

Big Brain Radio Show
9-17-05

(news)

(music)

D: Hey, good morning! It's Saturday morning. It's the weekend and everybody is ready to rock. But first we have to have the Big Brain Radio Show before you get out and leave the house. Well, I guess you can take your radio along or listen on the radio, right?

Z: Yes, you don't have to get up quite so early because we were formerly at the 9:00 spot ...

D: Now we're at 11!

Z: And, if you're looking for Louise and Education Matters, she is now at 9:00 a.m. on Saturdays on Air America Radio. So, if you're looking for Education Matters, switch to 9:00 a.m. and join us a little bit later, when you're up and at 'em at 11:00, every Saturday here on Air America Minnesota.

D: I'm going to repeat that just in case people are a little slow on Saturday morning. We will not be there at 9, we will be here at 11.

Z: We hope people from last week have now found us, because we missed you last weekend. Welcome to all our new listeners.

D: Thank you. And, you know what? I'm Dr. David Stussy, you can call me Dr. D.

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

D: And we are ...

Both: The Big Brain Radio Show!

Z: What does that mean, anyway?

D: Big Brain Radio Show means a lot. But, you know, it really just talks about the fact that we are the epitome of our brain. Everybody has a brain and it collects all our sensory input – whether we know it or not. It gives a little motor response, takes care of our body. And that’s the physicalness of our brain. And then we have what we call our metaphysical, which means the encompassing of weightlessness and life itself. And that’s called the big brain. The big brain, some people would call our mind. And our mind comes up with these fantastic things that are a result of all the sensory input. So our life is a creation, constantly. Now the cool thing about something that’s metaphysical... it’s not limited by size ...

Z: Space and time.

D: ... or time. Yeah, you took my line. Space or time.

Z: Space or time.

D: Yeah, so that means we can have endless and continuation of our thoughts forever and the things that we can do are not limited. So we’re about producing results, having gratitude, love, service... all kinds of things.

Z: And we’re also about health. This is a health style show and we say you’re only as healthy as your weakest organ. So whether that’s your brain, or your gut or your heart, your quality of life and your health is only going to be as strong as the weakest part of you.

D: The weakest one. Did you get that folks? Okay, you’ve got to take care of yourself. We have a thing called “evolutionary health style”. And we chose that very carefully because, you know, lifestyle... you hear that term, and lifestyle and doing the healthy thing... people get into these things ... but health style really encompasses your whole life. Everything you do actually contributes to your health style. That’s why on this show you’re going to hear everything from architecture, to food, to music, to politics ... personal interviews ... the big brains of the past ... the big brains now ... and the big brains of the future. And anything interesting we can think that contributes to your life based on your experiences. We don’t want you to have your life created by what people say or the experts say. We want to take a look and see what experience shows that life really functions around.

Z: And we say that your style comes from your values. So that's why we don't want you necessarily listening to everybody else. We want you to find that place in yourself, honor yourself and say, "Hey, these are my values. This is how I'm going to express my life and my health."

D: On an earlier show we actually told you how you identify your values because ... but it's what you think about, it's what you spend your money on. It's the things that are actually in your mind all the time. That's what your values are about. People will always do ... always get around to doing what's related to their values. You know those things in your life that you never get around to doing? That's because they don't attach to your values. Now you can get those done if you have a secret way of attaching to your values ... and we have a little secret way of doing that ... we haven't share that yet. We've got lots of secrets. This show is about your history, but it's also about the mystery. So we have lots of secrets to give you about health style.

Z: One of the things about style that we think is important is music.

D: Yes.

Z: So every week we have a different musical theme based on really the desires and theme of our guest. So this week our music is ...

D: Tina Turner!

Z: Tina, baby! What's Love Got To Do With It!

D: Oh man. This is so great listening and trying to pick these songs out. They are ... you know, the good thing about music is ... and that's a metaphysical experience, because a sound all of a sudden brings up a memory ...

Z: Creates a vibration.

D: Well the vibration ...

Z: And a frequency!

D: ...the memory and the feelings in your body, they're just instantaneous.

Z: Yeah, it taps into a frequency of a memory you have.

D: Excellent. Yeah.

Z: Yeah, so Tina, she taps into a lot for me.

D: For lots of people.

Z: So actually the music today was my music ... because ...

D: We have a big brain guest today and we're going to tell you about that later. We probably have the best big brain guest we've had so ... well, one of the best ... Maybe the best ...

Z: Cutest maybe.

D: The first female.

Z: First female big brain guest.

D: We're going to have more too.

Z: And that is ... Who is it?

D: It's Dr. Z.

Z: Hey! Dr. Z. Come on back and hear the big brain story of my life. This is AM 950 Air America Minnesota.

