

Big Brain Radio Show
9/24/05

Z: ... humanity, so we're going to get to hear about that in the next hour.

D: My mom likes me.

Z: Well, I don't know... I mean you're kind of taking that for granted. I've talked to her a couple times ... (laughter)... Of course your mom likes you. So, what are we going to be covering today besides you? Anything else we're going to be talking about in the Big Brain Radio Show?

D: Well we're going to talk about future shows. We have some really good things coming up. We're going to be doing a John Denver special on the week of the 14th. John Denver was a very a good friend of mine, which we'll probably talk about today a little bit. And he died on October 12th so we thought the 14th would work. We're going to have his songs. You know the thing I always get about John is I'll mention his name and I'm always surprised ... and I'm telling you people you would never expect ... they look like hard-rock hipsters and all that stuff and they say you know John Denver saved my life. John Denver saved my marriage. John Denver saved my focus. That he was a unique individual. And that's what we're talking about ... big brains. Of course, John was one of the big brains in my life.

Z: So that will be Saturday, October 15th. And of course you've noted that our new show time is 11:00 in the morning so we give you a chance to get up and around the house. The other thing that we're going to be doing at the end of the show today is we're going to be going over our health style makeover, one more time, in detail. And this is the last week to get your applications into us. We're going to announce the winners of health style makeover next Saturday. So listen up ... and you can always reach us at info@bigbrainradio.com.

D: And here's our music.

Z: And who is this today? These are your selections.

D: I think this is Bonnie Tyler ... I hope.

Z: Bonnie Tyler. And this is the Big Brain Radio Show Minnesota AM 950 Air America.

(music)

(commercials)

(music)

D: Here we are ... going through the motions. We had a little rough motion starting out the show, but that's what life's about... making the big recovery.

Z: Who was that artist, going through the motions?

D: That's Bonnie Tyler too.

Z: Okay, now you have to tell us before I launch into this incredible bio. What is it about Bonnie Tyler that you chose her for some music this morning?

D: Well, she's a woman ... I think we haven't played enough women ... and I like her.

Z: (laughter) Hey... good enough for me then. You're about to hear an amazing interview with the Big Brain, Dr. David Stussy. I would like to familiarize you with him. He is a master chiropractor healer, teacher and philosopher... and I can vouch for that. He graduated *Suma Cum Laude* – he's also quite bright – from Northwestern College of Chiropractic in '72. So he's actually very old! No! I'm kidding! That didn't look very good. (laughter)

D: Today I feel ...

Z: Do you feel a little old? Ahhh, he's been practicing for 33 years. Hey... you've got a history and a wisdom ... we gotta take credit for that. He has post-graduate studies and certified in three different protocols of spinal trauma... two scoliosis protocols ... and he was one of the first doctors licensed to practice acupuncture in Minnesota. Are you still doing that?

D: Oh, you betcha.

Z: Acupuncture ... that's right. And he's a candidate for a diplomat status in neurology. All right? He's been working a lot on brain health. In the late '70s, Dr. Stussy was associated with the Windstar Foundation, through his friend, the late John Denver. The Windstar Foundation was committed to ecology and a world that works for everyone. He did something interesting and he took a three-year sabbatical and with a group of friends – this was back in the '70s – from various backgrounds created a company called Human Endeavors. And its work was based on the physical and metaphysical principals, which sounds like this show, of the great late Buckminster Fuller. Dr. Stussy is one of three people that started the Warner Erhardt S Training here in Minneapolis/St. Paul, in the basement of his clinic in 1982. And many people now here in the Twin Cities know this as Landmark Education. Recently he created the organization Big Brain.Org as a vehicle for his future ideas, services and products relative to the potential of the human mind and spirit. And as part of Big Brain.Org he's created and costars in this show, the Big Brain Radio Show. It's a unique concept of health, wellness and lifestyle, which we call ... health style.

D: Evolutionary health style.

Z: And obviously you can here us every day ... or every day ... oh boy, that's a fortuitous thing I just said ... every Saturday...

D: Gotta have a vision.

Z: AM 950 at 11:00. Welcome to the program Dr. David Stussy.

D: Well, I'm glad to be here. Thank you very much.

Z: That's quite an impressive bio you have there. So tell me... how does ... here's what the people don't really know. How does a guy get from a small town boy in the '50s, growing up in Wells, Minnesota... a sports fanatic, becoming a fraternity president, a hippie, a geodesigdome builder, a fuller of Buckminster Fuller, a friend of John Denver, traveling in jets and going to Beverly Hills and potentially was a dentist and ended up being a chiropractor. And now you're a big brain health specialist... not to mention your pivotal moments with the Edgar Casey work and Viet Nam and

Woodstock and ... and now you have one of the largest practices in the United States and here you are on the air. So, how did this happen?

D: Luck I guess.

