BigBrain Radio Show
September 13, 2008
Guest: Stephen Moe

(music)

DS: Hey good morning, it's Saturday morning. It's time for the BigBrain Radio Show. I'm Dr. David Stussy, and you can call me Dr. D. And the BigBrain Radio Show is about ready to start to talk about music and life and health, and the recovery of your nervous system. Geez, we talk about that a lot, don't we? Hey, on the BigBrain Radio Show we are talking about the BigBrain. The BigBrain is our life – who we are… because we all have a BigBrain… human's have the biggest brain in the known universe. And then we also… which is our physical brain… we know that. And the way the brain works is we have motor and sensory nerves. And our senses tell us what we need and how we feel and our motor nerves respond. And most of it is happening when we're not thinking about. Like if you smell something, your stomach says "I'm hungry", you hear something you might have a certain reaction. If somebody makes a move towards you you're going to have a physical reaction to protect yourself. It's always there working for us. Then the really BigBrain is the brain some people call our mind… I call it the metaphysical brain versus the physical brain. And that also works on our motor and our sensory… because we have a sensory input on our environment around us. In fact, who we are by most people are measured about what we see around us. Even though who we are is inside of us, we kind of evaluate ourselves by looking out into the world and the perceptions

of the world. And then we have a motor response, which is our intention – what we want to create out of life. And that's where the mystery and the history, and the exciting part of the brain is because we create our culture, our language, our ideas… who we are and what we can do and everybody is a BigBrain in some way or another, in some area of life. And… so on our show we try and have the BigBrains. And I have today… another one of my favorite BigBrains – Dr. Stephen Moe. So do you want to say "hi" Stephen?

SM: Yeah, I'm on… so glad to be here… and thank you Dr. Stussy for letting me get on the air.

DS: That's very nice. You know… Stephen is one of these people that you could sit and talk to for hours because, like myself, he's been practicing as a chiropractor, but he's also an advanced chiropractor like myself in neurology and kinesiology, etc., so he has stories to tell. But something that's very interesting about Stephen is… Let me just backtrack. You know… see… because I talked about the sensory system… and if you've listened to the show we've had Dr… a lot of different doctors on… we had a Dr. Carrick who is a specialist in neurology who has developed a special system within the chiropractic neurology programs, on ways to actually measure changes in the body in such a way that we can change how they're treated in such a way to be more effective, without medications and surgery. And … um... our sensory input are perceptions. In fact, most treatments are always what we call a sensory modality. It does something to change how the body perceives itself and it also – like we talked about recently on the show, it's actually learning. So healing is a learning process… by changing our perceptions. We're always learning something. We

have an input… we may have bad learning patterns or we have good learning patterns. And so a lot of what Dr. Steve and I treat are learning new learning patterns. And the chiropractic adjustment is one of the most powerful sensory inputs but we've also talked about light and vibration. Today we're going to talk about music… and we're really going to talk about tones. So with that in mind, I want to tell you that Dr. Stephen Moe is actually really is a BigBrain because he's taken the concept of vibration, which we've used many times in healing and you'll see it advertised. They've got these vibrating plates out … and all this stuff to lose weight. But the thing that makes our techniques unique is that it's predictable and it's very specific, whereas a lot of it's just general, like general exercise, or general activity. So Stephen, tell us a little bit about your insight and a little bit about your journey to where you found that tones and music can actually change brain activity in very special areas.

SM: Well, once I graduated from college, I've… take some advanced classes in applied kinesiology, which has to do with your whole muscle system and how it works in relationship to the brain. I then became interested in neurology because that gives us a lot of objective findings. And through… through these studies…

DS: Now, objective findings… is what Stephen?

SM: Actually… actually objective findings are things that you can measure.

DS: Right.

SM: And so… from that point on… through my neurology studies we've learned with vibrations and tuning forks and so forth, it makes changes in the body. So we took it a step farther and took very

specific frequency tones and did research on it and found changes that were made in the body. People's balance got better. People's perception got better. Ah… athletes started to run faster. Golfers hit the ball farther. And it's all due to how the motor and the sensory system – like you were explaining – are related to each other. And what we're doing is increasing the body's ability to function at a higher level.

DS: Well you know Stephen, you start using terms like athletes run better, people golf better… you know… we've often… we say on the BigBrain Radio Show, people are going to do what their value system allows them. So they're going to be motivated to do something if it fits their value system. You can have somebody in a lot of pain and they're not that interested, but as soon as you can say you can golf better, you know they're interested. And so we're really talking about making human function, the quality of their life better. Right?

SM: Better.

