

BigBrain Radio Show
8/11/07
Joe Licht - II

(music)

DS: Hey, good morning. It's Saturday morning. It's time for the BigBrain Radio Show. My name is Dr. David Stussy and you can call me Dr. D. And I have with ... oh yes... the BigBrain Radio Show... I love doing the BigBrain Radio Show. Have you enjoyed doing the BigBrain Radio Show?

JL: I've enjoyed it. I'm glad you asked me back.

DS: You were a little nervous that first time.

JL: I was real nervous.

DS: So who I'm talking to is Joe Licht. Joe Licht is the brain-based exercise specialist... one of the few in the world ... who's worked himself up from the bottom up to... near... going towards the top. How's that?

JL: Moving up.

DS: Yeah, we're moving up. And so... what we do is we share our love for our brain and how it affects our health and what we can do

physically and metaphysically. For people who aren't aware, the BigBrain Radio Show, BigBrain stands for our mind... our BigBrain ... the one that creates all the ideas... who we are... our uniqueness. But we all have a sameness too, and that's kind of genetically put in about 60% of us. But because our life experience, our individual genetics and our own individual experiences, we are totally different. In fact, BigBrain philosophy says you should make your judgments based on your own experience because that's really the only thing that's real to you. So perceived authority, and people telling you what to do, that doesn't really fit you, is not the best decision in the long run. And if you look back I'm sure you've found that to be true in your life. Wouldn't you say so Joe?

JL: Mm hmm.

DS: And sometimes we don't know enough to believe in our experiences, but as... as we move along we get plastic, which means our brain starts adapting and leaving better and better memories, so we start picking up things, and then we get that automatic insight... that inspiration... the thing that calls... we call the BigBrain. Probably nothing is more inspiring to a lot of people... I don't... people I know, I guess... or I read about and think about are people that like to exercise... because they find it... what?

JL: Enjoyable.

DS: Enjoyable.

JL: Refreshing.

DS: You know... and I can remember ... I used to run around Lake of the Isles a number of years ago and there's probably three of us.

JL: Running around the lakes?

DS: People try and drive us off the road. (laughter)

JL: (laughter)

DS: There weren't many. Okay? And now, of course, everybody ... even people who don't look like they should... look like they shouldn't be running. And then they've created so many different machines and so many different classes: pilates, and gyrotonics and all those things are there for people to use to their body... and people responding and using them. Okay? So...

JL: People are really enjoying ...

DS: What do you got to say Joe? Why... what draws you to exercise? I've gotta get you opened up here.

JL: Well basically to start with it's my business... and something I really enjoy doing...

DS: Well, underneath that, what insp... what got you... what made you say I want to be an exercise person? Is it the body? Is it you're inspiring?

JL: The unknown...

DS: Your vision for yourself?

JL: The unknown.

DS: Because a lot of times we're just trying to help ourselves.

JL: Just not understanding what it was is what ...

DS: Yeah, but why would you want to know that?

JL: So that I could...

DS: Is there something about the body is what I'm saying?

JL: Definitely... why it works, how it works... what makes it run...

DS: Right. Something very interesting.

JL: ... What makes it function.

DS: Yeah it kind of resonates with you.

JL: Yes it does.

DS: As we've talked about in the BigBrain Radio Show our whole body resonates. There's very little solid mass. I think if you took out all the cells and all the space out, it's supposed to be like a cup of something. So we're mostly empty space and we have to vibrate. And we have rhythms and I think we've all had experience with that. And that's another thing exercise does. It does create rhythm. And sometimes there's one type of exercise is better for you. Like if you're stretching, you're firing all your stretch muscles, but you're also firing all the muscles that are opposing that and that have to kind of balance... because side to side it balances and front to back... and then... depending on where the motion is. So, it's creating all kind of interesting stimuli inside the body, and that might be the perfect thing to do. So when people argue about what to do best, you might look how it fits with the rest, I guess. How's that.

JL: That'd be a good way to put it.

DS: Okay. So what are some of the things... we... what we do is brain-based exercise. What are... what is that to you. I mean, how's that showing up for you? I mean... I know ... we're going to move... because last time we talked about your background ... and you know you've worked with the Twins and you've worked with a lot of trainers... kind of had one on one... and you know how we kind of progressed. The fact that the bain... the brain... the bain... the

brain... bain... is all connected to the ... the brain and how the body functions... everything. When a finger moves... when you move your finger your body already has about 30 compensations to that. So... um... it's such a miraculous thing, the muscle system. So... I don't ... I don't think you looked at it quite like that before.

JL: No, I never have. And... what... what we like to do at the BigBrain Institute is start with the brain itself. And we are opening up neurons and pathways from the brain to the different parts...

DS: Now explain...

JL: ... of the body...

DS: ... that to people... we're not opening the brain now.

JL: I guess we are... we are adding different...

DS: Well your...

JL: We're adding...

DS: Your body is always experienced yourself, depending on whatever you're doing. So if you're watching adult TV program, that's kind of the part of the brain that's going to fire and we all know that doesn't really do a lot because there's no motion, and motion helps stimulate the brain. Ah... so when you do things, the neurons

they're always firing. But some of them have a tendency to kind of lose their ability to fire if they're not moving enough. So...we've talked about that... so... we're not... we're firing the neurons but we're doing it by using the muscle systems and the joint systems of the body. Right?

JL: We're also opening up the pathways too...

DS: And the pathways that connect them, yes. Most people aren't aware of those.

JL: Pathways... neuro pathways I like to describe them as a road. We drive the same road every day to go to work. We move around and...

DS: Oh, I love it.