Z: Luck. Well, you know what they say about luck ... it's where preparation and opportunity meet.

D: Ooo, I love that.

Z: So tell us about your preparation and your opportunities.

D: Well, you know, this is very interesting because one of the things that I think really inspires us is gratitude. And I started thinking about how I was so ... I had so much respect for the people that had actually created the way that I look at the world ... and so I came up with this concept of the big brain. You know I've been studying the brain for about 1,000 hours or the last few years and know a lot about the brain and health ... And I started thinking ... came up with the concept of the big brain, which is our mind ... the expansibility to seek greater and greater depth in life. And I started looking at the big brains in my life. I came up with this concept I called big brains. It isn't that anybody hasn't done something similar to that. But I took a back look at just little incidents in my life. Like there's a guy named John Drug, who eventually was my football coach in college – I mean in high school – and ... but he was a friend of my father's, who was also a basketball coach. And I was sitting in my little desk, in that little ... we had a very little house and living room ... doing math problems ... and it was real sloppy and he came and looked at my math and it was terrible. It wasn't right. And he said to me, "David, you're smarter than that. You should know what to do." And from then on, I was an A+ student in math.

Z: It never occurred to you that you could be smarter than that? Once he planted that seed.

D: There was a guy named Mr. Martin, he was the English teacher. And I think he got me looking at sort of the metaphysical world. He walked up to the front of the class ... and he's one of these guys who probably didn't belong in Wells, you know ... different ... hand long hair, especially ... even though kids had long hair, the teachers didn't. And he went up and wrote on the board "Circus and Bread". We all looked at that and he said,

“That’s what makes the world go ‘round.” I went, “Yeah, I got it.” From then on I understand... we have to be entertained, eat and we have to be taken care of and our life is about ... you know, that’s what drives most people. But what really drives most... the other people ... are some of the things that we learned about academically. So when I was about in 10th grade I got so I could drive... we didn’t have the internet and that stuff, so I drove to the library in Mankato every Wednesday night and I found a book on Burgeon Russell, who was a genius. And I read about him, and even though some of his opinions wouldn’t fit with my grandmothers ... because he was an atheist ...

Z: Yeah, let’s talk about Rena ... let’s not miss Rena today either. Okay.

D: He did... he just changed my way of thinking because he made me look at the world in a bigger way and what was possible. Rena was my grandmother and she was a fundamentalist. But the thing about Rena was ...

Z: Christian.

D: ... Christian Fundamentalist, yes.

Z: Yeah. There’s lots of fundamentalists, but...

D: Anyway, she’d tell me all these stories – history stories – about her father, et cetera, but the big thing is she would tell me all these Bible stories. Of course my favorite was David ...

Z: Yes.

D: And I’d always have her tell me ... she wouldn’t tell me about Bathsheba very much but ...

Z: You save that part of David for later, I think.

D: ... I checked that one out later, yes.

Z: You figured that out later.

D: But it was really the immense feeling of love she had and concern she had for my well-being in the universe that made the difference.

Z: Right.

D: And in college there was a guy named John Wiefeld. This is where I really think the scholar thing sort of kicked in. He was a teacher of sociology and I went to the class. He started talking about this Viet Nam thing. You know this was in the ... '67 about ... and I was having pretty good grades but I really hadn't been getting the straight As I was getting in high school. But when I started his class I started getting all the As again. And he opened my mind to thinking about the world as ... the whole world ... what was going on ... politics ... and how people relate politically, et cetera. And he went on to be the president of Kansas University.

Z: Um. So he was a big brain for sure.

D: He was a big brain...

Z: He had a few things going on.

D: And then after ... the people who made the biggest ... I call the four John's.

Z: Oh yeah. Let's save that though. We want to get back to ... What about Buckminster Fuller? Or Warner Erhardt?

D: Well they came after that really, but Warner Erhardt, of course, and obviously a lot of people don't know about him, but he changed ... all the transformation things that people experience today and all the interaction started with Warner Erhardt doing the S training. And that was introduced to me by friend, John Denver. So we got the John Denver story too.

Z: Hm. And Warner Erhardt had his big brain moment like driving over a bridge in San Francisco or something, right?

D: He saw it all.

Z: He saw it all. So it's like a Eureka moment... his big brain moment.

D: He found it's okay to have an insight but if you don't share it, it doesn't work.

Z: That's right. It's all about sharing.

D: And that's why we're on the radio today.

Z: That's right. Yeah, one powerful thing that I had always heard is that why people are in relationships with each other, whether it's a marriage or a partnership or a friendship is that everybody needs a witness to their life.

D: I hear "The Summer of '69" and that's when I went to Woodstock.

Z: All right. Come back and hear about Woodstock and the four Johns. Dr. D here. AM 950 Air America Minnesota.

(music)

(commercials)

(music)

Z: Welcome back to the Big Brain Radio Show. Who's that?

