

BigBrain Radio Show  
September 19, 2006  
Health and Longevity

(music)

D: Hey, good morning! It's Saturday morning. Welcome to the BigBrain Radio Show. I'm Dr. David Stussy and you can call me Dr. D.

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

D: And we are...

B: The BigBrain Radio Show!

D: So Dr. Z, good morning.

Z: Good morning.

D: You're looking especially bright and sparkly.

Z: And you're looking especially handsome this morning.

D: I thought so. I thought so.

Z: Some new vitamins you're taking or something?

D: It is. I'm taking... well you know...

Z: You don't want to say. Don't give it away... the secret formula. You have to listen to the show today, which is about health and longevity.

D: It is.

Z: To get the secret.

D: We're going to talk about health and what's on the BigBrain's mind these days. And what's new and what's working and what isn't working.

Z: So what have you conjured up over there for us today?

D: Oh, we've got lots of stuff. You know we had a great show with James Cunningham on the big... family... big... no, what did we call it? The BigBrain Family Bank.

Z: Okay.

D: People loved that. And we happened to have a DVD on it, so if anybody would like a DVD on it they can just contact us and we'll send it to them. But you know I thought we might review the BigBrain principles so people who have just kind of listening... or just started listening to us can understand what we're talking about.

Z: You know review is always good, because you probably only remember about 20% of what you hear. And since we can't stand in front of them and be action-oriented, we should probably repeat that.

D: So we have to go cable next? Is that it?

Z: Oh, there you go.

D: Yeah, I can see that. We would be great at that. Anyway...

Z: Okay, so what about these principles?

D: Well the BigBrain stands for the fact that everybody has a BigBrain. The BigBrain is our... what I'm going to call our metaphysical, as compared to our physical brain, which everybody know... you know point to your head... you know that's where the brain is. And it kind of takes care of our sensory input... so we see things, we feel things. And then we have physical reactions to protect ourselves. And sometimes we can control, but like digestion that's a physical reaction, it just happens when it senses food. Or even smells food sometimes. But we have a metaphysical brain, which is our brain that creates our life. And the metaphysical brain is you cannot touch, you cannot weigh it but it has reality because life itself is metaphysical. So the BigBrain is where we create our ideas and where our culture and language and all the things we create come from. And ... remember I originally started this when I started looking at all the BigBrains

in my life that had just given me some information or given me a direction, and we've talked about this quite a bit on different shows. So we take everything that we consider our normal daily life and really look at it from the BigBrain point of view. Okay?

Z: Perspective.

D: Perspective.

Z: Metaphysical perspective.

D: Yeah. And the fact that everything has a balance. There is... in order for us to perceive things, we have a very interesting thing about our nervous system and our brain. In order for us to perceive things they have to be out of balance... because that gives it form...

Z: Mm hmm.

D: But when it does that... like if you had a sound that came in at the same... exact same sound in both ears...

Z: Mm hmm.

D: It would disappear. It just goes into the middle of your head, like it comes from the top down in.

Z: I've had that happen before.

D: Yes, I guess...

Z: Just disappears into the middle of my head.

D: Things can happen like that.

Z: (laughter) That's what's happening when that happens.

D: But the problem when we get to metaphysical things we tend to make emotional judgments or see only one side in everything because of the nature of the metaphysical and the physical universe has two sides... always... a positive and a negative charge... light breaks down into a photon

and an electron. I'm not going to get into all that now. But you know the metaphysical universe is run by the same principles that the physical universe that we can see. The other point that we like to make is that only 90... we only see about 1% of what's going... we only sense about 1% that's going around... around us. We don't have any idea of what most of things are happening around us. So we have no idea of what's really being sent to us or that we're receiving where...

Z:           You mean our sensory organs can only pick up a certain wavelength and a certain kind of information.

D:           In light, yeah.

Z:           Yeah.

D:           So we don't really have any idea of what is going around us that could be influencing us...

Z:           Well that explains that phenomena to that I mostly don't know what's going on. (laughter)

D:           You know you've talked about that lately.

Z:           Yeah, you said that there's a dynamic at play... that there's a balance at play. Sometimes you're feeling something, you're acting a certain way you don't even know why you are. But there is a dynamic at play that you can't perceive.

D:           Or even take this... when you have a point of view and it's one side and then all of a sudden, like out of nowhere, the other side becomes visible and that's exactly what you see is the other side.

Z:           Hmm.

D:           But they were always there at the same time; we weren't able to perceive it.

Z:           Okay.

D: But... if we just take a look at what we're going to take a look at today, we have to include what we've included called the evolutionary health style. And that's really what we say people function out of. Evolutionary means that we continue to develop based on our input and output and that we evolve. And I think we're all evolving. We're not the same as when we were in second grade. We're not the same as we were in high school. And I know you aren't the same as you were yesterday. You change everyday...

Z: Well and one of the points of the show too is that the whole idea of longevity is that people are trying to keep evolving, instead of devolving.

D: Yes.

Z: Instead of decaying. Because it's a human instinct to want to keep living and growing.

D: Well...

Z: But we do have a phenomenon called aging.

D: Yes.

Z: We do live on a physical planet, so we need to deal with that. So those are some of the topics today.

D: Well remember, I said everything goes on at the same time. As you're evolving, you're devolving... you're actually starting to die. There's creation and destruction going on at the same time. And we know that... as doctors we know that when a cell destroys itself it creates itself. And... so whenever you're creating something you're always destroying something, but it's never going away. It's always built on top of that.

Z: I just had this "ah ha" moment.

D: Okay, I want to hear it.

Z: Maybe as human beings, as we're decaying physically, we're creating ourselves equally, spontaneously, spiritually, on the other side.

D: Well you know, I think that's actually a very good way to look at it.

Z: Because if you can't have creation with destruction or destruction without creation, we are decaying... physically.

D: Well...

Z: But something else is being created.