JL: ... when there's road construction, the road shuts down.

DS: I gotta write this down. Keep talking.

JL: So what we do at the BigBrain Institute is we open up some of these roads... through neuron flow and educating the brain to basically...

DS: Sometimes we just put a little tar over and patch it... patch it up a little bit. Sometimes we have to put a whole new structure.

JL: I think we put a whole new structure in most of the time.

DS: Well, we start out by patching it so they can respond to the care. A lot of times what people... not people... clients, patients... they can't respond because the system isn't at the right level to respond.

JL: Mm hmm.

DS: It's called synergy... the systems fit together. Synergy has been used a lot, but it just means the part... you couldn't predict the result of the whole by looking at the parts. It produces something beyond that, which is what I think life is about kind of. So, keep going. I interrupted you.

JL: No, that's okay. Everything's always...

DS: You were going about the highway construction. I love that.

JL: Well everything's always... always transforming. Webster has the term of transformation as an act, a process, an instance of change.

DS: Okay.

JL: So that's what we want to do with the body. We want to start with... um... Instead of doing the same typical exercises and workouts, we design them around what the person needs. If it is a

balance exercise, for example, or balance is what they need we'll start with a balance ball. And Dr. Stussy's taught me how to use the eyes in different directions to fire different neurons throughout the brain and...

DS: Right. There's all kinds of motions and position... put the body in. Now when you say you'd stretch, that would be the right thing to do. Remember, we're not going to ignore any system: flexibility, strength, endurance, and all the integrative things in between are the result of getting started on something that will make the biggest difference or create the... because it's also an art. Right?

JL: Yes it is.

DS: So you have to kind of figure, well I think this is going to work. Now if it doesn't, now you know it doesn't work. So it's still a positive test. But you keep changing until you get the one that's going to maximize the results. And sometimes it takes like a week or two to get that ... with the patient. Like you can examine them all you want the first day, but you aren't going to find out about that client or patient by treating them, and then being involved in their treatment... being consistently involved. So I interrupted you again. (laughter)

JL: No, no, no, no. What... You're right... you're correct Dr. Stussy. It takes time. We get to know somebody, what their needs and their wants are. And then with Dr. Stussy at Kenwood

Chiropractic Institute he will prescribe an exercise program specifically designed for that person. Various...

DS: Well you know we have it right here. And it's going to basically involve the b... the brain.

JL: The brain.

DS: The brain, the mind. Kind of geared for what people might... their age, what their injury is... but the number one thing because we see a lot of people who are injured is accelerated recovery. Okay? And that's the big term. There's a couple big terms. One's called energy medicine and the other's called accelerated recovery. We have ... called lasers that we put on a tissue that's inflamed and it works on the little cell inside our cells called a mitochondria, like the batteries... the things that run.

JL: The powerhouse.

DS: Yeah. And there's also a second type of DNA in there. Okay? So it's not related to genetics... and RNA also. So there is a bunch of things inside that cell ... where that mitochondria... they're kind of very intrinsic... who we are. So if you can do anything to accelerate that it helps the body take over. Well there are other accelerated things that we do for patients and one of them obviously is the brain-based exercise. Right?

JL: Yes it is.

DS: So what we're... our primary thing is accelerated... either accelerated healing or accelerated recovery. If we've got a chronic person they're going to have some inflammation... but pretty much just kind of chronic, nonfunctioning parts. Right?

JL: Yes.

DS: Except pain, is way over because they... it can't be attenuated by the brain. So tell me more now with your... with daily patients... what you're doing. Because we... what I want to really get out here today is we've actually had a transformation. If someone had the privilege... our privilege I guess of listening the BigBrain Radio Show before. We talked about... when we were just starting this program... it was kind more about acute injuries and trauma, which you can't ignore because everything pretty much starts with that someplace. But then... today I want to talk more about what we've kind of metamorphed into. Okay? Does that make sense?

JL: Yes it does. What...

DS: Because we've continued to expand and listen to the show... (unintelligible) listen to the show and we said that we were going to do that. We're not sure exactly because we're looking for what's best for the patient, accelerate their recovery using standard exercise models, just probably combining them a little different or... Another thing is

about intensity... you know how it doesn't take that much to change. So I think people might tend to over-exercise for something. Probably not for aerobics, but... well even for aerobics if they're not doing it at a high enough rate. You know the people that just stand on there and run for an hour.

JL: We... we're not going to... we don't want to get away from the simple flexibility, strength and endurance...

DS: Right, but I'm just talking about what is... um...

JL: (inaudible)

DS: When you interact with... right. So, and if... but it has to be the appropriate interaction... hard enough to create a result. So like when a person runs if they run at a high enough... you know to max, they only have to run 20 or 30 minutes. Whereas a person who just kind of runs at a... their minimal heart stress rate ... they're not going to burn enough... They're not going to get the results they could get.

JL: We like to take the people out of the gym... the ones that are there for two hours... and show them how a 45 minute workout is efficient and necessary...

DS: Or half an hour even.

JL: Half hour.

DS: And then depending on... and then the variation of it. The brain loves variation. It thrives on variation... because it gets to stimulate new areas and then those areas feed back to the already stimulated ones and guess what happens... the BigBrain steps in... comes up with a new idea and a new way to do something because we're connecting and connecting. Who knows the mysteries of the brain? You got that (unintelligible) thing, "You're Amazing Brain." We should read that when we get back. Okay?

JL: Got it.