DS: But when you're talking about imbalance, this has gotten to be a real problem. You and I both know that people are falling at a age – they're not aware of it, but as they get older it becomes a real problem. So tell us something about… just give us an idea of how this… where you use vibration and then you went to tones…

SM: Right. As chiropractors, we look at pain and pain control. It's… a big part of what we do. But there's also a relationship between that and how the body is functioning. And balance is something that's becoming a major problem in our society. As people age they fall, they break their hips, they have skull fractures, they fracture this and that, and it… it causes major problems in their life.

And a lot of this balance issue is brain-related. And so what we've done is studies with tones, how to activate specific balance centers of the brain to make your motoric system, or your muscle system, more stable. And it activates areas of the brain for balance, which then allows people to stand up straighter, their muscles become better; they are able to balance better and this problem with falls and that has … becomes less of a problem for them.

DS: Yeah really… and what… what you want to understand… We talk about balance… you know gravity, as I said on the BigBrain Radio Show many times, is really the only physical constant in the universe. And so from… it actually is our friend because it helps us… our brains develop… because we're born helpless as babies and we start to lift our head and the gravity starts firing certain areas in our spine. And as we start crawling and standing up, those…those feedback in the spine standing up is what makes our brain develop, which is why we're born so helpless. So when someone is out of balance, you really have to think about… well balance they usually think of just falling. But say for a … if a golfer was off balance… I'm using a practical example… If their balance was more centered or more coordinated – because when you're out of balance, certain muscles are working effectively. Other ones are actually fighting against what you're trying to do.

SM: Correct.

DS: So… a lot of times people think they want to stretch or … try and stretch something, when in fact it's just another muscle that's firing so tight. And until you turn that muscle off, it isn't ever going to work. And so a lot of this about stretching and that, but we're

having… having some of these things just come back naturally. Right?

SM: That's correct. And there's a direct relationship between your extensor muscles in your body, which are your posture muscles. They're your back muscles, your major leg muscles and your arm muscles, which allow your body to stand up straight and allow it to walk properly and give you proper posture, which also creates a feedback mechanism – or information… sensory information coming back to the brain to allow those neurons, which are your power houses in your brain, to start activating at a higher level, which then allows your ability to balance, to become better, and your muscles get stronger and your posture is better, which is very important. Pain is also reduced then because now our body is in balance. All the muscles are working together rather than fighting each other.

DS: Right. And let me just say something about the extensors. And again, what it is to be human is the extensor system. When we started walking upright, it's pretty well known that are our brains and our advanced part of our brain developed because of that. So this system is what makes us stand upright. So mentally, I'd like people… the listeners out there just to sit kind of slumped over, or think of somebody slumped over. Does that look pretty healthy? No, it doesn't. Do they look like they're alive? No, they don't. Do they look like they're pretty sharp? No, it doesn't. Now stand up straight, put a little smile on your face. That's the extensor system. That's what's designed to make us stand upright. It has a huge feed into our frontal lobe. If you put your hand on the front of your front of your forehead, that's your frontal lobe. This is called the executive center.

This is what runs our life. And so what Dr. Moe was telling us is that when this extensor system is working, it is actually making our brains work better. And then it's going down and controlling other parts of our body better, which is very neat… because we've said before the brain is designed to inhibit. And it has… everything is supposed to be ready to go. It has to be just right. And then it has to let go. But if these systems aren't working then we get all kinds of problems. So… what you're really saying is our extensor systems are what it is to be human.

SM: That's correct.

DS: So now we have a man who has developed certain music system… And I'll never forget the day when you asked me to come over… and I kind of new a little bit about it because we've talked about vibrations and every time we see each other we talk about this. But he told me that he had this … he had developed this music. And I knew right away that it was going to be interesting… and… came over and he put… we measured some blood pressures and he put a tone in my ear… and we listened and the blood pressure went down 10 to 15… I think it went 15 points.

SM: And that's significant.

DS: Now why would that happen? Tell me.

SM: The brain is very sensitive to very specific frequencies or tones. It's very specific… and… what we've looked at is … and measured… is these tones at specific frequencies that fire into areas of the brain that will actually cause your blood vessels to dilate or to enlarge and allow your blood pressure to flow more freely… Not your blood pressure, your blood to flow more freely, which then decreases your

pressure, because you're increasing the dilation of these vessels. And there's an area in your brain that is… is… part of your autonomic nervous system, which allows the blood pressure to go up or down. And if your… in part of it your sympathetic's over firing you get constriction, which increases your pressure. Well these tones actually cause increase firing of your parasympathetic nervous system, which allows your pressures to come down. And by playing these you can start to control your blood pressure with very specific tone therapy.