(music)

(commercials)

(music)

D: What you get is what you hear on Big Brain Radio Show. Thank you for being here this morning, and if you're tuning in I'm Dr. D. and I've got

with me Dr. Z. And one of the things we do is we ... we have thing called the big brains of the world... and everybody has a big brain – in fact, everybody is a big brain – that your mind has come up with interesting ways and interpretations of the universe that you've shared or someone has shared with you, that have made a difference. In fact, they pretty much dictated the matrix of your life from then on ... until another big brain, et cetera, et cetera. And so we've interviewed some very interesting people, but underneath that you'll always find that there are moments – big brain moments – that kind of dictate your life. We haven't gotten WAY into the big brain philosophy, but we actually believe that your destiny has been set and everything is perfect ... it always works out. Everybody's had their experience where we thought something was bad and it turned out to be great. We've all had the experience that something was great and then later on we called it bad. If we can do away with the interpretation, there's just life. And under life is unconditional love. And our guest this morning I think emulates unconditional love. She has that natural loving voice that everybody has been hearing on the Big Brain Radio Show. So, we thought, maybe people would like to hear a little bit about us. So, we're going to start with Dr. Z this morning. So, good morning.

Z: Good morning.

D: I'm going to read your bio.

Z: Oh goody!

D: And it says Dr. Zena Xanders, owner of Keep the Zest for Life is a doctor, health consultant and fitness enthusiastic ... a health stylist – that's our term here. Health stylist is somebody who is ... health is your optimal number of regenerative forward action days ... and a stylist adapts it to your values. And she certainly does it, especially for women and children. And this is for the 21st Century. Dr. Xanders graduated magna cum laude from UCLA. Woo, California! But she's back in Minnesota with a degree in communications. And cum laude with a doctorate in chiropractic from Northwestern Health Sciences University. She began her fitness career with the Sweat Shop in Minneapolis. Is the Sweat Shop still??

Z: There is a Sweat Shop still over on Snelling Avenue in St. Paul.

D: Man, that was the greatest. That thing had so much energy.

Z: It was hot.

D: And later became a personal fitness trainer and performer in Kathy Smith's first video in *Body Basics*. Committed to self-expression _____ Dr. Xanders studied and assisted in transformational programs led by Landmark Education; created her own woman's leadership training called "The Princesses" based on the work of Harriet Ruben. She studied with the greats in nutrition, diet and hormones. Once a Weight Watchers lecturer, she expanded her work as she studied the work of Dr. John Lee, the father of natural progesterone and author of the book *What Your Doctor May Not Tell You About Menopause*. She now specializes in metabolism and hormone balancing, along with gut health ... gut being the lining of your whole body ... we talked about it, we're going to review it again. And a certified referral practitioner from Dr. Diana Schwarzbein, who is probably the eminent endocrinologist in the world... she lives in Santa Barbara... and the author of *The Schwarzbein Principle*. And I know that Dr. Xanders has studied with her numerous times out in Santa Barbara. Not a bad place to go to study, I guess.

Z: Beautiful.

D: Dr. Xanders is a former radio personality ... that's why you can tell ... she probably sounds better than me ... and FM 107's Real Life Conversation ... that was the 107 format, I guess? Costarred in her own talk show called "The Kitchen Charismatics". And you now find her, of course, on Saturday mornings on AM 950 Air America at 11:00 and she is the co-star of our new evolutionary health style program "The Big Brain Radio Show." Anything else you want to add?

Z: No, sounds good.

D: That's pretty good. So now how do we get ... you know I've also got other information about you ...

Z: My press secretary got my file out to you I see.

D: Got it out to me. So I know that you're actually a Minnesotan from origin. You grew up in a little town called Mound.

Z: I'm a Minnesota girl and I went to Mound Westonka High School.

D: And you were the all-American girl.

Z: Well, sorta, kinda. But I was voted most likely to succeed in my class.

D: So that's a little burden right there, huh?

Z: So here I am. Successful and all.

D: And then you went off to Gustavus, I think? Right?

Z: Yeah, I spent my first year in college at Gustavus and I was a theater/dance person and found myself meeting a big brain who jettisoned me to UCLA.

D: So, Dr. Z is an artist at heart.

Z: I have an arts humanities background, yes.

D: So tell us more about the big brain that directed you to UCLA. Because that's a big movement. I mean today we all kind of travel a lot more, but this going back in time when it was not as easy for someone to leave their hometown, especially when you came from a small town. So it was a big move. UCLA is like 45,000 people?

Z: Um hmm. I think 60 actually.

D: In the middle of Los Angeles, which is ...

Z: Um hmm. Westwood.

D: ...kind of an interesting place...

Z: Near Beverly Hills. Well, you know, I was a theater/dance person and coming from a smaller school and going to Gustavus, I just wanted to do everything. So I was up to and into everything in the arts department and the dance instructor, Beth Seiffert, pulled me aside and said "You know, I

really think you could use a bigger format.” She said bigger exposure. “I would suggest New York or LA.”

D: Wow.

Z: Yeah and she looked at me and said, “You know, I think you’re more of a California girl.” So one thing led to another and I applied and I was accepted into the dance program at UCLA. And within six months I was gone.

D: Reminds me when my daughter was looking at schools, her school that she went to was private school in Minnesota and he told her to go out East. I said, “Go out west.”

Z: Go west young woman, go west.

D: And she now is thoroughly entranced in San Francisco.

Z: Yeah, so California holds good things for Minnesota girls, I think.

D: So out there I think you met Kathy Smith, right?

Z: Right, Kathy and I were in the dance program together and she was just starting to get hot. It was during the early aerobic years with Jane Fonda. That’s when Jane just started with her videos. And Kathy actually left the dance program to start her fitness and aerobic career. And I eventually left the dance program to work in communications. So hence the communications degree.