DS: So, this is Dr. David Stussy of the BigBrain Radio Show. I have with me Joe Licht who works with me on brain-based exercise, but he's the kind of the guy who does it. Okay? And is making it go. So, I think we got what we wanted to have in the first part. Next when we come back we're going to kind of move more into what this could do for you as an individual or some of the questions you have and whatever it could be doing. Again, Dr. David Stussy, the BigBrain Radio Show. Brain waves to... brain waves to radio waves.

(music)

(music)

DS: Yeah, even the strong man. Even a wise man. We all have to compete with life. We've got the ups and the downs. Okay, this is

Dr. David Stussy, the BigBrain Radio Show and welcome back. I'm here with Joe Licht, brain-based exercise expert. And we have this conditioning that we've kind of developed to go along with what we're trying to accomplish... moving from some more injury to more chronic problems for people with traditional health problems, I guess. Right.

JL: Mm hmm.

DS: A lot of that they kind of put up with and so we were going to use spinal condition, but we think energy conditioning is a much better word. Right, don't you think?

JL: I like it...

DS: Because really that's what we're doing. We're conditioning our body to have energy under all circumstances because the energy is there. Remember, number one... not number one, but a pretty big law in the universe is energy is neither created or destroyed. So it is always there. It may be ... you may be using it to hold up all the other weak muscles that have gotten deconditioned. You may be using it to protect an organ area or something like that. So when those get released, you've got more energy.

JL: Much more.

DS: That's pretty cool, huh?

JL: Yes.

DS: I think so. So tell me... tell us more. So... we're just kind of letting Joe... walk Joe Licht... kind of walk us through his look at the human body and what he does. And so we were talking about the spine and the core muscles... I think you'd mentioned. And after you evaluated them what was the best thing for them to start with. So then what else... what are looking for as you treat them... or as you have them work with you.

JL: We are looking...bottom line... to improve the balance. Because improving the balance strengthens the intrinsic muscle fibers... excuse me... strengthening the intrinsic muscle fibers of the body improves their balance. And...

DS: So what if I'm a ... a person in my 20s or 30s and I say I don't have any problems with my balance? Is that possible they could be wrong?

JL: Oh, we could expand on that...

DS: The answer is... the answer is... the answer is yes. Okay?

JL: They might have.

DS: There's a high likelihood, especially if they're having a lot of chronic pain because that means they show they have a poor response factor. We feel that the average human starts to fall at around 16 or 17. But with their such good physical shape and they have so many different cues... their eyes, their balance, their hand, their position of their legs, their sense of... sense of the earth and gravity that they can respond to it. But then as those systems get injured or slowly depleted, then balance starts become more an issue. So a sixty year old doesn't just automatically start falling. They have been falling and the visual cues finally give or the balance mechanism in their ears don't work as well. So it seems like they're falling, but they have actually been adapting their gait and posture and... so... I know that what you find is most of them do have balance problems.

JL: Yes.

DS: And, um... and it's because they already have some part of their system compromised.

JL: A lot of them don't even realize it.

DS: Oh, they don't.

JL: When we show it to them, or a simple balancing on one foot... or we love to use the stability balls, the boards, the Bosu balls...

DS: Right. You know a lot of people... it just occurred to me... I mean ... is there might be somebody who does yoga, et cetera, or some exercise, and they're pretty good. But they've got this one area that doesn't work and they never really get it to come together. It's possible that we could find that area and fix that for them so they get better at what they already are because Yoga's what they like. But, there might be something else that they're adapting to or kind of exercising around. Obviously they're at a much higher tune than some people would be because of the benefits of yoga, but they still could get better. It's just like I have... we have people come in who are way... we're in the Uptown area, or Kenwood... and we have people come who are in better shape... they've got muscles on their muscles. But when they've injured the spine or injured certain mechanisms, those things don't work. Yeah, they might respond better in some ways. They can't curl only 25 pounds when they're used to curling 75. That's a little aggravating. Right? Wouldn't you say so?

JL: Definitely.

DS: So what I'm trying to say is of the different people that could qualify, because even someone who does that, they're balance could be off... it would improve their squats or their lifts where things with their body positioning would not be as fatiguing. They'd be stronger, right?

JL: Sometimes we do the opposite...

DS: 'Cause see I think this is the really cool thing about what we do. We take these little energy sources and like turn them on based on what ... the work you do.

JL: Oh we show people how to use a lighter weight to make them stronger. Or a more efficient work out... that's really what we're ... keep talking about. We take somebody who's worked out for two hours in the gym and we show them...

DS: Right.

JL: ... a 20-25 minute work out for the same results.

DS: Right. The opposite rhomboid might be affecting their... the other side on their body because of the... all the feedbacks that we've talked about several times. The energy might be fatigued in that area. Who knows? Okay?

JL: Increasing the energy...

DS: And of course as these areas of the brain... when stimulated they create other areas in the body... so it gets... and we talked about that in the last show. Remember we were talking about Dante Culpepper and how that injury pretty much predicated what's going to happen because it was never completely healed. And a lot of times

they just don't get the time to ... play. But he went... he never really has, I don't think. He's been traded a couple times now.

JL: See, yeah...