DS: So I'm just going to kind of go back and just clarify. Because what he's saying is that the blood vessels in our body – and they are controlled by a major portion of the brain, one side being another – is that they … blood pressure's when the vessels are constricted and he has a system that allows that to open up. And when that opens up, that means that the bloods… the tissues are getting blood, and they're getting oxygen and they're going to heal. Now we're going to actually listen to some sounds. So don't go away folks, because you're actually going to hear these sounds. We're going to play them for different things… from blood pressure, to balance, to aerobic… to being a better athlete. So when you get back, we're going to go over some sounds. We're going to listen to them a little deeper into the… to the journey that Dr. Stephen Moe has created… and what it takes in order to be human… to have our extensor system, our brain – our BigBrains – work better without any intervention of outside drugs or … or… actually a lot easier than we think it is. So… ah… this is the BigBrain Radio Show. It's Dr. David Stussy and I have as my guest Dr. Stephen Moe. And come on back for the BigBrain Radio Show.

(music)

(music)

DS: Hey, take your pain away. Dr. David Stussy. The reason… we had some music there. Now that music… Welcome back to the BigBrain Radio Show, this is Dr. David Stussy and I have as my guest, Dr. Stephen Moe, who is an expert in neurology, but he's actually an expert in sounds, music and tones, as it affects the nervous system to restore your health. Now you know… A couple of things… we had the music going on – it was a little rap music. Now, Steve what is your opinion about… what do you find with rap music and how it affects the nervous sytem?

SM: Well the studies I've done…

DS: This is not a down thing. This just what we find out.

SM: This is just evidence and facts that we found… that the music that … very loud and specific high frequency tones like that, the brain actually is not … too accommodative to that. It causes problems for people. And the way we measure that is actually through muscle testing and so forth because the brain and the motoric system are directly related.

DS: So motoric system are your motor nerves that control all your motor, your muscle functions, your organ functions.

SM: Yeah… and it actually causes weakness in your system and if it's…

DS: So I'm going to say weakness is not good, right?

SM: It's not.

DS: Okay.

SM: Strength is good. And if it's causing problems in your muscle systems and causing weakness, it's also causing problems in areas of the brain that have to do with other functions like control and so forth. And so it creates a whole feedback loop of issues that can be measured… and we plan on doing more studies on that.

DS: Yeah, now one of the things Stephen I were talking before here… how… as this goes through… as these tones go through your system and how they help it, it goes through the frontal lobe and that feeds back to your limbic system. And that limbic system is what controls our activities. Limbic system is really expressive… like teenagers… you know how they do things … because they don't have a well-developed limbic system… and it can go up to age 25 that it takes. So what he's saying is if those frontal lobes are being mis-stimulated, they're going to actually allow the limbic room to escape and that's why you see some behavior with music – associated with music – and… um… and sometimes we want to be that way… you know want to dance around and be crazy…

SM: Sure.

DS: But other times it really creates problems. But in terms of healing, it's not going to be the music you choose. Now the other thing is we had this… we had a little bit of a different beat coming in. It was a little deeper beat. And we're going to start moving towards those tones and we're going to do one in just minute. But… I played

that song about pain because playing this music actually stimulates the brain to release a chemical called… go ahead…

SM: Serotonin.

DS: Yeah. And does that help take away pain?

SM: Serotonin actually helps your body to calm down and relax, which helps with pain for sure.

DS: The number one… one of the number one things from a chiropractic adjustment is stimulates the brain tracks and actually inhibits localized pain in the areas that they… were stimulated. So… and this was where all the research… So now we have another modality that is very specific for serotonin and pain. Now the other thing we were talking about just before we left was blood pressure. And you explained how if you have a very … a very… high firing, what you called sympathetic nervous system, which is the part of our system that sort of activates everything. And you'll think of a person when you're real aggressive. In today's society the sympathetic system tends to get very overstimulated because of our foods and the way we act, and our music, etc. And also, pain actually aggravates the sympathetic system.

SM: It does.

DS: So people in a lot of pain will have that, so that means they have a less-likely chance of inhibiting their blood pressure because it's so constricted that it's going to build up inside. So you want to let that get bigger and you started to explain how that happens. So you want to just kind of go over that again?

SM: I do. The tones that we have developed at very specific frequencies … and actually it's the lower tones that the brain really is

accommodative to. They… by firing in through the ears – that's actually called the vestibular cochlear nucleus – they fire in and they actually go into our cerebellum, which has to do with our balance, and that is a direct connection… another big word cerebellum pea_____. If you think of plugging a wire into … into the wall and it now connects, this sends information into the brainstem, which allows specific areas of our brain to start working better. And it also…

DS: Sorry… I'm going to have people … if you take your hands and put them on the back of your head kind of right on the back where the skull meets the neck, that's where your cerebellum is. And then it's a large structure… some people call it the primitive brain…

SM: That's correct.

DS: We now find that has a lot to do… it's not so primitive.

SM: Right.

DS: And it also has divisions that have developed out. So as we have gotten upright, the outer divisions are going to control certain parts of our muscle motor system – like our shoulders – and the inner ones are going to be more rudimentary kind of… with our basic…

SM: Spinal systems.