D: Well what most of us are aware is biological evolution. But remember we did that show on the internet... that's that a consciousness evolution that's taking place? You know how quick do we communicate? We know everything that's going on in the earth right now. We can get any kind of information. So our consciousness is evolving.

Z: So how does this tie into our health style show for today?

D: Oh you mean you want to stop being serious?

Z: Yeah, what do you got over there for me?

D: Well, we're going to talk about the different things that... you know once in a while we take a show and we just kind of look at newspaper articles and things that come up, and put our own little BigBrain spin on it. And a lot of times... you know we pick up a lot of information a lot of times people don't even know this is going on.

Z: Health review with a BigBrain spin.

D: Yeah, right. So... remember this all started with... the magazine we were looking at? It was called the *Forever Young*... how'd that go... *Forever Young Issue*... the science...

Z: This is out of the *LA Times*, I think.

D: Yeah, it was.

Z: Yeah.

D: "The Science and Sociology of Cheating the Clock".

Z: Okay.

D: And we thought that...

Z: It's about longevity, right?

D: Yeah, it's pretty interesting... because ... there is a huge emphasis on not aging or not getting older and if we continue to do that it has another side to it that we need to be aware of, but also what are people... what extremes are people willing to go to in order to have this actually be a reality. This is... this was an extremely interesting article... issue...

Z: So that particular issue had stories about growth hormone and cosmetic surgery and lifestyle changes.

D: Yeah, there was this one part... where they talked about the facts of ... what'd they call that? How to be perfect? And it said that the growth rate... here's the number... 205%. It's the growth rate of what's called medical spas. They used to be just spas...

Z: Wow.

D: ... and they were medical clinics, you know like the Mayo Clinic and stuff... where I grew up... and in the last five years these so-called medical spas have increased by 205%.

Z: Hmm.

D: So people are going in to get botox injections... under the guise of having it be medical treatment. So the spas which were considered kind of off-limits, and even probably not considered part of medical treatment are now being included.

Z: Well insurance doesn't cover spa... but it would cover a medical procedure. (laughter) Always comes down to economics, right?

D: Right. Well see how things evolved? Something... first something is judged, then we're indifferent, then we say "ah ha", and then we go to the next level. Everything is like that. And that's... that is the evolutionary health style right there.

Z: Okay.

D: Judgment, indifference and then ah ha.

Z: And the part of the style is we all have different values. So the idea is to line up your decisions in life with what your real values are. That's your style. Everybody should honor their style.

D: Oh yeah, we forgot to go in that... for style...

Z: Yeah, and link to your values.

D: And the values is different for everybody but we have the top three or four values... and the way you can identify your values is those are things you always get done buddy. I mean when you say you don't have enough time, but when something is in your top values comes around you have no trouble getting it done, getting to it, buying, whatever.

Z: It's what you spend your time, money and attention on.

D: Right. What you have around your house. What you react to also tells you your values. If you react to something positively, it's your values. If you react to it negatively, it's not one of your values. So we can see where politics comes from. So... um... two to three inches is the length of a typical incision... this is kind of interesting... in a buttock augmentation.

Z: A buttock augmentation?

D: Two to three inches.

Z: I don't think I need a buttock augmentation.

D: Well, I ...

Z: I guess that's hot though. The bootie. The bigger bootie? Is that what this is about?

D: I think that's what they are talking about.

Z: (laughter)

D: They had 61 times... this one guy... Robert Ray, he's the star of E! Network's Aesthetic Surgery reality series... Dr. 90210...

Z: Yes.

D: He's been on TV 61 times last year...

Z: Wow.

D: On like... guest appearances. So he's become the new celebrity.

Z: Hmm. Yeah... oh yeah... cosmetic surgery is huge. There's actually magazines now just about cosmetic surgery.

D: So how much do you think was spent last year on these procedures, both surgical and non-surgical?

Z: I don't know. Was it billions? Or millions?

D: It's billions, yes.

Z: Billions.

D: Take a guess.

Z: How many billions?

D: Well everybody out there kind of guess.

Z: \$5 billion.

D: It's \$12.4 billion.

Z: Wow, that's a lot of money.

D: Well... it's...

Z: Last year.

D: ... a lot of money and you can have a judgment about it, like these people are crazy... but this is what people are doing. So you know there's arguments out there... plenty of arguments out there by scientists that someday human... what is to be human will be part human and part something else.

Z: (laughter)

D: Okay?

Z: Well in that same article it talks about the mommy makeover. So some people do it for cosmetic reasons... you know because they want a different aesthetic... and some people are just trying to restore what's been lost. Like if you've had two children and you've gained 70 pounds with each pregnancy, when that's over like things are drooping and hanging. So one of the most popular surgeries is called the mommy makeover.

D: Well, I never heard... tell me more about that.

Z: Yeah. Well it typically includes a breast augmentation and a tummy tuck.

D: Is that a daddy makeover or a mommy...

Z: Well no the thing is about the breast is after you breastfeed, your breasts actually get smaller then. So you may start like a nice "B" cup but then after nursing you might be an "A". So in this example the lady went to a "D", which I thought was a little bit excessive, but you know, go for it girl.

D: Maybe she's having more babies later so...

Z: By the way they're putting...

D: ... she's planning ahead.

Z: They're putting in little pumps now so you can change the size of your breast augmentation. Isn't that great?

D: Now that I have not heard.

Z: Yes. You can add or subtract saline for up to six months. So make sure you got the right size.

D: So what kind of outfit you're going to wear, how much cleavage...

Z: No, no, not on a fashion item, but just overall.

D: But you know what? You know it's fashion...

Z: That's next.

D: You know it's fashion.

Z: That'll be next. Well anyway, the tummy tuck's the one that sounds good to me. So... but the mommy makeover, that's just one for younger people who want to restore their bodies.

D: You know there's another article by this Dr. Edmond... Dr. Chen... out in the Palm Springs Life Extension...

Z: Mm hmm.

D: And remember I visited him. I was out with that... who's that bodybuilder I went and visited?

Z: It's not Frank Wullane.

D: No... oh shoot...