DS: Well I mean, the reason I'm saying this is because it really dictates sometimes the direction of your life. I'm not... I'm only using something that people could be ... you probably recognize... but it happens there...we see it all the time. A person injures this shoulder, it affects this part of the brain. But this side of the brain affects all this side... they have problems over here... no one can connect it. Now they've got this problem, which they'd like to give some name... you know? It's carpal tunnel, or it's tendonitis, or it's bursitis, or it's frozen shoulder or its... I love the one on the rotator cuff tear because they'll come and say well my doctor said I tore my rotator. And I'll say, "Well, which one?" And they don't know. And they go to ask the doctor and the doctor doesn't know. He's just throwing a name out... and not that the rotator isn't ... but it takes a lot to tear a rotator. I have a torn rotator and I don't have any shoulder pain. So... ah... conditions do not predicate the health of the body. Do not give up on the body's ability to heal. Things that you're told you have to live with or don't work or you adapt to... we have got quite the program. We've got the energy program that goes with it. And as I just said, then your mind starts to work better. People in Kenwood/Uptown they like their minds working. They're kind of into that. Okay? But I'll bet there's a lot of people listening who are into that also. So, you've gotten the average person who

might exercise and then you've got people that just kind of... well let's say they come into our clinic... let's just say that they don't... because you're going to start giving a series of lectures. Right?

JL: Yes, we're going to do brain-based...

DS: Joe's taking on the lecture circuit and I don't think he likes to talk really.

JL: I love to talk.

DS: Oh okay. In front of a group though?

JL: I'll get used to it.

DS: No, but would you choose that?

JL: Oh yes, I would.

DS: Because the number one fear... they done... is not snakes, it's talking in public.

JL: Talking in public.

DS: I'm glad the majority... I don't know if that's changed but they used to say it all the time.

JL: Well...

DS: And it isn't that we're afraid, but we're afraid that we're not going to look good or somebody in the audience is going to know how bad we are. Or the one I used to always worry when I got out of school ... what if there's a neurologist or a medical doctor and I ... (laughter)... didn't know anything either. And... so... It took a while to realize that. So a lot of times it's just that we want to look good. You know looking good's kind of a human trait I think.

JL: Well ...

DS: We will sacrifice our aliveness for looking good.

JL: We will.

DS: So go on... I keep interrupting... (laughter)

JL: That's okay. We're going to... actually today we're going to begin our brain-based fitness classes. And we're going to have seminars for the rest of the month on Saturdays and Tuesdays to talk about how you could come in, free of charge, to Kenwood Chiropractic, hear what we have to say and...

DS: It's what you're going to say because you're going to be doing it.

JL: It's what I'm going to say.

DS: He's got... put together a series of lectures with interaction showing you some of the physical concepts so you can get them right away. If you want to come and wear a little clothing, you know, you can kind of participate... it's just going to be a little bit. And then he's going to start some classes... and the whole idea... well we should tell them what time and the address and everything. Why don't you do that.

JL: We're going to be in the BigBrain Institute, which is 2508 Hennepin Avenue, right next to Kenwood Chiropractic. It's 2508 Hennepin Avenue. Come to the back...

DS: We got the whole building.

JL: ...we have a parking lot in back... come on back...

DS: Or you come to the front door.

JL: ... come in the front...

DS: There's always parking on the street in that part. We're not quite down in Uptown. So we still have good parking. So... and we invite people to come and just come and be our guests. We're going to have some bagels and some orange juice... 'cause it's morning, it's Saturday. You know we have to have a little thing there.

JL: Saturday morning. We just had one this morning. We're going to have one at... pretty much when we get out of here today.

DS: Yeah.

JL: I'm headed right back to the clinic.

DS: So anyway, we're gonna...we're going to keep going on this. We're trying to integrate some of the concepts of BigBrain energy and BigBrain exercise-base... We're going to call it BigBrain exercise-based. How's that? Brain-based. I better take my break. This is Dr. David Stussy... and ... ah... and... you can call me Dr. D. I got... I lost my concentration there. I don't do that too often. I talk slow, but I don't lose my concentration. So anyway, which is good because I used to talk so fast and nobody'd understand me. I think I'm getting slower. Hey, we want you to come back and find out the magic of brain-based exercise... how to have more energy... how to have a better body... how to start looking good... how to start feeling good and learning health secrets that you get to do that you control based on your experience. And we'll take the time because you're that important to us. Okay. We'll come back soon.

(music)

(music)

DS: Hey, this is Dr. David Stussy and we are looking for the truth underneath all those lies. And we are talking about something that brings the truth. So, let's just get back and start talking to Joe Licht. Okay? You know... and I don't mean that... it makes me sound kind of what? Sarcastic I guess when I say under those lies, but most of the things that people rule of in general agreement aren't... when we start looking at our experience aren't exactly true. Okay? We call it the law of the one and the many. When the one does it he stands out and people don't like it. But eventually it gets adapted and then the many. Well when the many are doing it, it gets distorted, watered-down, polluted, changed... and so we always have to keep looking from the one to the many. You know how it is in relationships, right? You know how that goes. Right?

JL: Yes I do.

DS: When you're with the one, you're looking at the many...

JL: (laughter)

DS: And when you're with the many, you're looking at the one. And that's the way relationships go. That's a nice solution, isn't it?

JL: You want me to comment on that one? (laughter)

DS: Yeah, go ahead (laughter)

JL: (laughter)

DS: Which one are you in today Joe? Will you find it? Are you in the one or the many?

JL: I'm in the one that doesn't look at the many.

DS: Oh, yeah. Okay... he just denied part of human experience.

JL: (laughter)

DS: So do we believe that folks? No. We don't. But good thing you've got that exercise to balance you out. Burn up that energy. So we're just talking about these words here. You kind of like these words.

JL: I wanted to talk about some things you've been teaching me...

DS: Okay.

JL: ...over the past few months...

DS: Okay.

JL: ...and over the past few years.

DS: All right.

JL: Starting out with the word tensigrity... I hear you talk about that a lot.

DS: Well... um...

JL: Basically means...