DS: … spinal functions… yes. So it's a very important structure, but all input … sensory… from the body goes through the cerebellum…

SM: That's right.

DS: …in one form or another. So, obviously it's important that we do that because that's associated with movement and movement and balance, etc. So I see how this is getting very specific.

SM: And there's another word we look at. It's a big word called "homologous". And homologous means the same.

DS: Right. And so what happens is when you… some people wonder why you can adjust or treat one area and it affects another, because when our bodies developed all these nerves developed in a column up and down they called…

SM: Homologous columns.

DS: Okay? So… what we're doing is we're taking… we're taking advantage of what's really there and using it in a specific manner. So let's play a tone for blood pressure. Okay?

SM: Let's do that.

DS: So you want to… Marty, you want to put that tone on?

(TONE 1)

DS: I can feel myself getting better already.

SM: You can feel it going through your whole body.

DS: Yeah… that's cool. Then there's another tone. You want to hit the next track?

(TONE 2)

DS: That's my favorite one.

SM: And the beauty of these tones is people actually say they feel it vibrating through their whole system, and that's a sign that it's actually stimulating their whole system – their muscles, blood vessels, and…

DS: Now this is the only one where there's a tone. The other ones actually had music integrated with the tones. And we're going to listen to those as we move through these different sections. But if you were to listen for that… You know I've done this a number of times

on patients… and had it done on myself. It will lower the blood pressure.

SM: Significantly.

DS: Significantly. Sometimes super-significantly. And um… now is that gonna… is that gonna just change your blood pressure automatically? No. There's a concept called long-term potentiation, which means you have to change things. What… And we've said before, your body actually has to learn… and learning is based on repetitiveness… the fact that the nervous system is plastic – can change. It's kind of like working out. You need…

SM: Exercise for the brain.

DS: Yeah.

SM: That's what it is.

DS: Learning to play the piano or exercise, etc. So as this moves through the system, it has to be done often enough, but that's no different than having to take a medication for so many days…

SM: That's right.

DS: Or to have to do another procedure, because real healing doesn't come back until you learn something.

SM: No, you don't go to the gym for one day.

DS: Right. So sometimes we'll… so we will get these files and then people have to listen to them for a certain period of day.

SM: That's correct. And you listen to them over and over, and pretty soon it keeps… a word called "summate". And I like to use the analogy that if you have a rechargeable battery for a flashlight it's going to summate… it's going to get better the more you plug it in.

DS: You know, summate… the other thing that we need… they need to understand is that while they're doing these blood pressure… say we give these to people to listen to… they're coming in and having other types of chiropractic treatments that stimulate and make the whole thing work.

SM: That's correct.

DS: It's not a standalone system…

SM: No.

DS: Like you can't just take the sounds and think it's going to work, because there's other conditions that created the problem to start with that get corrected. But when you don't correct some of the… like blood pressure is so important to the system, it's hard to correct other things because you're not getting enough oxygen to your system, and your brain isn't getting enough oxygen.

SM: It's another great modality to go along with the other things we do.

DS: And that's why people when they have blood pressure and they have lots of problems… because they'll have diabetes with it… they'll have other types of things… other health problems when you have blood pressure because now your body is getting less than 100% oxygen, your tissues are getting less and then your organs are being… your blood's being shunted to different areas in emergency situations, so people will feel very stressed. So… something as unique as what you've developed here is very, very important that people can do this without… because once you take medications it's very hard to reverse that process.

SM: Yes, that's correct.

DS: So, you know this is very interesting. So we heard our blood pressure tones, and everybody heard it. It did have a really kind of a cool sound. You know? I like that. So when we come back we're going to move into some other areas about… just the… how we can make the body stand up better, all your functions work better, and why that's so important, and how your body can become flexible without having to stretch it all the time. And when you do, we have very specific ways of doing that. So this is the BigBrain Radio Show with Dr. Stephen Moe, and come on right back. BigBrain Radio Show.

(music)
(music)

DS: Hey, there's some deep sounds. This is Dr. David Stussy, the BigBrain Radio Show… and we're talking about music and tones related to your health, your brain function and your overall improvement for any kind of health care you get. And I have with me Dr. Stephen Moe, an expert on kinesiology and the brain and sounds… and we've been talking about his unique journey in which he has found very specific ways to change our body. We've talked about balance, and balance is so important because if we're out of balance, even a little bit, we're going to have problems. The number one threat to human beings after age 64 is falling.

SM: That's correct.

DS: But we all start to fall at a much earlier age. All these things like bunions and knee problems are really the body trying to re-

orientate to balance just like you would if you're walking on a hill. But they're so subtle they build up on people… and throw shoulders out etc. So if you're back in balance, your body works better and your organ has more energy. And then we talked a little bit about blood pressure, so we're looking internally at the vascular system and how these tones feed back to affect specific areas. We were talking about the cerebellum and then … let's… let's kind of go on to what happens after that. It kind of moves into the brain stem and some other areas of the body.