Z: Ah, we'll think about that.

D: Anyway, he told me to go over there and the guy wanted to put me on like hormones... growth hormones...

Z: Yeah... and testosterone.

D: ... and testosterone. And... so... um... that was... that was 10 years ago.

Z: Ten years ago?

D: Yeah. So I think we're going to take a little break here and we'll come back and find out what's happening in the world of getting younger and never aging.

Z: Sounds good. We'll be right back.

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D: Well that might be another way to have this aging process...

Z: (laughter)

D: ... We'll all just sit around and listen to country music backwards.

Z: Well you know some of the best formulas for the anti-aging algorithm is a happy life plus a healthy life equals a long life. And they say what you're to do is to go to a house of worship once a week or have your faith, meditate, laugh, be married, live near a park and eat a diet rich in anti-oxidants.

D: Now it just depends on what rag... because this is Gary Small. He's the head of UCLA's Longevity Center on Aging...

Z: Yes.

D: I've read his books. They're okay, but they're pretty kind of ... clichés... but what he says is you have to aerobicize your brain, which

means use it... you have to exercise everyday. You have to unclutter your work space. You need to learn to meditate. Get plenty of sleep and get a pet.

Z: Yes, pets. That's great.

D: Don't you have something about pets there? We'll get to that in a second there.

Z: Yeah, you wanted to finish up on that cosmetic surgery though. You had some interesting insights.

D: Well you see how... it doesn't... whoever you talk to tells you... gives you these little secrets. But you know when it gets down to it, people want to do basic things that work. That's why these surgeries and things ... it gives them an exact thing...

Z: I know the key to living a long life.

D: What is it?

Z: Have a martini every day.

D: Yeah.

Z: (laughter) Well red wine anyway. But anyway what about the cosmetic surgery?

D: That would make me sick.

Z: (laughter) See, then you just detox.

D: You have to have a bubbly water every day.

Z: Okay.

D: Anyway there was this woman, she was over 60... and she had almost tapped her 401k because she gets all these... she had had all these surgical procedures... and the reason she tapped her 401k was because... why? You remember why?

Z: Well you just said... I had told you that she only went to her 401k because she didn't want her husband to know how much all these surgeries were costing.

D: Did he even know she was having them?

Z: I don't know. Well he must... hopefully... when you see her face... I hope he knew.

D: And then... that was the mommy makeover you told about. You know they did a survey on men about noses and men and women... and the men...

Z: For rhinoplasty you mean?

D: Yeah, that was... that's one of the top...

Z: Yes, I think it is.

D: You'd think it'd be something else, but that's what it is. Anyway, they want noses that look like Brad Pitt.

Z: What did the women want? Did it say?

D: They want noses that look like Halle Berry, Brooke Shields and Angela Joline.

Z: Angelina Jolie?

D: Yeah, whatever it is. (laughter)

Z: (laughter) The other ... the other... the better half of Brad Pitt.

D: Maybe we should move on. You know that growth hormone I was telling you... that's a big thing. And you know what the guy said... because there's evidence that growth hormones... and it works very well. Okay? I mean it really kind of makes...

Z: But don't just... it does have a risk involved too.

D: Right... so the risk they point that out to him and he said he didn't care because if he could live his sixth, seventh and even eighth decade with full vitality he didn't care if he popped off.

Z: He didn't mind if he dropped five to ten years early if he had a high quality of life before then?

D: He wanted... everybody wants the energy, everybody wants the production. You see what's driving this?

Z: And don't forget the vanity. Everybody wants to look good. Really.

D: They want to look good, but it's the accelerated lifestyle. Everything is going in a different direction than it's ever been before.

Z: Well we start aging when we lose our hormones. So hormone replacement is a huge issue.

D: Well you know I was someplace yesterday where the person... the guy told me that after age 35 we put on 2 pounds a year after that if you keep up your normal activities and your normal eating.

Z: Due to the decrease in metabolism.

D: Metabolism, yes...

Z: Which is hormone driven.

D: ... so two pounds in 15 years, that's 30 pounds.

Z: Yeah.

D: And that's where people say I don't know what happened to me.

Z: I still eat the same. All of a sudden I can't fit in my clothes anymore.

D: Yeah, so that's the BigBrain workout. We'll have to develop that, huh?

Z: Sounds good.

D: So you know I wanted you to tell me a little bit... Oh, I was going to tell you about this vibratory machine.

Z: Yeah, you can exercise standing...

D: Now, folks... this is an exercise machine. Okay? We're talking they have these machines now in the... I had originally seen these... football teams were using it... now they have it all the workout places. It's called the Power Plate.

Z: Yeah, this one's called the Power Plate.

D: But the thing I just want to tell... the reason it works is vibration is handled different than other sensory input. Remember those posterior... we have a little spinal cord about the size of our thumb... believe it or not that's all the size of our spinal cord... and going up the back are a couple of tracks. And that carries nothing but vibration. But it actually goes through and skips a couple of processes and goes right into your brain and drives your frontal cortex so that you actually feel better and think better and act better by vibrational input. So that's... and so ... it says here they can't figure out why it works, but neurologically...

Z: Well the premise is that the body senses the instability when it's vibrating and the muscles involuntarily contract to compensate for it. And this improves muscle strength and performance.

D: Well they're way off track because it isn't muscles... it's the information the muscles are giving to the brain. Okay? The brain has to restabilize...

Z: Yeah, the brain perceives an instability...

D: Yeah...

Z: So then it causes...

D: ... it has to restabilize. But the big thing is the vibratory tracks themselves short circuit other input and it increases brain input.

Z: You better write to them then because they're missing the boat here about this.

D: I can see that.

Z: They don't have the neurological component.

D: They don't even know ... they don't even know how their brain works. But you can understand... it's going drive... people are going to feel better.

Z: So you mean those shaking machines... those belts we used to put around our butts in the '70s and '80s... those were actually doing something for us?

D: We Kemosabe? I don't know about that.