DS: It means tension and integrity. And it's a word coined by... guess who? Buckminster Fuller... I know I've talked about him in every show, or every other show. But he was... all living structures down to the red blood cells and smaller in our body are the ... the things that connect them... there's... it's just like struts you could say... or geodesic structure. They are tension-compression that's why they work so efficient, because... most buildings are built just on tension and that's why they're way over built and ... well in the human body we've got to be just sleek, so everything is done with that. So you can affect the compression-tension in one cell, have it affect another and it's all connected. And that's what makes this work so fun because we can get big changes with a lot of input. Okay?

JL: And with brain-based exercises it has to do with the spine.

DS: Right. The spine, the nervous system and the connection. There's some hormone things involved... depends on the age and some other nutritional things not to be isolated. But these are the main contextual communication structures, which we talked about

briefly last time... the living matrix... that we're all connected by tissue. Sometimes they call it the anatomy train. And every cell in the body is resonating with the other cells. We are affected in some degree – maybe not ... in only a minor bit – by any action we take we're affecting our whole body. It's incomprehensible really... and not that we comprehend it but we can start looking for some of the cues and things ... that's what we're developing... what works the best and that's called plasticity... which is another word you have there.

JL: Neuralplasticity.

DS: Because if you work on a nerve or a muscle or a cell you create new pathways and they have found now that it goes into the 90s... Eric Kendall just won... or not just won... won a Nobel Prize for this. Synaptic plasticity is the same thing. If you repeat something it can respond. Now... well they'll say why doesn't that work for Alzheimer's? Well that synaptic has gone past the point of being plastic... it can't recover. It's been damaged. It responds... it's kind of like a battery that won't start. Okay? You get it to whine, you get it to make noise, but it never gets the threshold... it never fires.

JL: And these...

DS: Once that happens, that cell basically is not dead, but it's not totally alive either. So you have to have the healthy cells... or some

cells fire so fast you can fatigue them out quick so you have to be careful with that too.

JL: This all ties into the BigBrain training... the BigBrain exercise...

DS: Totally...

JL: ... program...

DS: ...because that's what we're doing.

JL: This is what we're doing...

DS: We're trying to take consideration. If your cells aren't plastic in there we're not going to try and create a repetitious pattern. We want to break up scar tissue. We might want to restore plasticity response factor in that area first so it can respond.

JL: Well an...

DS: Synaptic strength... the ability for them to actually get more powerful, increasing is what allows us to get stronger... conditioning. Right?

JL: Then, this all ties into that rotator cuff, for example.

DS: The one I was talking about.

JL: The one you were talking about. Um... just simple external rotations. We've always been taught to do that exercise. That alone is not enough to strengthen that area to get back to...

DS: Well just even...

JL: (inaudible)

DS: Let's just take it a step further since this is the BigBrain Radio Show. That shoulder is actually not... is actually suspended in a totally different way you think by tensigrity structure. Our arms and elbows and shoulders are not levers. If there were plastic levers they would break.

JL: Snap.

DS: So... like the anatomy people just kind of walk around ignoring this, but it's really a synaptic structure... it's like the pel... the spine actually holds up the pelvis, not the other way around. The shoulder is really held up by the rib cage, not the... not anything else. It's not a ball and socket, so it's a very unique joint. So when you take and apply these pression/contention... or tension/compression lines of drive, that's what we were talking about. And then depending on how plastic how responsive... how easily responsive to repetitive motion and how easily it can strengthen that neuron... depends on how fast

they get better. Right? And that's where you get this transformation you started out talking about.

JL: Yes.

DS: Because transform means to change form. We all change form. Sometimes we don't like it. But we can change form internally and cellularly. And I actually think that's more powerful... I'd say someone who changes internally in their brain changes as a person. Like I always ... I used to do this consulting with doctors and I always... and they always want to make their practice better. And I always said when the doctor changes the practice will change.

JL: Mm hmm.

DS: And they never... you know a lot of them just... they want something to do it magic, instead of work on their own discipline and their own problem... their own patterns. Okay?

JL: Oh, I feel I'm in the middle of a change with my ...

DS: Oh I feel...

JL: ... fitness career.

DS: I feel changed just by being around you and your ability to take this work and work with it. So it really is very exciting. 'Cause see

that's called the living matrix. We connect more than we think. And just think... if we can talk into a phone to an intelligence that could be 300 miles away. That's transference of intelligence. What else is there available for us in our ability to communicate and our ability to interact... our ability to change and enhance. All right?

JL: Mm hmm.

DS: Wow! That's fun. It's like a network of energy... it's actually a network of information. Everything that goes into the body is information... and it's communicating and then it has to be used and you have to develop the right structures to receive that information. Well that's probably where it's going to go right? Because if the receptors inside these phones are designed to receive this information, maybe we have an area in our brain that's designed to receive information... maybe we're receiving it right now.

JL: We are.

DS: (laughter) Well you know I believe that. Where do you think all these great insights come from? Just 'cause we're such geniuses? Well the universe is a genius... you are part of the big BigBrain. You know we were talking about the brain here. You brought the sheet that we hand out to patients. The cortex... just the thinking part of the brain, that's right in the front... most of our brain is reflexogenic, just taking care of us. It's connected by synapses, which you were just talking about. And there are 30 billion neurons that make these

synapses. All right? And there's more than one synapse on some neurons. So if there... if you want to know the number of synaptic connections possible within this thinking part of the brain, you would get the number 10 followed by 1 million zeros. That's how many synaptic connections we have in the brain. And to put that into perspective, I've probably said this before, but it's... it's the same number as the known particles in the known universe... only has 10 followed by 79 zeros. So the connections in our brain are multiple to the number of particles in the universe. I mean it gets kind of mind boggling. So ... here... why would I bother to tell you this? Because in the brain anything is possible... there are so many options. And if we think about our life when it's most effective is when one option hasn't worked another one opened, or another one got better, or we forced our self to change in some way, which is plasticity. And you know when you really get down to studying the universe with people who do that, like Buckminster Fuller, but other individuals, then they start seeing that all we're doing is copying nature's success road. Okay?