SM: Yeah, the brain is… is connected in circuits throughout the whole brain. And the nice thing about music therapy and very specific tone therapy is there's specific connections from the brainstem, to the frontal lobes, to your limbic system, and there's connections through the whole brain. And again, like Dr. Stussy said, that the brain sits inhibited until it needs to be activated. So what this does is work on areas of the brain that are over activating too… areas that are not functioning normally, and causing problems with behavior, problems with muscle and so forth. This comes through and it causes – activates specific areas that are a guardian over other areas that aren't supposed to be working… so…

DS: Very good… I like that.

SM: So… like the frontal lobes are our guardian for other areas of the brain. So it starts to activate those areas, so they cause inhibition or calming effect to other areas, so that now everything starts to work in unison and together, rather than everything fighting each other.

DS: And there's some very specific things happening here. As it goes through the frontal lobe – remember the frontal lobe is the part of

our brain that makes us human. This is where we create, where our ability to interpret, take information and come up with our BigBrain ideas and our way of… of speaking, understanding, educating. We can … one side of our brain is a little bit more logical, the other side's more expansive. Working together they really create who we are. So when it goes to the frontal lobe it has a feedback to a system that feeds to these muscles on the back, which we call the extensor muscles. And when we started the show we talked about the extensor system as a system that makes us human… about standing upright. A person who's bent over does not look good and do not feel good because their system is not stimulated properly. So when you are able to stimulate these extensors, people start standing up, the brain starts being stimulated, and like you said then that goes to the areas to inhibit unwelcome expression. We feel more relaxed and you get these changes. It's a … well some people think it's all magic, but it's not magic. It's what's designed into our magical body in our brain.

SM: It's called physiology and…

DS: Yeah.

SM: … neurology.

DS: So one of the things is that… obviously as chiropractors we treat pain, it's what motivates people. We say pain is a blessing because they probably wouldn't come in if they weren't in pain… as human beings. But once we get in, our design is really to change the quality of life, which the pain is expressing in terms of the breakdown. So now if we get into the extensor systems – and you talked about the ability to make the blood flow better – there's a special kind of music that you've developed with a friend of yours. And … ah… you have

a tape. It's called "Activation of Life"… And the tape says… number one… first one is peace, calm, stability, bounce, harmony, which you said really are just a variation of a theme. Right?

SM: That's correct.

DS: And the one that I have found the most useful is called #7 – Combination. I'll take people whose feet are all bent up and twisted and I'll put that music on and they'll relax right away. Then we can contract… we can correct the problem in the foot; we can correct the muscles related to the feet in the back and their balance… and it'll stay that way. Or we'll put a little kinesio tape on … something like that… and they stay that way. But it all… It's interesting, in order to treat the feet I actually had to put music into their brain. And… so… after you introduced this to me, I've had an extensive amount of … By putting on – especially this combination, but it isn't always true. Sometimes one sound will be better for one person, and just a little variation will be for another.

SM: That's correct.

DS: And that's where we have to measure objectively what it does. So we've got a couple of those sounds… and… um…

SM: Let's listen to them.

DS: Let's listen to them. So you want to put on number 2?

(Sounds)

SM: Now you can really hear that tone.

DS: You've got the deeper tone. And then … um… what it is… it's kind of layered on a music that would be more like relaxation music.

SM: That's correrct.

DS: So usually when we do this we have people laying down. Now, you just want to go to #3?

(Sound)

DS: This type's a little higher pitch…

SM: A higher tone.

DS: But it's still got that underneath, right?

SM: Yeah.

DS: Now one of them I found the most… that has worked a lot is #4. So Marty, would you put on #4?

(Sound #4)

DS: Now out… on the radio listening you're hearing this… you'll notice that some of these you'll like and some of them you don't. Because that's really is going to be important to you. And one that seems to be the most adaptable for most people to get the biggest strength for our athletes and our active people is #7. I'll put this music on and immediately their extensor… their shoulders get strong… everything gets stronger. And…

SM: It stabilizes them.

DS: And the areas that have been tight relax… because they were trying to make up for the weakness in the other muscles.

SM: They were compensating.

DS: Yes. So put on #7 if you would.

(Sound #7)

SM: I mean people in my office notice that they can feel their legs start to activate more just by listening to this.

