantly. You should me that when you just…

D: Right… your ribs are wrapped in muscles, just like the ribs people eat. And … so they just tighten up and hold you up. And … so a lot of people when their shoulder and hip muscles aren't as strong they have to overuse those muscles. So… you know we've gone through a lot of things. We talked about cross-core, flexibility, strength, endurance and you know, we really… there's a third thing, and it's called connective tissue. Connective tissue is all the tissue that connects the body through the cells. And each cell is almost

representative of a human body. It has a cytoskeleton and it has little micro fibers, which are like little bones. And then it has the tribeveculi, which are like muscles. In fact, a cell actually has actin and miacin in it, just like muscles do, that fire back and forth. So when you're firing things you're not just firing muscle, you're firing the cell itself to restore life and accelerate recovery. And that's called the human matrix. You remember that show the matrix?

J: Yes I do.

D: The human matrix is the most powerful sensory mechanism in the whole universe. It's the most sophisticated system they've found. And it's all based on soft-tissue connection, including the heart, the brain, the body and all the cellular connections. And it's kind of like the new frontier of what's called energy medicine, which chiropractic has been the leader, which is why chiropractic works so well because it intercedes in that area. Okay? Wow, we've talked about a lot.

J: We have.

D: Let's ah… we're going to… This is Dr. David Stussy, the BigBrain Radio Show. I have Joe Licht, who is an exercise sensational specialist. And when we get back let's talk about how they can get a hold of you Joe. And we're going to take a break here.

(music)

(music)

D: Hey, welcome back to the BigBrain Radio Show. This is our last section for the day and it's called "Stuff that Works". And of course stuff that works are things that always work, no matter what, the principles are secure and accurate and they're based on the laws of the universe for both metaphysical and physical reality. Most of it we're not even aware of, but we still want to use it. Right, Joe?

J: Yes sir.

D: We're talking to Joe Licht, exercise specialist and boy genius who has taken the concept of normal exercise and training patterns

and adapted to some of the BigBrain or the brain… actually it isn't BigBrain, it's the brain technology and of course today the brain has become the center. And I… a couple things we want to talk about is how the body really sees itself. And one of the things is that people injure themselves. That's a… there's actually a tearing of tissues. It's not like a rip, but it's like a run in a nylon. And that's called wound healing, or there's scar tissue that's formed. And so scar tissue's always weak or stiff, and more sore. So if you had a weak muscle then you'd want to make that muscle stronger with endurance. Right?

J: Yes sir.

D: You'd want to make it more flexible so it wouldn't get fired as easy, right? And you'd want to make it more flexible so it wouldn't strain… you wouldn't strain the scar tissue so much. But the thing that we like to do is we want to incorporate that with the whole body function so that you're not just isolating on this one area. And wound healing is very unique because remember in the beginning of the show I said that health was the optimal number of regenerative forward action days? Well wound healing is actually self-repair by the body. You know the body actually just goes to work and fixes itself. And in fact, whenever you have any kind of treatment whether it's a chiropractic adjustment, a drug or a surgery, it's the body that heals. It isn't the drug or the surgery. It just happens to be appropriate for giving the body the … the energy or the stimulation or the removal of interference. And so wound healing is really self-regeneration. And it's always replaced by the same kind of tissue. It never makes a mistake. So we want to take … each tissue obviously has a very much importance… so when you take exercise you're not talking just about the muscles. You're talking about the connective tissue: the skin, which is the largest connective tissue in the body, which is underneath it, which is the tissue between the skin and the muscle, the muscle and then when the muscle attaches to the bones, the ligaments. And then that all has a signal that goes back to the brain. And research has really shown today that the system called a peri-neural system… When they look at athletes they do things that they couldn't do… there's not enough time for the brain to get that message. There's some of the system that's in… instantaneous… and they feel today now that it goes through this matrix, or this connective tissue,

where all the cells of the body, which are connected. And… so you remember that show *The Matrix,* you know…

J: Mm hmm.