Z: Come on... I saw you on one of those.

D: I did not.

Z: (laughter) The shake 'em up machine.

D: I don't know if I ever did it.

Z: Come on.

D: No way.

Z: Women used to put those things everywhere to try to reduce the fat... wrap around your thigh...

D: That's something how you think you can lose fat in an instant.

Z: Oh we were hoping. We're still looking ...

D: I would say people still function out of that today.

Z: That magic bullet... the pill

D: There's a pill you can take and the fat goes away faster.

Z: Well they say even Madonna reportedly used this vibrating Power Plate to whip her body into shape.

D: Well I'm not saying it doesn't work because it does create a lot of input. The brainstem is what gets... when you're talking about that balancing mechanism from the muscles, the brainstem creates our whole orientation to who we are in space and time.

Z: Hmm.

D: So it has... and all the cranial nerves come out of the brainstem.

Z: Well, there you go.

D: So it's probably quite...quite phenomenal but I don't think they've ever measured it is all. They just have a lot of general statements here. But, it's a phenomenon. And the other thing is you do need to pay attention to phenomena because they will... if they continue to persist... like Pilates has persisted, all right? So there's obviously something there ... because when you stretch muscles you create different... you know whether you do it fast or whether you do it slow... or if you do it fast and then slow... they all go to different parts of the brain. They even go to different sides of the brain. So they have a big input. And I think they're kind of a general input but they still work that way. So there's a lot of things that are happening that people aren't aware of.

Z: Well there's two major components regarding weight and fitness... and one is what you're eating and one is the amount of exercise you're getting. It's always that balance.

D: Yeah.

Z: So we're talking about this vibrating machine as a type of exercise. But I saw this article about how fat people are getting in India from the modernized, Westernized diet.

D: Oh, that was excellent... yes.

Z: Yes, and the tendency towards diabetes. It's scary. Do you know that the United ... the health organization has said that now it will become a bigger issue that people are going to be dying of being overfed versus being undernourished.

D: And think of the...

Z: The United Nations said that.

D: ... even 10 or 15 years ago the image that people had of India was this skin and bones ... you know... person in the street, begging... dying from starvation.

Z: Right. It ... the world ... United Nations said that there are more people in India now who are destined to being overweight than undernourished and dying of chronic degenerative diseases like diabetes than kind of the poverty diseases like malaria and then AIDS... you know where we typically think of those real thin people.

D: So we live longer but we degenerate...

Z: Well, when you modernize a culture and you start eating a lot of sugar or fast food, it really plays havoc on the body. And these people in this culture are genetically prone to having a harder time with sugar metabolism.

D: So diet is really the key to everything. You know all this other stuff we were talking about before was making people feel better... you know feel happier or feel a certain way when physiologically you have to actually know what you're doing in terms of your diet to yourself. Right?

Z: Yeah, and the World Health Organization expects that of the more than 350 million diabetics projected... in three-fourths of them will be in the third world. Wow. That's a lot.

D: You know another thing about feeling good is pets. We're going to... when we come back we're going to talk a little bit about your favorite one... pets. Right?

Z: Yeah, and pets are getting fatter to. (laughter)

D: (laughter)

Z: So that's the segue between diabetes and your pet.

D: Well people...

Z: My dog is too fat.

D: People are putting their pets on exercise programs... and they're spending billions of dollars on food for pets.

Z: Oh, pet industry is huge. You think cosmetic surgery is big, people are spending a lot of money on their pets.

D: Oh let's go pets. All right... let's listen to Willie here.

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D: Hey, welcome back to the BigBrain Radio Show.

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Z: That's pretty.

D: Yeah.

(music)

D: Hey, I like that. We have nothing... we have nothing to prove and maybe we'll get somewhere. Okay? So what you got? We're going to talk about pets, right?

Z: Yeah, you wanted to say something about how pets increase your longevity.

D: Well it's just that everywhere you look they talk about pets and people feeling good. And I think we used to associate pets like with the little old lady with all the... you know with the... all the animal control...

Z: Well she had it right actually.

D: She probably did.

Z: You know the old cat lady... she lived forever because she had all those cats. (laughter) All those pets.

D: And the cats inherited everything. (laughter)

Z: Yeah, well, you know... it kept her young and vital.

D: But now everybody has animals and they're spending... they are doing the same thing to the animals that we're doing to ourselves... so I should include myself... is they're exercising... they're giving them special foods. They're spending a lot more money on food actually maybe than they are...

Z: Yeah, get this... my little Pomeranian... I found out he has clicking knees and they told me that someday if those knees go then I can have a surgery for his patella, and that will be \$2,000 - \$3,000. (laughter)

D: It was nice...

Z: So even the pets are having surgery.

D: It was nice having the dog. Right?

Z: I'm like "What?".

D: You know but people spend that kind of money all the time.

Z: Oh, for sure.

D: I would spend... I know some people who have spent like \$5,000 on surgery for their dogs... for a knee or something like that.

Z: So... but it must make them happy... make them live longer?

D: I don't know. People have a harder time with their pets than anything because it's...

Z: Unconditional love.

D: It's unconditional love.

Z: Right.

D: Especially dogs.

Z: Pets don't usually... pull it over on you like the human being can.

D: Yeah. So anyway, pets are considered a positive life force, a positive contribution to people to have a healthier brain. Okay?

Z: Yes.

D: And a healthier physical brain gives you a healthier ... see when you have a healthier nervous system and healthier brain, what you pay attention to gives you... creates your intention. And that's where the creative ideas come from. So when you're healthier... although we've probably pulled it off and we're not healthy... tends to be you know working better. All right? Now the interesting thing is we have a concept about ourselves the way we are today versus the past. Now we have this great article that we were just reading in *The New York Times* about... they're trying to do these Civil War recreations and the tents are too small and the uniforms are too small. But there was some other interesting information that I thought was kind of interesting...