DS: Oh, everybody goes… boy that's relaxing. And so… we'll have them listen to this for anywhere from 5-10 minutes… and then

we have these tapes that Dr. Moe has made, and so we will give these to them to take home and listen, so that when the come back because the whole concept is based on the ability to heal and to have the body learn something, if they are listening to these in between and then they come back we can continue to improve the system. Because whenever you have a system in breakdown, contrary to popular belief, it didn't just happen. It's been happening over a long period of time. And then when people really think about it, they know it's true. You know… health problems have… If you have a blood pressure problem, the system's been breaking down for a long time. Or, if your'e having… ah… trouble, it's either been repetitive activity, fatigue, injury, poor living habits… and usually a combination of both – plus some aging.

SM: That's correct.

DS: But it isn't normal to be this way, and so this music has been an inspiration. It's very exciting in our office. We have our BigBrain exercise center, and when I say the BigBrain exercise center, a lot of people think I mean exercise to improve the brain, but what I'm saying is we change the brain to improve exercise.

SM: That's correct.

DS: And so we are accelerating the recovery and a lot of people thought they had to stretch, move push. I also have somebody there… they're trying to curl a 10 pound weight and they can't do it. Put on the music – they can curl it right away. Now is that… isn't that a lot easier than struggling for three weeks? Because now the muscle's actually doing some work and it will change.

SM: That's correct. And you know … with what we do too… we look at… if someone comes in with a shoulder problem, it's not just the tendonitis that they have. We look at … are the antagonistic muscles… is your support system being lost? Is your ability to stand up straight being lost? Which now… if it's being lost and you're not looking at that, now you're going to start having pretty soon all these tendonitises… You're going to get these tears. You're going to have all the injuries that take place…

DS: Sure, let's go back a minute. So tendonitis… "itis" means inflammation, "tendon" is the end of the muscle. So if your tendon's inflamed, good chance is it's been working its tush off.

SM: It's overworked.

DS: Yeah, so the inflammation is what brings people in. Like I said, pain is a blessing. But what… this muscle system that perfectly worked fine is now not working. What happened? So there's this area of mechanical compensation, this area of physical compensation… complications… but some of the major structures… In order for you to just reach for something, you have one set of muscles have to relax, another set has to contract. Your body has to put blood into your hands so your hand doesn't go numb. It has to take it out of your feet so you don't fall over. All these very complicated balance systems… it's a positive and a negative. And we talked about the system called the autonomic system, which is the positive… is really sort of the paramount of it being human…

SM: That's correct.

DS: … where we have a… the sympathetics, which go… for driving forward, and we have the parasympathetic for relaxing and bringing

back. But that thing all gets out of balance. You know how complicated it is to do this if you're trying to use a medication or something because it's not going to be… it's not going to get the long-term change… because things have to be adapted to …

SM: Won't change anything.

DS: It won't change… It may change in terms of how people feel…

SM: Temporarily.

DS: Temporarily, but I've never really seen healing come back from that.

SM: No.

DS: Healing is a matter of learning, learning takes time. It's time and matter… are the two paramonts for healing.

SM: Most people don't have painkiller deficiencies.

DS: (laughter) That's great! I love that. They really don't. We don't take anything on, we don't put anything in. Right? (laughter) So here we now have a music system. Now you've worked with the Twins. You … a pitcher… you worked with one of the pitchers. I know you don't want to say names and stuff, but I know that… you've had trouble… you've helped people. You've helped a lot of golfers I know. And this is when you were just starting. So now as we get into your more detailed results of your sound and tone, we'll be able to help more people in general.

SM: Yeah.

DS: Because today the idea of being athletic is important. We also see a lot of people with accident/auto injuries where that whole mechanism in the brainstem is injured from the whiplash, so they really… even though they're getting better they're fighting the

weaknesses from the system. And this… I have found this really has accelerated people's recovery… and I'm very, very excited about this.

SM: Oh, works tremendous. I had a lady come in with an auto accident and it actually created a brainstem injury, which she came to me because she wasn't getting help anywhere else. And we stood her up… she almost feel over to one side.

DS: Yeah.

SM: And she came in with foot pain like you were discussing before because she was digging her feet into the ground so she wouldn't fall over. And so we…

DS: It's totally reflexogenic.

SM: Right. Otherwise she would have fell over. And so one of the things besides other chiropractic treatments we did, we put music on her. It made her actually stabilize significantly and her foot pain went away and she was able to start standing straighter. And it really had a significant impact on her ability to heal.

DS: You were talking about this lady who had this bag of drugs or something? What was that?

SM: That's correct. I… had a lady come up from Iowa… severe pain. And along with severe pain comes depression, and then comes all those other problems that go along with it. She couldn't even believe her husband was staying with her anymore because she was just miserable all the time. And after numerous treatments utilizing neurologic techniques we've learned – kinesiology, music therapy – she came back into my office and she had a bag of drugs… now this was like a shopping bag full … that they had been giving her. And she took them… we videotaped this actually… and she took it and she

dumped the whole thing into the wastebasket and go, “I don’t need these anymore because I’m feeling better, I don’t have any pain, and I’m not going to take these anymore because they never made me feel better.”