JL: And learning from that.

DS: Yeah, and I think you're being amazed by some of the responses. So...are you pretty excited about this class you're going to be giving? Because we just kind of came up with that the last couple weeks. You know what they're going to end up getting is kind of a combination aerobic, flexibility, brain exercise, ab exercises, endurance... all at one workout. Right?

JL: All in one workout... I'll combine it...

DS: Whoa! I want to do that.

JL: ... and make it easy. You're coming aren't you? I'll know you'll be at that.

DS: I think the first one I'm going to be out of town... but...

JL: Oh, we're doing one... we've been doing them every day that we work out. You just didn't know that.

DS: You're right. That's probably why I like the idea. And then we're going to have a class called "abs express". Who wants to do a little ab work? 10-15 minutes "abs express" we can show you how to do it. You can use it daily. Come on and do it with a group of friends. Or ... I don't think any enemies, but they could come along too.

JL: (laughter)

DS: You know I had a patient that referred somebody in once... and the guy asked who referred me in and we gave him the name and he says, "I don't even like that guy." (laughter)

JL: Everybody gets along in the BigBrain Institute.

DS: (laughter) They do actually.

JL: They do.

DS: So ah... let's just try and keep... take a little further so people can identify. So what we have is a brain-based exercise program, so if you're involved in an accident or injury, or having some complicated health problem... like we from the show... we've got people coming in... we've had some people come for balance... We had a child come in for... ah... a learning problem... autism. I had a little autism there for a second. I couldn't remember the name. Autism. So we're really getting some interesting things that are responsive. In fact, you know one of the hardest things to treat is low-back pain.

JL: It is.

DS: Because there's not much integration of the brain in the low-back... so it kind of like takes all the stress of life ... with the fulcrum of that... and ah... the thing is you can change it, but it's a lot of work. And we've had some problems like people... we have patients come in for Parkinson's and we almost got them medication-free. And you would think that would not be a chiropractic or brain-based exercise program, but it is. Well we've been doing the brain exercise with injured patients because that's the easiest one to measure. Now we're going to move in doing the brain-based exercise with people we call health problems... or less than 100% health. See your brain and

your body connect and if they're interfered with in between that, it's called a subluxation. And when you correct those subluxations, you turn the energy up. But when the subluxation stays there, it goes... has your brain go from normal function to malfunction. And these malfunctions actually become what people call healthy. Like they stop doing things, they modify their life, they get... they don't sleep as well. But it never... none of it seems to be enough to handle or if they do go to a doctor their told to live with it... or it's an imagination...

JL: Or avoid it.

DS: It's imagination, which always just drives me crazy thinking about that because we always find the problem. And then... so they're able to do all that. Okay?

JL: Well we had a patient who called me after the last show and wanted to incorporate an efficient exercise program into his routine. First thing I had him do...

DS: And you will do that too. Yep.

JL: ...The first thing I had him do was come in, see you. We had his x-rays taken and found that it didn't really have a lot to do with his exercise. His program was great, it was some subluxations were holding him back.

DS: That is great. I'm glad you said that, because if I say it makes it maybe I'm being self-serving... but that's true.

JL: Well we had to actually... I had to ask him to be patient for a minute. We would get into the exercise program, but I wanted him to come in and see the thorough process that's done at Kenwood Chiropractic. When he saw his x-rays ... just felt...

DS: Yeah, we do full spine... called spinal stress x-rays and sometimes we do them standing and sometimes we do them sitting, or both. You'd be amazed how your spine changes depending on the position you're in. And it's all one serious link of ... like the slinky we have on here sometimes. But it connects everything. People are always amazed what gets better. They come in for one thing and something else gets better.

JL: Oh yeah. Instead of just giving him some exercise that I thought would help him, I decided to find out what you had to say, what Dr. Klotzek and Dousette had to say about it. And we've... he's cut his workout times down in half. He's enjoying more tennis now. And that was from day one.

DS: Right. That's right. That is... that's called... you know that's called quality of life. We've been talking... we talk about that on the BigBrain Radio Show. So really this program really is meeting the criteria because it's taking in increasing functions, helping people... like I said the yoga person could do better, the pilate persons could do

better, or the weight-lifter could do better. Or just getting rid of some chronic problems that have either been known or not known that are taking energy away from them. Because like I said, energy is not created or destroyed. It's just in a different form. If it's not a form that your brain or your body can access through the chemical and hormonal systems and drive we have, then you have to create that access. But it's not there. That's how people heal. And that's why you feel tired sometimes because it's using the energy for that. But... ah... it builds up the momentum that we all love to feel, which is that energy and when you were younger and could move really good you felt more energetic. So movement, strength, flexibility... I think they're cool.

JL: They're simple and easy.

DS: Yeah.

JL: Often overlooked.

DS: Yeah... ah.. .so anything else you want to ask... you know... because I liked your feedback.

JL: One thing I'm always curious and I'm learning as we go is how all of this ties into the chiropractic care, and how the strength...

DS: Well...

JL: ...how the chiropractic care ties into ...