D: I remember the story ... my daughter and I were going to New York ... I take my daughters on trips and we went to New York City and we had to go to the Plaza, of course.

Z: Of course.

D: What was that little girl ...

Z: Eloise.

D: Eloise... and they had her picture hanging out... they don't any more... but I turned on the TV there and there was the Kathy Smith video. And for you that don't know, that was a big leader in the aerobics movement. And there in the background was Dr. Zena Xanders dance.

Z: That's right. And Kathy and I didn't hook up again until I had come back to the Twin Cities and I was working managing the Sweat Shop in Minneapolis and she did auditions for her first video – Body Basics – and I made that audition and was one of the back-up stars for that video.

D: So, is Kathy a big brain?

Z: Oh, definitely Kathy's a big brain. That's a whole other story. We should probably have her on some time.

D: That would be a good idea. Write that down.

Z: Yeah, I got it. Check.

D: So you then you were living in Venice Beach, I think. That's pretty cool.

Z: Yeah, we lived ... my husband and I ... my former husband and I lived right off Venice Beach ... right off the weight pit. And that was an experience all of it's own. It was fantastic. That was in the early days when it was just this really crude earthy place with the big barbells. Now it's like Disneyland down there, Venice Beach, the weight training. But this was like, you know people like Arnold would still come by every now and then. You know.

D: I know it well and I hitchhiked out there when I was in college and I actually stayed out there for a month. It was right next to that spot.

Z: So you know. It was a great experience.

D: So then you were gone to Seattle.

Z: I was recruited off campus to work for Proctor & Gamble in sales and we left for Seattle where I spent one of the most miserable years of my entire life, crying...

D: Because it rained so much? Because it's raining, is that it?

Z: Crying in the rain. Well, it was not what I thought it was going to be. Corporate America ... I was schlepping in and out of grocery stores. I represented Duncan Hines and Pringles and Jiff peanut butter and the shopping center world. It wasn't exactly for me.

D: That's a common theme we've had with our big brains. It's they enter into something and it's ... it's part of their destiny. You know they go into the sort of organized business world and they see that they're not a fit. They get plenty of training, it does something very special for them because they learn things that they wouldn't have normally learned, but they make the decision, through their big brain and the big brains they associated with, to move in a different direction.

Z: So I cried my way home and then my destiny continued because out of my work with the Sweat Shop, I met one of my big brain destinies people, and that was you.

D: Wow, that's kind of cool.

Z: Now we're talking 1985.

D: I remember ...

Z: 20 years ago.

D: ...she came in for heal pain, she'd been to a bunch of different doctors and I said this is what's causing it and the first treatment it was better and she got off the table and she said, "What?" And then she told me that she had a communications degree and that she was looking for a job, so I hired her to be a PR person for me.

Z: I was the Public Relations Chiropractic Assistant. And we did some good work together back then ... 20 years ago.

D: We did. And then I tried to push you into going to chiropractic school and then there's a little rebel that came out.

Z: Yes, I said you're nuts. I've already been in four years of school, I'm not going back for 8. You've got to be crazy. Or 6. And I left. Created my own destiny as a personal fitness trainer.

D: We want to hear what happens and how did that turn around because

...

Z: Well, the rest of the story ends up in China, so that's very interesting.

D: Yeah. I think we're about ready for a little interlude here. But if not, I'll continue saying that things changed for Dr. Xanders. Hey Tina, take us out.

(music)

(commercials)

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D: Well welcome back. We're roaring into the afternoon on a Saturday morning. Isn't it interesting, you know, if it's 12:00 noon on a regular day we feel like we're behind, but when it gets to noon on a Saturday you feel like you've got your whole day ahead of you ...

Z: That's right... just getting started.

D: ...so we're creating a day for you.

Z: That's right.

D: So thanks for being here and listening to us. Now you've probably wondered where are we going with this? Well there's something that I've got to tell you. You heard that big brain teller that she was too big of a presence for Gustavus, where I actually happened to graduate from ... I thought I was fine there... And that she had to go to Los Angeles or New York. Now that gives you an idea about Dr. Xanders. You know you hear her voice and you wonder what she looks like... well she looks like her voice. She has this energy and space when she comes into the room... it's a presence. So we're getting to where that comes from, because we really want to know where does it come? Is it just natural? Does it get expanded? And who helps contribute to that? We all have our moments when we

wonder who we are and what we're doing, et cetera. So we were talking ... I tried to get her to go to chiropractic school, she walked out and was mad at me and I didn't talk to her for a while. And you know employees. Anyway ...

Z: He was a little bit pushy, okay? He has a way with his presence.

D: Yeah, I'm kind of intentional.

Z: Kind of persistent, like you can't stand it anymore.

D: Anyway, you went looking for B52s in China with your mom, is that it?