D: Did you ever see that? I mean that was… it sounded far out but, who knows… and so the exciting part is that… in fact most treatments – chiropractic treatments, acupuncture, which I do also – really work through this system. We try and explain it from the known, acceptable knowledge, but really know… and very wise people in the past have known this… that these things change and restore. And so you have everything happening. Skin healing, body healing… everything contributes to making a body work. Okay? And then you have… you have hormones, you have enzymes; you have lymphatics; you have… you have organ function itself. All these things have to be coordinated. It's remarkable. As bright as people are today, there isn't one person in this universe that could create a human cell.

J: The body's amazing, isn't it?

D: There's nothing like it. You know, it's the most unique… as far as we know now…

J: As much as we're …

D: Unique system… yeah. Well, we … we… you hear… you hear the… that we have problems, but I think we're quite interesting. And because movement is live, and people maybe used to move more naturally. You know they could say they did. They worked and they did stuff. You know obviously our life and the metaphysical development is moving toward technology. So it… we have to put something in that helps restore that function. And sometimes you read about electrical implants stimulating the brain and stuff. It could never work as good as the… Oh, I shouldn't say never.

(laughter)

J: The body's natural…

D: Yeah.

J: … healing process?

D: Yeah, so it's remarkable human being. So… I think… you know Joe, I think what you're trying to say is that you've really made a commitment to take what you know, with your experience with training athletes… and athletes and injured people are really good to work with because they kind of are the extreme of what happens with chronic people. Right?

J: Yes.

D: They represent what chronic people end up being as the result of being injured, but not treated. And ah… and so we really get a lot of insight when we do that. And… what's really exciting in the clinic is you know we started… with Joe we started looking at injury, but we've got patients who are coming in for their health and to get rid of chronic problems. I think you just scheduled a guy today who's going to be… is quite old. He's going to come in and do ball exercises with you. And that guy actually falls all the time. You know?

J: Right.

D: And I've always thought how I could get him to do that. I tired to get him to do exercises. So now he's going to come in and work with Joe and I bet he won't fall again. The guy gets on the…

J: A little bit, but not as much.

D: I don't thing he's going to fall.

J: Not ever?

D: Not unless he gets pushed over.

J: Oh, it could happen.

D: I mean there's a legitimate fall, if somebody's tripping on something.

J: You're not going to push him, are you?

D: But when you trip… when you trip on a sidewalk crack, you know there's problems. Ellen Degeneres… you know she does that thing where she trips and you look around and see how people… if they see you and what kind of excuse you make.

J: So when I do that, it means my problems?

D: It could Joe…

(laughter)

D: …we've talked about this before. Okay? So it's very exciting because we're integrating… we're taking exercise… not to take away from the things that are important… aerobic exercise, stretching, strength… But we're integrating it so it's going to be more efficient… you know, like I have that bike that's supposed to exercise 4 minutes on each… and we think it does to a certain point. Okay? It is more efficient. But it won't replace the whole body, based oriented that uses all the joints muscles and receptors in the body, including… I mean we even use sound and where it comes from, and our vision and where that comes from. So we can really accelerate the … so I think … what we're going to do is coming back and talking more about this. But I thought today we could just kind of get the time to put it out there. That this is really unique. So can you tell your number that they can reach you at?

J: Yeah, you can reach me at Kenwood Chiropractic Arts at 612-374-3392…

D: What's your number though, Joe.

J: Oh, my number?

D: Yeah.

J: 612-481-6222. Again, that's 612-481-6222.

D: And the reason I say that is because they can come to chiropractic intervention and they might. But you know if they just want to talk to you about exercise, they should call you. So, 612-481-6222.

J: Yeah.

D: That's Joe Licht.

J: Happy to talk to anybody, anytime.

D: Okay. So, we're happy. In fact, you notice we do joyous music, excite and energy because that's half of life. Half of life is joy, the other half is not so joyful. It's a balance. That's what the BigBrain life is. Remember to tell the people … the BigBrains in your life… how much you appreciate them. This is Dr. David Stussy. Have a BigBrain life.

(music)

(end of show).