DS: Well you know you said an interesting thing there: She said well I don’t know why my husband stays with me. You know I think one of the biggest things that we find… we found over the years as we treat people is the quality of life change. And as chiropractors we get to see our patients a lot so we really kind of get… know what’s going on with their families. And I had a patient come in yesterday and they said they had gone to some offices and they didn’t feel that comfortable. When they came into ours… because they could feel that whole connection, that we really… that we were a family and that we wanted to change the quality of their life in terms of their relationships. Because that’s some of the most important things that happen in human beings, is the relationship.

SM: That’s correct.

DS: Now we have one more thing that we want to play, which is the… that they do when people are exercising… because as usual we’re talking too much and getting… running out of time, but we’re going to get this done. Okay? So you want to just play that one sound for us? Okay?

(Sound)

DS: Oh yeah. See… you want to go… Now I’d use this music when I’ve exercised. And this has really been… I’ve done better, easier for me to do. I was rehabbing this knee that I thought I tore a ligament on… besides the other things that we do with a protonics, etc., this allowed

me to exercise really easily without pain. So, I want to thank you for that.

SM: Yeah, what it's doing…

DS: I haven't thanked you before so thank you.

SM: No problem. And… actually this is… activating your muscles and potentiating them.

DS: Yes, I think you told me there was a person who… improved their marathon time?

SM: Yes, by four minutes and one did by nine minutes. And I know there's other variables, but this… was the only thing that she did different. And the day wasn't real hot, and it really was an average day and she did better.

DS: Okay, we have to take a little break here on the BigBrain Radio Show… Dr. David Stussy. Now this music going on is this French music that have been used in studies in hospitals. They have found that when they listen to this music… Dr. Ted Carrick… that people heal better, so I want people to listen to this.

(music)
(music)

DS: Hey we're back with those deep bates… deep beats! (laughter) This is Dr. David Stussy, the BigBrain Radio Show. And we've been talking this morning with Dr. Stephen Moe about the brain and sounds and tones and changing and healing the body in ways almost magical because we're using advanced technology to measure these changes. This is not some esoteric thing, like listen to Mozart music and you'll

learn better, and minor chords and major chords, etc. All those tend to be globally effective; they're not as effective as something that we have found to be very specific to certain tracks in the brain because we understand how they work.

SM: That's correct.

DS: And understanding how they work is the most important part. So when we left we had a little aerobic music we put on. And… you know it made people want to start to exercise. And you were telling me about a couple that use this with their exercise and had some good results… the marathoner, right?

SM: That's correct.

DS: And some track people that did much better. Now I know these are all just stories, but we'll find that… the desire to excel is normal… is S to the human …human ability. To have a goal and move forward is what we're about. And so if we can make people be more effective functionally and not using something that's going to have long-term effects like steroids and other drugs that people are trying to use to get better, I think in the future you're going to find there's going to be a shift away from this attempt to improve human physiology from drugs, etc., from some things like you're just developing, Steve. I think you're going to see a big change; you're going to be probably an important man. Huh?

SM: Huh… hopefully! You never know, but… What we're looking at is neurology and how the connection of the brain with the muscles. And a lot of people really don't look at that, or maybe they do but they don't really elaborate on it. And why this works so well is the neurons in the brain are summating at higher levels, and by

summating meaning they're actually charged. I like to use the analogy maybe fully charged…

DS: Okay.

SM: So then…

DS: They're ready to go; they're ready to go.

SM: And when a neuron… like your motor neurons are more fully charged… they're actually firing through what's called your efferent system at a higher level, and they're activating your muscles and potentiating them at faster… and they're frequency of firing is better so your muscles are working at a higher level without breaking down as fast.

DS: See because we've talked about physical results. We've talked about internal organ results. We've talked about mental results. A good example … we were just talking about firing… is that you get a person who is getting some sort of dementia. When you… there's this lag time between the question and the answer. And then people say, "Well I'm not like this." But we can… we'll test a person's reflexes and one reflex is a little sluggish in there. That's a motor response. That's an early sign that there's starting to be some loss of motor response. And so over a period of time this combination of responses is changed in terms of people… so they'll get different muscle spasms or different postures. Pitchers will learn bad habits, athletes will learn bad habits, but even the person who is sitting at a desk all day is going to acquire bad habits because of the stress… firing their sympathetic we talked about…

SM: Right.

DS: And they're not inhibiting that in some way, so they'll be able to do this. You know I think one of the… at the end of the day one of the largest number of patients we have coming at the end are the people who are executives. They want to come in and rebalance their body so that they're ready for the next day, because they're not going to stop being executives, but they still don't want to have some of the consequences of that.