Z: Well, my mom was an adventurer and she thought that her she-she daughter, who liked to stay in hotels and didn't like camping, should go to a third world country ... which to this day I still threw up eating chicken feet and I don't even know what we did ... but there was a tour to find downed B52 bombers from World War II and I was invited on the expedition. So I went with my mom ... that's how I ended up in China in 1990 ... and it was there, standing in a river taking a bath with two interpreters my age – two Chinese interpreters ... I get a little choked up talking about it... but, you know in China, they have no choice ... It was right at Tiananmen Square actually too, so it was kind of a potent time. But those two boys, their destiny had been decided for them by the government. And I just thought that was so unfair.

D: And so what happened?

Z: Well anyway, I realized I was just being schmuck and I should quit rebelling and go back to school for six years. You know I hesitated because I was a humanities arts person. I needed two years of pre-med and then chiropractic school is the same as a medical degree ... it's a four year degree. So I had a long journey ahead of me. Anyway, I got out of the river, shook off my feet and decided to quit being a chump and I came back and I got into school and I graduated at 32 to become a chiropractor, but it was my destiny and it's wonderful. It was the perfect thing for me.

D: We all have those points in our lives. So you accepted your destiny and moved in that direction ...

Z: So thank you for being a piece of that persistent destiny.

D: Well, what I always said was in six years you're just going to be six years older so you might as well be doing something in the meantime ...

Z: That's right.

D: ... that makes a difference. And a lot of time we use up time ... because time and space really are not there, we just use them as our guideline ... we're in this limited ... limited body, so we are here to produce results and express gratitude and love and that definitely is what Dr. Xanders is. So you went back to school and anything you want to tell us about your school life, that you can talk on the radio about?

Z: Ah, you know I think the point for me is that I ... I continued to meet big brains along the way and I always knew ... you know my destiny ... when I graduated as a chiropractor, I went into a very successful situation. I went into high volume big practices ... one of them being yours ... and had ... probably had the experience most chiropractors have in 10 years in about one or two years. And it was shortly ...

D: Well, one week.

Z: Yeah, right. You know it's intensified when you see that many human beings. You know I got a lot of experience right out of the gate and then some personal tragedy ... my mom was diagnosed with breast cancer. So that really changed the game for me.

D: Your mom has ... we have a compelling story ... compelling stories seem to be really... I think it just hits everybody's heart and moves them. So we should get to that in a minute. But, anything you want to say before that.

Z: No, because it's really what happened out of my experience with my mom that led me to my current situation. So...

D: I think you said your father gave you some ... first tell about what happened ... why don't you tell it ... it's your story.

Z: Ah. Well let's see. My mom was diagnosed with breast cancer and then I was pregnant with my daughter Lily. I was five months pregnant and my mom died on my birthday – my 34th birthday – when she had never seen her first ...

D: She died on your birthday?

Z: On my birthday ... coming up here ... September 26th is the 10th anniversary of my mom's death. So that was a very stressful time for me. And subsequently, after I had Lily and the ending of my first marriage, then I was pretty stressed out and I found myself in what's called postpartum depression where you're missing progesterone. It was my own hormone journey and then finding out that my mom had actually been prescribed a hormone drug called PremPro that led to, what I believe, was her breast cancer. We now know PremPro increases the chance of breast cancer by 26%. So between my mom's situation and mine, I made a commitment to find a natural way to help women heal their hormones. That was about 1998.

D: Didn't you tell me you had her records and it took you a while just to even read them... look at them?

Z: Well, after she died my dad handed me three huge files and said, "Here, these were your mom's. I think you should have them." They were her medical records since 1960 ... before I was born. And I put them on a shelf and I thought I can't look at this now. So few years later I finally took them out and I went through all of her history and saw this hormonal breakdown. It started about my age now ... 44 ... and kind of the demise of her health and the hormone imbalance and then the drug remedy that was not a remedy and led to her cancer ... I do believe. She died within 18 months of the final diagnosis ... of cancer. So it was very sad.

D: You know I had a chance to meet your mother because she was a patient for a while, and she was coming in just after she was so-called recovered from her first set of ...

Z: Right.

D: ... treatments and she was a very interesting person because she was a business woman – a very aggressive business woman – and associated with

some very successful people, which you know is certainly not that uncommon even then ... but she certainly had that ... that ... She was, like you said, she was just an old farm girl. She was very beautiful ...

Z: And don't forget she was the Dairy Princess. So she was a beautiful, strong ... she was the Martha Stewart before there was a Martha Stewart.

D: She was a Martha Stewart, yes.

Z: She could do anything ... my mom. And my mom and I belonged to a special club that my daughter also belongs to and it's called The First Born Daughters Club. And for any of you who are first-born daughters, you know what I'm talking about.

D: I didn't know there was an official club.

Z: There is and it's fraught with a bit of tension because everybody is very independent, but my mom and I had a lot of respect for each other and ... she changed my life.

D: Wow. I think ... let's just listen to Tina and we'll be back and hear more about this big brain story.

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D: Hey, welcome back to the Big Brain Radio Show. I don't know if you've noticed, but we let the music go a little longer going out and a little longer going in because we think the music and the vibrations ... because the universe is really nothing but waves ... brain waves to radio waves ... and so we really want to set the mood. So, enjoy the music because we really do and it really helps us kind of get like pumped up to be with you ... everyone out there that we're with and everyone we're going to be with. So we've been talking to Dr. Z, our big brain of the week, and she's been telling a very compelling story of how she moved to the point where her mother tragically passed away from cancer and she had her ... realized there was a hormone problem. Her records indicated, I think, maybe some of the

medication she had been taking all of her life had contributed it to it and the evidence certainly shows that the medical ... What do you call them?