DS: Well when we adjust the spine and stimulate the joint, there are about ... there are millions of receptors in those joints that go to ... pac... specific parts of the brain. And they drive the brain. The brain is designed to be driven by motion in the joint. And if a joint is fixated or subluxated or out of place or locked, it's less than 100% effective. Those same nerves go to the internal organs, they go to your blood areas... you know... control the amount of blood flow, the skin... all kinds of things... they go up and down the legs... the arm... control strength. And then they also stimulate the brain and then there's a feedback from the brain to the spinal nerves and to the organ so they kind of all balance each other out. But if the spine gets injured and the brain doesn't work as good and now you've got a vicious cycle. Okay?

JL: And that's just what you do over at Kenwood Chiropractic...

DS: Well if you don't remove the subluxation, you can exercise it all you want and you'll get some improvement, but you won't get 100%. I mean I have patients... well Marty, do you remember... Marty's my engineer. He came in ...

JL: I remember that.

DS: ... one Saturday... or was it... well it was the day we were recording... yes. And he started telling me about his pain down his

arms. He couldn't feel his fingertips. He was in a lot of pain. He could hardly move his shoulder. So then I asked him what happened and he said he was... I think he was breaking something up with...

JL: Chopping wood?

DS: ... a steel hammer or something like that. Well that was kind of obvious that he put his shoulder and neck out. So ... I've never treated him before, but I took my little educated hands...

JL: (laughter)

DS: ... and put it on his neck, adjusted him... and the pain went away immediately and his finger feeling came back immediately. Marty is that correct? You can say something if you want.

Marty: Yes, and I love you for it.

DS: Thank you! (laughter) I hope your wife loves me too... because you probably were a little cranky. Right? (laughter)

Marty: I was.

DS: (laughter) See all these other things happen. When your brain isn't working you get... you'd have pain, or you have crankiness and you think it's... we look around and blame it on the world, but it really is from internal... our ability to feel good... and be good. What

I call internal brain happiness is always there, you've just got to have it always working for you. So that's what... so you must be getting some great feed-back on this.

JL: We even expand from that. We take it into the... our little exercise room and focus on strengthening those areas in order to keep those subluxations from coming back.

DS: Right. And you can just take it on the basic level. People just feel better when they're stronger.

JL: They do.

DS: But if they're stronger in areas they've never even felt before, or didn't know they're weak, that's got to change who they are as a person because their whole brain integration is different.

JL: When you say, "My low-back hurts", what is that? It's... yes, the low-back does hurt, but a lot of times it doesn't have...

DS: A lot of times... in fact if I stuck an acupuncture needle there there wouldn't be any pain, because it's brain-based. Okay? If there was pain then I'd know there was an injury there, but the acupuncture would help take that down and then it would respond that way. So... um... the back hurting does not... I mean people are always amazed when they have a place that hurts and it's not the place. When we show them that goes away immediately they kind of like... it's like

voo-doo. But it is kind of... it's a BigBrain voo-doo though. It's good stuff.

JL: And a lot of times we do exercises that don't have anything to do with the back but it strengthens the back. A lot of time it's eye exercises... hand-grip exercises...

DS: Well we talked about that last time. The... see we're looking at the evolution of human beings. And we do evolve every... we keep evolving. We go through a cycle of nine months of evolution... starts with birth. Anyway... we can take those things and just kind of add to it. All right?

JL: And we will.

DS: And... you can probably tell we get a lot of joy out of this. You know? I would do this any time for anybody. I love this... and I know Joe, you love it too... and that's what I like about you. And I think that you're a BigBrain for sure. So we've got seven minutes coming back and we're going to come back and call "Stuff that Works", tie it together for you and see, you know if we've been consistent. If not... Joe, what's the number they can reach you at?

JL: Area code 612-481-6222.

DS: Okay. 481-6222. 612 area code. Right?

JL: 612.

DS: And... ah... he gets back to people. Okay? And we're getting to... we're going to take a little break. Dr. David Stussy, BigBrain Radio Show. Brain waves to radio waves.

(music)

(music)

DS: Yeah, this is Dr. David Stussy... searching high and searching low... looking what you're looking for. Just keep on going, you'll find it. You know... that's ah... that's a cute song. You know where I got that song from? The soundtrack from the Nancy Drew movie. The music was really quite good. So I went and looked for it and found it. So... we're here with Joe Licht... exercise expert... brain-based exercise expert and BigBrain power eccellente. So anyway, Nancy Drew, which is... I used to read Nancy Drew... movies... books when I was in school. They were... I would trade them with... they were all girls, because they were the only ones smart enough I think (laughter). I don't mean that negatively, but ... we kind of liked them. We exchanged books and stuff. So when I saw the show came out I had to get the music for it. Okay? It was pretty cool. This next one is... and the other place this music came from is Hanson... which they just came out with a new album. And then the old John Prine song. So that's kind of where I was looking for music. We do

variation in music a lot. You'll never know what I'm going to play... unless I can find one that says "Hey Joe"...

JL: Nah.

DS: Guess I'll have to get that one. Hey Joe! So we're talking about BigBrain exercise and Joe Licht has... gonna start a lecture. In fact, we just did one this morning already. Right?

JL: That was a great turn out. I'd like to thank everybody who came by...

DS: Yeah soo...

JL: ...to support me.

DS: But now we're formally announcing it... and you're... so this Saturday you had one and then the next one is Tuesday night. Right?

JL: Yes, Tuesday night 7:00 p.m.

DS: And then the next one's Saturday and then Saturday again I think. Right?

JL: The following Saturday, 9:00 a.m.