Z: Well you know in the mass media or in the articles we read... even in the professional journals... it seems like people... you know all we hear is people are obese. Like one-third of the population is obese. And you

know people are dying of all these diseases and we're sicker than we've ever been. That's what you hear. But in actuality when they look to see what's happening, they say that you know people are living longer these days than in the 1900s. It says in 1900, 13% of the people who were 65 could expect to see 85. So if you could live to 65, 13% of you would live to be 85.

D: Wow.

Z: Now... now nearly half of all 65 year-olds can expect to live that long. So it went from 13% to 50%, from 1900 until now. And they see even people look different today. American men, for example, are nearly three inches taller than they were 100 years ago, and 50 pounds heavier.

D: Right. And their body index would actually indicate that they might be close to obese, but when you look at them... they had a thing about chronic illness. Compared to ... in 1860, this was the... we're talking about the Civil War... people... difficulty bending over, people had... in 1860, 44% of the people ... these would probably be males... 44% had trouble bending over. Only 8% now.

Z: Yeah, these are studies...

D: Difficulty walking, 29%... 10% now. Joint problems was 45% then, 20% then. Back problems are about even.

Z: All right. And the biggest surprise emerging from these new studies is that many of these chronic ailments like heart disease, lung disease and arthritis are occurring on average 10-25 years later than they used to. So you know we're all living longer, we're probably complaining louder. But the truth is, these degenerative diseases are happening later and people are living longer. And the body's just not breaking down the way it did in the 1800s or the early 1900s.

D: Or they're not happening at all. I think we have an idea that everybody has these problems. Like they said, vascular heart disease was like 2% now compared to like 19% then.

Z: You know one of the things they're thinking is attributed to this is the nutrition at an early age. It says what happens before the age of two has a permanent lasting effect on your health and a lot of it has to do with

the good nutrition of younger ... infants. Even in the womb they say that's making a difference now.

D: We know that's true. Okay?

Z: How you were in early childhood really shows up how you're doing in middle and old age. You're health.

D: You know I told you when I'm treating somebody and I see an x-ray or I find what's called an anomaly, which is a normal variation in something that develops, we can go back now and decide when ... during when they were in uterus what kind of stress the mother was under when that area didn't develop correctly. And if you talk to the mother and get the history you'll find out that's what happened.

Z: Hmm.

D: So it actually is affecting them. And there's... and I think there's even some emotional component with that. So... it's very interesting how we're tying in the stuff all together.

Z: Well and this will make some of you guys feel good ... feel good... in 1850, the average man was 5 feet, almost 8 inches and weighed 146 pounds. The average man today, in 2000, is 5'9", almost 5'10" and weighs 191 pounds. So if you're like closer to 200 than you'd like to be, you're actually in the national average now.

D: Yeah, but you've got to be 5'9".

Z: Oh, shoot! There's the caveat. (laughter)

D: That's the catch.

Z: (laughter) The catch. We'll just have to get taller.

D: (laughter)

Z: That's all there is to it.

D: Anything else on this? They went... it was a very lengthy article. It was in *The New York Times*.

Z: It was kind of paradoxical because I think we're... we think we're breaking down and dying earlier, but actually we're living a lot longer and breaking down later.

D: Yeah, and they had this little thing where they interviewed this guy and he looked heavy and overweight, but he was healthy. He was relatively healthy but he looked like he wasn't healthy.

Z: Hmm.

D: So I think our perceptions are a little bit altered and yet we do need to pay attention because there is a huge cost that's happening...

Z: Right, and being obese does... which is being like over 30% beyond your ideal weight... it does predispose you to all these other diseases. So it's not like we're saying go get fat and be happy. Although maybe there is something (laughter).

D: Remember, we started the show saying there's always a balance. Okay? So there's a balance. Even though we're bigger and heavier, there is some... there is some... there's some benefits to that. But we can't just assume that we can take it for granted. We have to develop at that next level.

Z: All right.

D: That next level is bigger.

Z: Okay.

D: And...

Z: There you go.

D: So any other scientific principles? You had something about coffee latte for me. You were going ...

Z: Oh, well this isn't really scientific, but you know I think everybody is... loves their Starbucks and this isn't to diss Starbucks...

D: Everybody... (laughter)

Z: Well you know... but Avente... Avente coffee, which is 20 ounces of a café mocha with whip cream has 490 calories.

D: Wow.

Z: All right? And that's the same as a quarter-pounder with cheese. So we all think we're doing so well not going to McDonalds or eating fast-food, and we're actually drinking a quarter-pounder with cheese for breakfast.

D: Well you know... you know I order the pretty much typical black cup... small cup of coffee, but I'm telling you everybody orders some strange, bizarre drink when they're in there...

Z: Well, listen to this.

D: ... that I've never heard of...

Z: This is amazing. Again, we're not dissing Starbucks because we love Starbucks.

D: Yeah, right.

Z: But Frappacino... if you order a Frappacino, it's equivalent to going into McDonald's and ordering a black coffee and putting in 11 creamers and 29 packets of sugar.

D: (laughter) Say that again.

Z: Barf. I could just barf.

D: What's a Frappacino?

Z: A Frappacino ... it's an ice coffee drink I think.

D: I don't even know what it is.

Z: I don't actually drink that, but I... you know sometimes I even let my daughter have a little bit, because it looks like an ice cream drink.

D: Oh, yeah.

Z: Those things are deadly. You take a little black McDonald's coffee and you add 29 creamers... excuse me, 11 creamers and 29 packets of sugar.

D: (laughter)

Z: Ugh! And that's our breakfast. Now we wonder why we have diabetes.

D: Now that would be cheaper.

Z: Talk about an insulin shock.

D: Because those Frappacinos are pretty expensive.

Z: They're very expensive. Yeah, it'd be cheaper (laughter). Okay, don't run out to McDonalds and start using the creamers.

D: Well another thing you can ... you talk about balance... is the cost. Because you can... people say...

Z: Oh, those things are four, five bucks... those coffee drinks.

D: They complain about gasoline and they pay like \$20 a gallon for something to drink...