Z: Reviews.

D: Reviews ... there you go. And, so she's taking a certain direction. She knew that she was a chiropractor interested in the nerve system and health and natural healing and removing the interference ... having the body heal itself. That she was attracted to children and women and went through several stages of her development. And then I think you told me you read a certain book ... a big brain moment you told me about.

Z: I was helping women with natural progesterone cream, which is a bio-identical situation where the body recognizes it as exactly identical to our own. And the book by Suzanne Somers came out called *The Sexy Years*. So I gobbled up that book and was reading it, and it was so right-on and I could so appreciate what Suzanne was going through because my mom had been through that. Suzanne had been diagnosed with breast cancer as well, but she decided to treat it with natural bio-identical hormone therapy instead of traditional radiation and chemotherapy and her endocrinologist's name was Dr. Schwarzbein. There's a whole chapter in her book about her experience with Dr. Schwarzbein and I read that chapter and I said, "That is it. This woman knows what's going on." And one thing led to another and I ended up out in Santa Barbara four times training with Dr. Schwarzbein. I'm now a certified Schwarzbein practitioner with her training in endocrinology, which is a hormone ... she's a hormone doctor ... and I learned how all these hormones interact and how I could REALLY help people and that's when things really started taking off.

D: You know, I think that's a big moment for a lot of big brains when they've been working at certain things and come together and they run into somebody that kind of puts it together for them.

Z: Right.

D: And especially as chiropractors. Sometimes you know we start getting interested in things ... hormones and that ... and then when you have somebody from the medical profession that actually sees it the way we see it and takes that approach, it's very, very profound and you'll find most of your greatest healers have done that.

Z: Well, one of the most interesting things was I went to my first seminar in Santa Barbara and I thought I was going to learn about sex hormones, because I was helping women with progesterone and estrogen. And I sat down and Dr. Schwarzbein said, “We won’t be covering the sex hormones this weekend. We’ll be covering the metabolic hormones.” And my mouth dropped open and I thought what are we doing? And I did not realize ... I had been so narrow-minded looking at just the minor hormones, which are the sex hormones ... If you’re major hormones, which are your metabolic hormones ... your food ... your stress hormones ... If they’re out of balance, playing with the sex hormones is just a little bandage. It’s not going solve it.

D: Can you name a few of those hormones?

Z: Yeah, let me tell people the difference because I didn’t know this and I was a doctor. But I just hadn’t looked in this direction ...

D: That’s why I thought they might like to just hear a few of these ...

Z: Some people maybe more knowledgeable than I was a little while ago. Anyway, really in a nutshell we’re talking about your metabolism and your metabolism means how much you are building and how much you’re using. And to be in balance, your building and your using have to be balanced. What mostly is happening is we’re using too much, which is the hormone cortisol and adrenaline, or we’re building too much or not enough, and that’s the hormone insulin. So now people really are aware of insulin, cortisol and adrenaline, and they really affect your well-being because they affect a hormone in your brain called serotonin. And if you’re in a low serotonin state you don’t feel well and your life doesn’t work well. So I learned this whole metabolic healing piece, added it to the sex hormone piece and people are having amazing results and regaining their vitality in health and life. And not just fixing a problem, or treating a problem, but actually healing and regenerating their bodies.

D: You read ... at least I read today, inflammation is really the cause of most of our ... sort of our ongoing conditions that people have. And then they get exacerbated at certain part of our body and then they give it an “itis” or a definition or a diagnosis, but it’s this general inflammation that we have in our gut – and our gut goes from the mouth to the back end, right? And a

lot of people don't know ... and I know we've said it before on this show that serotonin is really produced in the gut. Is that correct?

Z: Well, yeah, that little misconception ... 95% of the serotonin made in your body is made in your gut. Now, it has a different action there and it's not the same as the serotonin in your brain. The serotonin in your brain is equally, or more important, because it makes you feel well. It's called a neurotransmitter in your brain. But, serotonin in your stomach is what clears you out. It's like okay we're moving. It's peristalsis. Okay. That's what it will do.

D: I remember listening to a lecture by Dr. Aman who was the world's expert on the brain scan. He has a book called *Change Your Brain, Change Your Life...* and he told me how they took the omentum(?), which is all that facial lining ...

Z: We used to call it an apron. It's like the apron over your guts.

D: Yeah, they took this out of a live human being. They spread it out and this is where all the neurotransmitters are made is in this omentum of your gut. And they put this ... took and set it on a person's brain that had Alzheimer's and the guy improved 80% just by being able to connect it. So what was missing is the connection. And this is where chiropractic ... what we do come in because chiropractic basic principle is there is an interference to the neurological function ... that the brain can take care of anything ... the innate capacity of the body can heal anything given a chance to a reasonable extent once you remove the interference. And so this really starts fitting in when you start looking at this more global approach, or sort of holistic approach ... a true holistic approach.