DS: Great. And then he's going to start classes three days a week. After he's had sort of intro... on those lectures and those classes... I don't think we actually said that. The class is going to be this unique combination of all the things we've been talking about. So the people can get a chance to respond and kind of mix their results and then make it fun to get exercise in... and then just kind of a new level of integration. Right?

JL: Just... so we don't confuse people... we're not doing anything magical. It is special. It's...

DS: Well it's the magic of the human body, when applied. In some people it doesn't work for them and we have to change it.

JL: But you've taught me...

DS: We know the magic is there.

JL: You've taught me about hemisphericity and you've taught me about making things efficient. And we... those were big words for me when you first talking to me about it. What you've done is explain it to me in English... what they are... and that's what my job is. I explain it to the patient in English.

DS: You do... that's why I love you there...

JL: Make it simple and easy.

DS: We've got things that I can't get the doctors to talk to you because they don't know how to break it down into enough words. So now I'm teaching Joe and Joe's interacting. I love it because you're really taking a big part in patient education.

JL: Well...

DS: And that's got to be fun to you because I know you like doing that.

JL: ... I get... I get a little bit more time with the patients. Um... they come over, they ask me questions ...

DS: Yeah and the process of it... the workouts are ... I think it's 15 minutes to 30 minutes to 45 minutes.

JL: Yeah.

DS: So during those segments they're talking to you anyway, they might as well be talking about something that changed your brain. So we have a philosophy at the clinic... is if you're not talking to the patient and kind of giving them good information, they're thinking. And guess what they're thinking? They're usually a little negative... I'm waiting too long... do this or do that... So you've got to overtake their brain and put good information in there and you gotta do it. So we're just doing neuroplasticity. Right? On education.

JL: Learning.

DS: Yeah, learning. And they can test it. We have to prove what we say.

JL: That's ah...

DS: You know we get people who have wanted to exercise... they could come and they don't know what to do. You know... or they may be exercising, but they're doing the same old thing, whatever's easy and they know this part their body should get. Maybe they want to have some fitness coaching and after you've been in the class for a while you'll probably be able to tell what that would be about. Right Joe?

JL: Yeah.

DS: So Joe's always... looking at people and different than probably most trainers do because they're looking in terms of the physique and the muscle strength... or... they probably look at posture a little bit, but most people don't really... that posture's really controlled by the brainstem... and the perception of life. So if you're off-balance, your perception is off-balance and you can't stand up whether you want to or not.

JL: Well and ... you didn't tell me... you did tell me for a long time, but eventually through a little bit of eye exercises and hand movements, you proved it to me. And I was amazed when you did that. We did it in the gym one day.

DS: Well you're a lot of fun because at least I can talk to about it.

JL: You go...

DS: I know you thought I was crazy! (laughter)

JL: My... my... I worked out for so long and I thought my form was perfect and you pointed something out and I said, "Well, okay." It's not that I was weak, it's that I was not using energy efficiently.

DS: Right... we're just taking systems... and they all work together... there isn't one better than the other... but if we have something to contribute... because really... think we go through life we're always just trying to do the same... we're trying to do things better and be more efficient, make them enjoyable because the brain likes variation... and maybe forward- thinking a little bit and making life easier... because like Buckminster Fuller said, the human physical brain is here to discover the metaphysical principles of the universe and apply them. Well who knows? There's probably endless principles that we don't even begin to need to know.

JL: Right...

DS: We need to know, but we aren't going to know for a while yet. But you will never get to know them if you don't work at it.

JL: What would you say to that person who said, "I'm in perfect shape, I have the best trainer, I know what I'm doing every single day. Why do I call you? But, I'm interested a little bit."

DS: Well you could come in and we could just do a courtesy evaluation... and then... principles and then we could show you some of the things we're talking about... and then we could give it... your trainer could do it. We're not trying to take... we just ... and a lot of people are open to it. A lot of trainers are open to that because ... you know... let's look at... they're in the physical fitness. There are a lot of excellence.

JL: Mm hmm..

DS: So I'm not saying we're better than that. It's just that we'd like to be able to... because we're just a small clinic... we're not going to...

JL: No.

DS: If we could spread the message just by having them hear it from us. Okay? So you're going to do lectures. You told us the next one is Tuesday night. What number can they call to schedule for that?

JL: 612...

DS: Yeah.

JL: 481-6222.

DS: And they're going to register with you directly, right?

JL: Directly. Yes.

DS: Great. And then... anything else?

JL: Actually, I also encourage any trainers listening...

DS: Mm hmm.

JL: ... who would like to know more about this...

DS: Oh yeah, anybody.

JL: ...about what we're doing. You don't have to be ...

DS: Yeah, if you've got a PhD in neurophysiology, come on in! Joe would like the challenge.

JL: That'd be great!

DS: Yeah.

JL: I'd like to learn. Always learning from people.

DS: And they can get their spine checked and we do courtesy spinal evaluation for them if they want... so sometimes we find out that way. We find people and we send them over to you... and you find people and kind of refer them, but we're all together. We're not separate. Okay? Hey, we had a good time. This is Dr. David Stussy, the BigBrain Radio Show. And I've had Joe Licht and we've been just kind of ... like we're sitting around having a Coke or something... well not Coke... but you know... I think I have tea and coffee here. So anyway... we love being here with you. You want more information they can call 612-481-6222. And then Joe Licht. And then the chiropractic clinic is 612-374-3392. Any questions you have, even a health question, give me a call. This is Dr. David Stussy, the BigBrain Radio Show and we love taking... and being with the BigBrains... and finding out about BigBrains... and make sure you thank the BigBrains in your life. Brain waves to radio waves. We'll see you... Dr. David Stussy.

(music)

(end of show)