Z: (laughter) \$10 a day at Starbucks.

D: ... and you know, what's more important to us? Ah... you know getting around still is important.

Z: And this is important for all of us... kids for sure. You know they're starting to take the soda machines out of schools...

D: Right.

Z: ... because they realize how damaging soda is. But the American Journal of Clinical Nutrition came out with a... finding that sugary soft drinks are adding pounds to kids, which we knew. They did a meta analysis, which is looking at a bunch of data... bunch of surveys... and one extra can of soda a day, can translate into 15 pounds a year. So if you're drinking soda and over 35...

D: (laughter) You're screwed!

Z: You've got two pounds... you're screwed! You've got two pounds for getting older and 15 pounds for soda. (laughter)

D: I had a flashback. You know my dad was a coach and teacher. And we could go up to school... and I can remember going up with him... I had to be little, like 5 or 6 or something... and they had a Coke machine in the school and I would save my nickels. So we went up there and my dad when the other way I'd put my little nickel in...

Z: (gasp)

D: ... and you'd get those little ... those little...

Z: You did it on the sly?

D: But it was one of the little short glass bottles. You know?

Z: Oh yeah, the little... small...

D: Yeah.

Z: Yeah.

D: But I'm still addicted to those. When I find a store that has those, I still buy them...

Z: Well the thing is...

D: ... and I don't drink pop... but I like those.

Z: That was maybe 8 ounces maybe. Now you know the pops are 12, 16, 18 ounce... the super-size pops.

D: Well actually you go into Super America and you get a drink bigger than your head.

Z: (laughter) Some things are just overdone.

D: (laughter)

Z: There's just something wrong about that.

D: Well, why would they buy them. Well, here we are judging and evaluating... we're in the judgment phase... okay? Then we'll go to indifference and then we'll have an "ah ha" ... okay?

Z: All right. Well, what have you got over there?

D: Well you know, I took a couple of magazines and ... I took a male and a female magazine. And the first one is called *Shape*. Now that is kind of your magazine.

Z: No, no it's not. Don't say that.

D: Don't you have a stack of these?

Z: You maybe stole it off my desk, but that's not my magazine.

D: Oh, I stole it off your desk...

Z: (laughter)

D: I thought you had a stack in your suitcase there. But they have all kinds of little articles. But you know the truth is when you look in there, there are some very helpful little hints. But there is so much stuff in there, you can't even find it.

Z: Well, what little tips did you find?

D: Well, um... like... how to make a tough workout easier.

Z: Okay.

D: And all they just say is that you want to do the toughest workout first... after a good workout... and then create some sort of perception of enjoyment around it.

Z: (laughter) Okay. So what was this? Do the hardest part first? Is that what you said?

D: Yeah, do the hardest part of the workout first.

Z: Like the twenty minutes of the cardio you mean?

D: Yeah, right. Because you know... you're going to work out... I'm going to 20 ... then you don't... I'll do five... or I gotta get going...

Z: Okay... and then how are you going to link that to something good? What were you going to do?

D: You link it to some... remember when we told you about values... if you want to drive your values up you take your highest value and you link something you don't like to your highest value...

Z: So you'll be more...

D: Yeah... so if you were going to exercise you'd have to think ... if you could think... remember neuroplasticity is you get your brain to kind of get going in your direction. So if you had to do heart exercise and you didn't like it you'd link to something you really wanted...

Z: What was the example you were going to give? I saw your little light bulb go on there.

D: Well you just think about I want to look better, I want to have these things from looking better. Um... there's always sex, money and the usual things...

Z: (laughter)

D: ... that drive people.

Z: I'll look better in my convertible if I do my 20 minutes of cardio?

D: Yeah, my convertible... my little... my '65 Mustang that I may never get done, but...

Z: What other tips?

D: Well, you're really pushing me here.

Z: Oh, well I didn't like that one. Give me a good one.

D: Okay. Well we already talked about this, the best and the worst of the fat food options... fast food options. So which one do you think: There's Burger King, Subway, Arby's, KFC, Taco Bell and McDonalds... which one do you think has the least amount of calories... if you were to get a sandwich?

Z: Well, isn't it Subway.

D: It is actually... Subway... you're right.

Z: Yeah.

D: And next is KFC.

Z: Okay.

D: Subway is the lowest. So their ads are actually truthful.

Z: All right. Well... okay. Good. Enough about fast food.

D: Yep. Here's a great story about "How I got my Body Back". This woman lost 100 pounds.

Z: Without stomach stapling surgery?

D: Yeah, she didn't do anything. She just ... she just... she had to change her motivational secrets. You know, they're kind of like ... they're little bit cliché – ish. Like “accept a compliment from my husband – when he started to say I was looking better, I actually believed him and listened to him.” Because you know how... you know you still don't think you're far enough along or I'm going to look better. And she said she had to change her attitude about herself in order to continue to get better.

Z: Mm hmm.

D: Which I can see that... because you know you start doing something but you still have the same self-image. Remember way back... way back... I don't know... if that was the '60s or the '70s... there was a guy named Maxwell Maltz... and he was a plastic surgeon. And he was doing plastic surgery on all these people and they ... they... you know this was kind of before what we're just talking about but they weren't getting... they weren't happier... and he created that whole thing... psycho cybernetics. They had to change their attitude or how they thought about themselves...

Z: Their perception of themselves.

D: ... in order for them to enjoy them...because the surgery didn't do it.

Z: Mm.

D: And I think that probably still goes on today. I wonder if they... I wonder if they do psychological... they must do some psychological counseling with them, don't you think?

Z: Oh, I think it depends how massive a change they're going to make.

D: If you had... you had any of these surgeries?

Z: For sexual change surgery they do.

(laughter)

Z: I haven't looked into that personally or anything.

D: I think it was just your motivation... take time off, relax, enjoy ourselves... not get so driven about it.