Z: For perspective ... I want to tell people something. We were misled ... not even maliciously ... I'm not implying that, maybe I don't know, but 25 years ago we were introduced to this idea that we're supposed to eat a lot of carbs. So we, as a culture, started eating a lot of green products. And what happened was we got fat because carbs is how you fatten up cattle before the slaughter. And what happened is we threw our hormones out of balance. When you eat a lot of carbs, you create a lot of insulin. The number one reason we're having a lot of chronic diseases ... cancer, things like that ... is we are in a high insulin state ... an inflamed state ... a lot of the time because we're eating out of balance where we have too much carbs,

creating too much insulin. Then the pendulum swung the other way with the Atkins-like diets here in the last 10-15 years. Now, okay, now everybody is eating all protein and no carbs. Equally dangers, because now you're throwing your body out of balance the other way with a hormone called glucagons. Okay now you're wasting away your muscle, your lean tissue that you need for your body. So the key for the Schwarzbein Principle is what's called four squared eating and eating in a way that keeps you hormonally balanced with the protein, carbs, insulin, cortisol situation.

D: Really. So when you try and treat something without a healthy metabolism you may get a change ... you may even get improvement of symptoms ... but most people will notice they never get the recovery that they really want.

Z: Ah, this is a very good point because this is why diets don't work. You know people say "Oh, I feel so much better. I feel light. I feel kind of high" you know when you're just eating protein and no carbs. That is because you're using up your hormones and neurotransmitters. Your body is actually eating itself and eating your biochemicals and you get kind of this high feeling. It's adrenaline. It's cortisol. You are basically high on your own biochemicals but the problem is that will not last for long. You'll use up all your biochemicals ... you'll crash ... now you've hurt your metabolism and now when you just go back to eating a normal way, you're going to gain weight because your body thinks you've been in a famine and it's going to restore what you lost, plus more.

D: Another classic thing is people learn to exercise so it kind of off-sets and they can eat whatever they want. And all of sudden they find out no matter what they eat and how much they exercise they can't lose weight because their metabolism and the connection between the brain and the gut ... which is why some people call the gut the second brain ... and the brain itself have lost their connection. And that's when your brain starts losing some of its function ... your energy, your vitality, your lifestyle ... your lifefulness, I guess.

Z: Cardio exercise is the drug of choice for some people. Cardio exercise, again, uses up your neurotransmitters. It makes you high. It creates endorphins... but at a cost. If you're not well enough to do it, or if you're over 35, when you do cardio exercise you're using yourself up faster than you can rebuild. At a certain point you don't have enough growth

hormone available, you don't have enough testosterone available. Now you're just making yourself high and hurting your metabolism. That's why people say to me all the time "I don't know what happened. I eat the same way I always used to eat and I exercise a lot and I can't lose any weight or I'm gaining weight and I'm doing an hour of aerobics a day."

D: And folks, this is a former high-intensity aerobics instructor, okay?

Z: That's right. I've been there. But I was younger than 35 when I did that. So this is out of my own experience too... I've found this. So the thing you want to do after 35 is a lot of weight training to build lean body mass and yoga-type – pilates, strengthening ...

D: But even those things do not work as well, because your joints count on this hormonal balance and metabolism and your tendons and ligaments aren't strong. There's a thing in your body called "tone" ... totally controlled by your involuntary nervous system from the brain and brainstem. And when you don't have tone, it's like a violin being in tune and you go to play it, it can sound pretty bad. So people have these problems saying I'm doing my yoga, I'm doing this ... so they come into see me and they're more flexible than I am, but they're misaligned, they're in pain, they have headaches. So there isn't like a one way to answer this. You have to have this total approach for your healthy metabolism and a healthy brain.

Z: If the health of metabolism is Schwarzbein 101, then your gut health is Schwarzbein 102. And I will tell people a lot of the reason people are having achy joints and sore muscles, and why they are swollen and bloated all the time and holding water is because they are eating foods that they are allergic to. The most common foods we're allergic to are dairy, wheat, egg and soy. And our culture eats a lot of wheat and a lot of dairy and a lot of eggs. So one of the things we do to heal your gut and take away food allergies, help you with the leaky gut syndrome, which causes the achy joints and the bloating, is we put you on a restricted gluten, dairy-free diet. I have seen people's health turn around within a few weeks of taking out this food.

D: I need to add, because you'll hear plenty of people say you know I went off this and that. You can't just do one thing... go off the gluten ... without taking in the full picture. And that's why ... what Dr. ... Here I'm supposed to be interviewing you ...

Z: Yeah, what happened to that anyway?

D: Yeah, you get me going here. So anyway, you need the whole picture. It's just like when a person comes in to see me ... and I've been doing acupuncture for 33 years ... I do an acupuncture, it didn't help, and I check them ... their body wasn't healthy enough to have acupuncture at that level that they were supposed to. So then I start treating their nervous system ... getting their brain working better ... work with nutrition ... then I do the acupuncture and walla! You have the miracle of healing, which is what the body does. You know you have this checklist called "Do you have a damaged metabolism." You should put this on our website for them.

Z: Okay.

D: You know because I'm sure a lot of people of people say well, they want to know. I don't think we have time to read the whole thing.