SM: Another analogy I like to use is that… golfers… The only reason I'm using that is because they come into my office a lot, and I am a golfer. And you know a golf pro is trying to teach this person on how to golf and the mechanics. But if you're body cannot do those mechanics like they're being taught, it is impossible to go out and do what's being taught. So by utilizing techniques in chiropractic and what we do with neurology and tones, the body is now in balance, which now when a golf pro tells you to swing this way you can actually do it.

DS: So we use a combination of sensory input… like he said, the adjustments… the power of chiropractic adjustment is paramount. The other sensory modality is the eyelights and the other things that we use to stimulate the… through light. We stimulate through sound; sometimes even smell; through movements that are more productive instead of anti-productive. And nothing is done casually. It's all specific based on evidence and the result. So if we asked a patient to do something and it doesn't work, that just tells us what to do next. It's a different system.

SM: That's correct.

DS: So we're trying to find the healthy systems to help the unhealthy. That's why we've been able to help with Parkinsons patients, other conditions … you were telling about the… What's the condition with the lights?

SM: Oh, sharkhoff marie…

DS: Yes… So people come in, their legs are diminishing, they're losing their strength.

SM: Yeah, it's a neurological imbalance in the body that they start… They don't… it's not life-threatening, but their ability to function diminishes with time. And so this lady came into my office and she was really weak in her legs and your muscles in the distal part of your legs start to deteriorate significantly…

DS: That's the far end of the muscle in your leg.

SM: And so she's been… had this continuous weakness. And I actually played music therapy for her and I did eyelight therapy and her muscles… started firing better…

DS: You also told me this had been missed by a number of other practitioners.

SM: That's right.

DS: So because we're so into, we're really looking for these functional things. If it isn't life-threatening, it's certainly threatening to the quality of their life because people… You know even like pain, it isn't the pain it's the fear of what it's going to cause or what's… what could be going on…

SM: We're looking at function…

DS: … or the consequences. And so the consequences and the whole purpose of people like myself and Dr. Moe is really to change

the quality of people's life, that they can have a BigBrain life. They have a life in which they are able to function at the top of the quality. We have a definition called 'evolutionary health style' where we continue to evolve and get better; health being the optimal number of regenerative forward action days. Well in order to do that, you have to have a body that works. And style is based on your values… so people need to do what's in their values. Well this is something I think would fit into the values. It's easy to get them to do. It's something we can coach them into doing or they can come into the office and do it.

SM: That's correct.

DS: So, it's something that really works. Other types of systems that are very complicated, detailed and disciplined tend not to work… and … because you need to get a change. And as we've said before, some of the therapies are not designed to change the body, and if it doesn't you won't get any long-term healing. So something you have done, Steve, is really, really great. I'm just so excited. I'm so excited you came on the show. Now we want to make people… how they might want to get a hold of you Steve?

SM: Sure. They can get a hold of me at my office.

DS: Go ahead, yeah.

SM: The phone number is 952-833-3038, and I'm there a majority of the time.

DS: Yeah. And you know you can give us a call at Kenwood Chiropractics: 612-374-3472… and we will take… we will take your… we'll get them in touch with you. And if you want to get… find more about the music... And a copy of this show, of course, will

be on the www.bigbrainradioshow.com. And is there anything else you want to tell peple?

SM: Um… the future for this is exciting. And we're going to be doing more research. We're looking at more activation techniques. We're looking at more things that are going to be able to do with this, so it's just going to keep getting better all the time.

DS: Yeah, you told me you already had a new frequency you were using. Now these frequencies are the magical, mystical… the mystery because he wants to make sure that people don't misuse them. And so … and he's doing research that makes a difference. So that's another thing that I feel we have in common with Dr. Moe is that… we're not interested in keeping the status quo. We're interested in continuing to expand the BigBrain way, because the BigBrain is about life evolving to make everything more regenerative, more forward moving and have a life that really fits the quality of who we are and not what somebody told us to do… because most experts are not right. And it's called the one in the many. When the one knows something and he's ready to share it with the many, by the time the many know, we're ready to hear from the one again. Right?

SM: That's correct.

DS: And so life is about moving forward, expanding out to different concentric circles and organizing your life at each level. So thank you for helping me organize my life at that level.

SM: That's what makes our job fun.

DS: It is fun. And so… this is Dr. David Stussy of the BigBrain Radio Show, and thank you for listening. Remember, your life is full of BigBrains. Thank the BigBrains in your life, and I thank you for

being a BigBrain by listening to this show. I love the patients that come into see me, and we're so excited by the feedback we've gotten from the BigBrain Radio Show and we're going to continue to have it. Dr. Moe would you like to come back and visit us again…

SM: I would love to.

DS: … with your newest updates? That's great. So have a BigBrain life. Brain waves to radio waves.

SM: Thank you.

(music)

(end of show)