Z: You know one person who's really famous for that is Jamie Lee Curtis, because she's kind of decided to take aging in stride. And she always had a great body and a big career based around her looks, and now she's just allowing herself to enjoy her years. And you know the main thing is to be healthy... so not to be necessarily a size 6, but to really enjoy yourself... and not be *overweight*, but not do these extreme things either.

D: Now you leave yoga, right?

Z: I love yoga.

D: So here's a little... this is right down the corner... I think this is hot. There's a place called [yogatoday.com](http://yogatoday.com)... offers daily one hour yoga classes that you can download for free using iTunes or instant media software.

Z: A class? To do a one-hour class?

D: Yeah... with courses and videos averaging \$15.00 a pop you can save more than \$2,000 if you typically do yoga at a studio three times a week, or more than \$5,000 if you do it every day.

Z: It's \$15.00 a download?

D: Yep.

Z: And that's a one hour class?

D: Uh huh.

Z: That's the same price as taking a yoga class. I don't see how you're supposed to save money on that.

D: Well, I didn't know yoga. They must think it's a lot more expensive than that. Yeah, but you get the \$15.00... you can use it every day then.

Z: Oh, you could do that class over and over.

D: Yeah.

Z: Oh, it made it sound like you're supposed to download a new one every day. No?

D: Ah... well I'm sure you can, but it's the...

Z: So you've got the investment.

D: You can...

Z: You can do that class forever.

D: Well... anyway, I just wanted to let you know... [yogatoday.com](http://yogatoday.com). I think it's pretty cool.

Z: That is good. I'll have to check that out.

D: Because I'm amazed at the patients I talk to. They say they're exercising and they're exercising at home with a video or a tape. I, myself, would have a hard time doing that. I don't think I could stay on course.

Z: Yeah, stay motivated.

D: But a lot of people really do that. I think they have... they do well.

Z: Yep.

D: This was an article in the same magazine "How I got My Health Back". And this lady... I'm not going to go into detail, but she had depression and yoga is what got her...

Z: Mmm.

D: Now the reason yoga works for depression... remember, I told you... stretch the joints...

Z: Mm hmm.

D: They fire those receptors. There's tons of different receptors that fire different parts of the brain. Yoga, because it's complex and it's been created so you can meditate and relax... fires into the brain in a special way that would get the frontal lobe... because the frontal lobe is what's depressed. Our frontal... if you put your hand on your forehead everybody, that's the only part of the brain that we have kind of control over. Everything else in our brain is automatic... that's been created over the eons of evolution. But our frontal brain is what creates who we are. So if that's not working then we are going to have problems.

Z: Well and you know yoga was designed for the breathing and the meditation. The physical postures are only there to help people learn how to sit for long periods of time.

D: Right. A lot of people don't know that about yoga.

Z: Yeah... so.

D: And then swimming... this one woman had MS. Now MS is a very serious neurological condition where you get scarring in the nervous system in the tracks that go from the...

Z: Demyelination.

D: Yes... demyelinate... but it ends up with a scarring. And it kind of comes and goes. But she found swimming to be the one that made a difference for her. Now swimming... I just read an article that swimming will retard aging up to age 70. If you're a regular swimmer all your life, you will not show the same aging at age 70 that some people would show at 50 to 60.

Z: And why do you suppose that is?

D: Well, you know what? I had that article and I handed it to a person who worked for me and I never got it back.

Z: (laughter)

D: And so... but if I remember right it's because it coordinates all these movements into the spine...

Z: A holistic exercise.

D: It fires the brain basically... okay?

Z: All right.

D: And the adrenal glands and everything else. Okay?

Z: And it's easy on the joints. I mean floating through the water is a lot less stressful than jogging.

D: And the last one... a person just cut her carbs and her whole life changed. She lost 30 pounds.

Z: Cut out those white foods.

D: Yeah.

Z: Sugar, potatoes, bread.

D: So it doesn't take a lot. You don't have to be spending all this money on this surgery, et cetera to be a good person. Huh? Feel good about yourself.

Z: A fit person. When we come back, "Stuff that Works".

D: Stuff that Works. Always works.

(music)

(commercials)

(music)

D: Hey, welcome back to the BigBrain Radio Show. And we're here talking about health and vitality and the metaphysical way of looking at the way people create their life and healthy lifestyle. Right?

Z: Yeah, and people have different values and therefore they're going to have different styles, so people are going to have different choices about their health.

D: You know that last song going out with Bonnie Raitt and you know that her brother, Steve, is a good friend of mine. And he's ...we're kind of water ski buddies, but remember... he went on the macrobiotic diet... and he saved himself from a tumor in his brain.

Z: Right. He healed himself of brain cancer.

D: I just saw him the other day. He's cooking good.

Z: Wow.

D: He's got his own ski lake up around Sacramento someplace. So there are lots of ways to do it. And what's right for one person isn't right for another.

Z: Mm hmm. Mm hmm.

D: And I think that's what we want to say. This... next... I have to say something about this one article. You know how I peruse the magazines... okay?

Z: Yes.

D: There was a magazine *Golf*... I don't ...

Z: *Golf Magazine*, yeah.

D: *Golf Magazine*. And on the cover it says "Heal your game". So I'm going, "what"? Well Deepak Chopra who is kind of the guru of the mind-body...

Z: Connection.

D: Connection... spent some time with this lady. And it was kind of interest... at first you know I was kind of... I had to question it. But she had had a hip replacement and had lost... and the surgeon had not been... you know how we see these people coming in all the time with the leg length difference because they had a knee surgery or hip surgery?

Z: Mm hmm.

D: Well apparently this was some great insight to this surgeon... he didn't understand that. And she just had this incredible pain, she couldn't get rid of it. And finally she...

Z: One leg was shorter than the other. Like an inch and a half.

D: ... as a result of the hip surgery. Remember...

Z: Yeah, right.

D: Remember, we see it all the time. And it's... so it's ... finally someone had pointed it out to her so she had a new surgery to correct it. She probably could have used a heel left ... would have been fine. But, then... but she still wasn't right so she spent some time with Deepak Chopra at this LaCosta...