Z: Well, and that brings up a good point I just want to announce right now. I do offer classes. So, I have a class starting next Wednesday ... this Wednesday, September 21st from 10 to noon for five consecutive Wednesdays. If you want to know more about that, you should email me at drzena@keepthezestforlife.com and I can get you some information about the class or future classes. And I do ... also do individual consultations about all of this.

D: You know I got that email of that story you shared about the Schwarzbein ... lady who did the Schwarzbein protocol ...

Z: Um hmm.

D: We don't have time to review that, but that should be available either on your website or ours.

Z: Yep, and anybody that requests it, I have several things to send you. I'll just ...

D: It's a true miracle. So let's kind of summarize. We have a young girl from Mound moving all the way going out to UCLA, coming back here, meeting her big brains and making her big brain decisions. And one of the

things that we really ... with the big brain we feel our destiny is actually created. I know a lot of people think that's weird, but the physical laws of the universe is we're always in line with what are intentions are. And your mind dictates your destiny and your dominant thoughts determine who you are and what you do. So, there's nothing but love out there and we learn to express it appropriately in our gratitude, and express our metaphysical ideas and really have gratitude for the people who have contributed to us. So one of the things I always tell people is think of the big brains in your life. And think about who you might want to call them up and thank them. Or just pay attention to the big brains you're going to meet in the future, or who you're a big brain to. And it's always a thought or an idea... it's metaphysical. You do the physical work but it's manifested in life itself, because life is a metaphysical phenomenon. Life is service, gratitude and love. And I think you can notice that that's true with every one of the big brains we have.

Z: May I tell you why Tina Turner's a big brain for me?

D: Yeah.

Z: Tina Turner ... first of all, she's gorgeous. She's almost 65 years old. Obviously she's taking great care of her health. She's been through tremendous adversity in her life and risen again like a phoenix. She did what my mom always told me. She took lemons and she made lemonade. I think Tina Turner is hot. I want to be Tina Turner some day, in my own way.

D: When we come back ... Thank you. That was Dr. Z. Here's a little more of Tina. When we come back, we're going to talk about stuff that works and finish up a little bit with Dr. Z.

Z: The health style makeover.

D: And her health style makeover.

Z: This AM 950 Air America Minnesota.

(music)

(commercials)

(music)

D: Well we're here to give you friendly advice. We were just kind of dancing here. Everybody in the studio is dancing. I got a call from three people that said they're dancing at home.

Z: How can you not dance when you hear Tina?

D: We have to dance, it's Saturday morning. Reminds me of college, you know, when you get up, get ready to kind of have the weekend. So ... but we're not in college anymore, but just sort of reminds of that. So let me just say we've been talking to Dr. Z, one of the greatest health practitioners in Minnesota ... maybe United States, we don't know. And she's certainly going to aim for it. And she has shared her big brain moments with us and so now you know a little bit about Dr. Z, who you're going to be hearing every week ... or just about every week ... on the Big Brain Radio Show. And she really epitomizes someone who followed her destiny. We always feel a big brain leaves an immortal effect. And the immortal effect is a legacy, because you're leaving it for your children, you're leaving it for the people behind you. There's nothing we can do about the past and the future exists in the moment, by what we do now. And so, that's really what we're focusing on. So, I hope we can make a difference in your life and we love hearing from you on our email site. What is that Dr. Z?

Z: Yes at info ... if you want to talk to us, info@bigbrainradioshow.com.

D: One of the things we wanted to start doing is if people want to email us questions ... we're only an hour show, so we don't really think we have time for the phone thing, but we would like to have people email us questions and we will take those questions ... maybe even call you then ... and use those questions that will optimize the most ... the optimal number of forward action days for everybody.

Z: info@bigbrainradioshow.com

D: You got it. So now, this is what's called "Stuff that Works."

Z: What's some stuff that works in the last five minutes?

D: Well, obviously stuff that works is what you were talking about: The Schwarzbain diet, the four square, healing your metabolism. Because it makes everything that people want to do better. People want to exercise, but when you can exercise for enjoyment, rather than trying to lose weight, it takes on a whole different persona.

Z: That's right.

D: I always tell patients, when you don't have neck pain and you don't have back pain you don't have a neck and you don't a back. And then the brain is free to actually experience life itself. It's perceived outside of us. You get to enjoy life! So, these type of diets that really heal everything from the inside out, make a huge difference in anything that people do with your children and your ability to be with people. So that is definitely something that works. One of the things that we wanted to share ... and I found this article ... because this week with the disaster going down in Louisiana, a lot of medical records were lost and so I had this ... you know, I kind of tear things out of magazines and newspapers and that, and there was about ... just wearing a simple thing like a medic bracelet, I think it's called ...

Z: Right. Those little bracelets that say you have diabetes or you need insulin or something.

D: You can save your life ... and more people... and what it said was more people should be wearing them because if you have a certain congenital heart problem, if you have scoliosis, if you've been in ... anything that you want people to know immediately ...

Z: Right.

D: Like medication you're taking ... can save your life. And everybody wants to have forward action days. You got to be alive to have those folks.

Z: And don't they have some real nice fashionable bracelets? Not those goofy little things like a dog tag that they used to have?

D: Just the kind that you and I would want to wear, probably. They have them at Tiffany's.