Z: Umm hmm.

D: And she just slowly talked... she meditated and did yoga, and finally she had this mental image of her leg reconnecting to her body... and the pain going away. So the mind controls our ability to perceive pain totally. Okay? And people who have a lot of pain... there's nothing wrong with them, they just have more pain receptors, et cetera, and sometimes we need to know how to balance those out. So it was quite a really good article actually. I was surprised. But *Golf Magazine*... that's the... that was my thing. It's all over.

Z: And it was *Golf for Women*.

D: It's everywhere. I think it is for women, isn't it?

Z: Mm hmm.

D: So everywhere in society it exists. All right? So this last magazine was the one we were kind of laughing about because... it's called *Men's Health Best Life*. And they have a picture of that guy that's in the... I can't remember the movie now. Anyway, the headline was "What Makes Men Happy"... and what was your comment?

Z: Oh, I laughed. I said, "I didn't even think they thought about that." That would be something women think about.

D: Yeah. I have to agree with...

Z: Like, thick hair... do they care?

D: It said "Fifteen ways to find fulfillment and live your best life – what makes men happy"...

Z: That sounds like a woman.

D: ... so when I looked inside, it was an article about Huey Long...

Z: See I told ya!

D: ...who is this great big football player... you know and you remember... you've probably seen him do comments. You love pro football.

Z: Yes.

D: And he does all these comments. He's a pretty cool guy. But it just talks about his home life. It didn't have anything in there...

Z: What makes Huey Long happy?

D: Well it told about how he had a bad childhood. He found football; it saved him. And... but there was nothing in there that really was like a 1, 2, 3...

Z: Not the top ten tips on how to be happy?

D: Not the kind you see in women's magazines. It really...

Z: That's a weird headline isn't it?

D: It was a weird headline, but you know...

Z: It got your attention though.

D: Well they have Strong Lean and Wealthy, success strategies that work... (laughter)

Z: (laughter)

D: Seven secrets of sexual health. Also Fit at +40. So the men are going the same way as the women...

Z: I was going to say, there must be a particular editor there.

D: The Metro-Sexual... is... making his appearance.

Z: You know metro-sexuals are coming and going now. Now you know what's getting to come in fashion is the old-fashioned guy... a little pudgy around the middle. (laughter) See everything comes in a cycle.

D: Gosh dang ... I'm both of those. (laughter)

Z: (laughter) You're going to be back in fashion.

D: Ah...

Z: Or still in fashion.

D: Anyway, then they had ... I pulled a couple articles they had like "Does Working 12 Hour Days Make Me a Workaholic?"

Z: Does it?

D: No.

Z: No. What does it make you? Tired (laughter).

D: It could be a workaholic if you're doing it because you think you need it to keep your job. But I mean if you're passionate about what you've done... we've all done 12-15 hour days because we love what we're doing...

Z: When we love what we're doing.

D: Yeah. So the amount of work you do really has to do with are you being effective... if you're not being effective, you're just doing it because you're kind of protecting both ways and think you need to do in order to keep the job... or some standards... then you probably are a workaholic... because you don't know how to relax. But I like to work long days, but I like to have a good time and hang out too. So...

Z: And you love what you do... so.

D: And I do love what I do. Yeah.

Z: It doesn't seem like...

D: I probably get defensive at those.

Z: (laughter) Yeah, really.

D: Now this is what we were talking about. They have an article "Do I Need to Stretch Before I Lift?"

Z: Lift weights.

D: Lift weights, yeah. And the truth is, you don't.

Z: So what do they say about that?

D: Well, stretching doesn't... remember I told you, you have to know how to stretch? So if people do cold stretches, it's not going to fire the receptors. You have different receptors... you have a golgi tendon receptor and you have the fast stress receptors, and if people don't do it in the right way, it's not going to do anything in particular to help you, if you're going to damage the muscle. I think...

Z: So isn't it more effective to do a light set of warm up of what you're going to do?

D: Yes. That's what it is...

Z: Because then you fire the correct thing for that activity.

D: There's a part of tissue called connective tissue, which really is tendonous tissue that connects the muscles to the bone... that doesn't... very stretchy. It's not going to give. As we age, it doesn't have a good blood supply. So if you were to use that slowly... you'd have less knee problems, less shoulder problems, et cetera. Okay?

Z: Yeah, so do a little bit of the activity that you're going to do as your warm up, not necessarily stretching.

D: Yeah.

Z: I've always heard stretching is more effective at the end of a workout anyway.

D: Well you can stretch a lot better at the end.

Z: Yeah.

D: You'll be... so you can test it...

Z: Then you can work on your flexibility once you're warmed up.

D: Or you're going to be doing yoga or something else as an adjunct to help you do that. But just to go in and do it and expect it's going to be effective... I think runners know that now. So everything has changed... it used to be like work hard... work as hard and long as you

can... don't stretch... and all that stuff. Everything has... everything has changed. And so... and there's even the personality side of health. So here's one about great leaders and they have to have an emotional intelligence. They... that the competition and stimulation of being a leader actually elevates the cells in their immune system and make them healthier.

Z:            Hmm.

D:            Their great leaders because they're doing it out of inspiration. And great leaders also know who they're talking to. They understand the different parts of who human beings are and they address that for them. And so to them it's very much of a beneficial feedback to their health and their overall wellbeing. So men have a nice touch too, all right?

Z:            Mm hmm.

D:            So we went around today. We talked about what? The metaphysical reality...

Z:            Healthstyle, wellness, longevity.

D:            Yeah. I hope somebody got some idea, some points, some things to do. If you want to know about anything special, make sure you just catch us at [www.bigbrainradioshow.com](http://www.bigbrainradioshow.com). Dr. Z, which is Dr. Xanders, and Dr. Zena Xanders and Dr. S... Dr. D, which is Dr. David Stussy. And we look forward to talking to you next week. We love doing the BigBrain Radio Show. And you guys have a great week and say thank you to all the BigBrains in your life.

(music)

end of tape