Z: Tiffany's. I will take a Tiffany medical bracelet, please.

D: Well, I don't know that, but they have them ... or you can have one made if you want. There's various ... a lot of creative artists in the metropolitan area I'm sure would be happy to do that. But stop to think about ... at least as a parent, what would your child need? You may have children who have certain allergies, etc. And you're not always going to be there to protect and take care of them. And even though I know the big thing is electronic records ... and listen, I know all about records ... they're not always there when you want them.

Z: Okay good.

D: So... The last thing I want to talk about is that book *Blink* that's just been out. Okay? What's called ... Malcolm... Boy, what was his name? Anyway, *Blink* is this book that talks about our ability to make decisions. And we all make decisions by placing sort of a template of our experiences on what's happening and then we make these instantaneous decisions. A lot of people don't know that the jet planes going into Iraq ... I hate ... where they drop these bombs ... they have a computerized picture of what the area looks like and when the template looks like the place they're at, that's where they drop the bomb. That's why there are some mistakes, of course. And what he found ... it's a very interesting book, but basically he found our ability to make decisions are determined by two things ...

Z: It's affected by two things.

D: Affected...

Z: Affected adversely by two things.

D: Excellent.

Z: What are those two things?

D: The fact ... if our heart rate is up too high, our brain completely goes goggle.

Z: If we're in an emergency moment.

D: Yeah. It could be you're in love and you say the wrong thing because your heart rate is way up ...

Z: You're in an adrenaline ... high adrenaline state.

D: The example he uses during this whole thing is when policemen are chasing somebody. You'll notice when there's someone ... and this is nothing about police because I've talked to policemen about it ... but when somebody gets shot, there's always been a chase. And at the end of the chase, people... even though they've been trained to do different, they do the wrong thing. And the other thing is having enough time to make a decision. When things happen too quickly, you cannot make the right decision...

Z: Otherwise, otherwise we know what's best for us in a blink of an eye, if we're not be adversely affected by those two things.

D: Right. And the reason I bring that up is the big brain does know what to do. Our innate... our ability to...

Z: Our intuition.

D: ...perceive... our intuition, even our counter-intu... What's that called?

Z: Counter-intuitive way... thoughts

D: Counter-intuitive way... are very important. But we need a chance to kind of put them on a template to see what works.

Z: Thanks for those updates on things that work Dr. D.

D: Oh, I could... we could go on forever.

Z: Yeah, we'll have to have a whole show of things that work.

D: Stuff that works.

Z: Stuff that works.

D: Stuff that works.

Z: And finally, what is it we're going to talk about? We want to finish up by inviting anybody else ...

D: This is another thing of stuff that works.

Z: We are offering a health style makeover. It's like reality radio. And it's going to start in the next couple of weeks, so anyone out there that wants to inquire into ... and I have a health style makeover that includes pharmaceutical grade supplements, chiropractic adjustments, brain neurology treatments, a four square eating plan, Dr. D and Dr. Z's individual attention. You need to email us now ... this week ... at info@bigbrainradioshow.com. Tell us your name, your email address, why you want to be in the health style makeover. We're sending out the forms this week to qualify. People who have already contacted us, I got you. You can shout out and say hi if you like, but if there's anyone else that wants to qualify for the health style makeover, this is it. The ship leaves next week.

D: You know another thing we're going to be giving is exercises that make a difference but don't take much time. Everybody's got this definition of exercise. We talked about aerobics. We have simple exercises that will improve the function of your brain in specific areas after we test you. We have... we have an aerobic exercise and in four minutes can meet your need for most people once you have a healthy metabolism. Everything is about accelerated healing. Accelerated healing doesn't mean to skip the right things to do ...

Z: No short cuts.

D: No short cuts, but it moves it along at the pace that the body can work the best. And everybody is into accelerated healing and we have a lot of accelerated healing secrets.

Z: And the health style makeover will go from the beginning of October, probably through the holiday time. So you're going to get 8-10 weeks of a healthy, new chance on life.

D: And you know what? You won't have any problem eating, you won't be ...

Z: Nobody goes hungry on the Schwarzbein food program.

D: It will be great ... It will be a good experience because your discipline won't be challenged. It will just be reinforced.

Z: It is a commitment though, so we want you to know that. We're going to need to see you a couple times a week. You're going to need to keep a food journal. You're going to need to be coachable, so that you will try the recommendations we're making with your health style.

D: So we have a couple of thoughts before we ... we want to say ... we want to thank the people that helped us out. So, Marty ...

Z: Yes ... Thank you for Marty running the board. Thank you to Diana in Production.

D: And Marty... What's Marty's last name? Does he have a last name?

Z: Something real exotic.

D: No, no ... it's Hansen... with an "e".

Z: Ends with an "e"... that's right. And Dr. D, I want to thank you for being one of the big brains in my life.

D: Well thank you.

Z: It's been great.

D: It's fun.

Z: Yeah, so make sure this week to thank the big brains in your life.

D: The ones you're going to know, the ones you knew and the ones that make a difference in your own life.

Z: That's right. Have a great week. We are the Big Brain Radio Show.

D: Have a big brain week.

Z: This is AM 950 Air America Minnesota.

(music)

(end of tap)