D: That's John Fogerty.

Z: All right. That's great. I love that song. Well welcome back. We're interviewing today our resident big brain ... not to be confused with a big head ... a big brain, Dr. David Stussy. Tell us about the four Johns and the big brain impact they had in your life.

D: Sounds like a biblical _____ with Rena would like that ... I think.

Z: What was that?

D: The four Johns ... Instead of Matthew, Mark, Luke, John John.

Z: (laughter) You've got your own little Bible going here. Like I said, not big-headed ... big brained. Okay, go ahead.

D: There were some other Johns but there's a story I call the Four Johns. I was in dental school and I didn't like it. I knew I wanted to be in some healing arts ... I kinda had that feeling where I needed to go. Of course I didn't have good enough grades to get into medical school, so I was going to dental school and a friend of mine, by the name of John Munchoff ... the first John. Of course he was a fraternity brother of mine at Gustavus. Played football together, etc. And he told me that he tried dental school ... didn't get in because he had gotten married and his grades didn't stay up ... and he told me about this thing called chiropractic. And I was really in an inspired mood at the time he told me because I had just gotten back from Woodstock. And that was a very inspirational thing because it was totally like nobody planned it. It was just this big love thing ...

Z: Like an organic, serendipitous event.

D: Yeah. And I didn't ... I wasn't even doing any drugs or anything there because it was high ... there was so many people that wouldn't have been the thing to do. It was just the music ... the intensity and love ... with these ... like they had military planes flying over and throwing out roses at us. Because you could tell these soldiers were with us... they weren't ... this was the Viet Name war. So ... I mean the only thing I think people could relate to now probably would be what's going on now. But I came back and I was inspired. And I just listened to him a little bit and I said I'm going to do that. I'm going to go to chiropractic school. And there wasn't really a reason to do it. It wasn't a great decision in those days. But I just knew that's what I wanted to do. The problem was, I was number 25 in the Viet Nam draft. And chiropractic school wasn't deferred ...

Z: And dental school was.

D: Dental school was... but I had an interesting thing happen to me just before I started dental school. I had severed my toes – accidentally – in a skill saw. And I hobbled all over for that first year and nobody knew what to do with those things and they got infected. And so I had to spend the summer sitting around. Someone left a book about Edgar Casey... and in that Edgar Casey book they talked about chiropractic. So then when my friend told me about it, I just put two and two together and saw my destiny. So then I took the severed toes down to the draft ... and I was scared ...

Z: You went for the physical exam?

D: Well yeah, I was still scared. And they didn't even make me 4F, they made me 3S, you know? It was like ...

Z: I don't know what that ...

D: Well I could have still gone if they wanted me to.

Z: Wow. But you got deferred because of your toes.

D: Yeah, there was puss coming out of my toes.

Z: Okay, okay.

D: They were infected. Let's put it that way.

Z: This is a breakfast show, okay. Okay. So that was your first John, John Munchoff.

D: John Munchoff, yes. John is a good friend of mine. We were soul buddies. So we went through chiropractic school together and he ... we were just like ... we were the top students and we did everything together and he got killed on John Denver's motorcycle... In fact, in Rocky Mountain High, he lost a friend ... that's John Munchoff.

Z: Isn't that John Denver ... your second John?

D: Well, there's another John before that ...

Z: Oh.

D: Well, John Denver ... yeah, I knew John Denver by then.

Z: You met John Denver through John Munchoff.

D: No, I met him through his wife, Annie ... Annie's song ... she went to Gustavus and he was with the Chad Mitchell Trio and he came down ... he was infatuated with Annie sitting in the... it's kind a typical love story ... he saw her in the audience and he pursued her.

Z: Wow.

D: And he was just a very interesting person. The thing about John is ... he was a model of magnificence. He was so big ... at first you even thought this can't be real. This is the first time anybody who really had a big vision for themselves and then it was coming true. So it changed my whole way of thinking because he showed you how to live large. And of course, I got to experience all the jet planes and ...

Z: And we'll talk more about John Denver on that memorial show.

D: Yeah, that's right.

Z: Yeah. Good. So who's the next John?

D: Well, the next one is John Allenburg. John Allenburg was the head of the clinic at ... our student clinic at Northwestern ... when I went there. And he was a very interesting man because he had a very successful practice and ... basically he kind of gave it up to keep the clinic going for the school at that time ... this was the '70s ... and so they needed someone who really knew what they were doing. And the thing ... the big brain thing that John made for me was that ... I really got to see that I could be a scholar and what commitment was in life... and how you didn't always have to make the popular decision in order to do what you needed to do. And he continued to do that. In fact he went on to be the president of Northwestern Chiropractic College and he was monumental in having it become Northwestern ...

Z: Health Sciences.

D: University of Health Sciences. Us old graduates have a hard time saying it.

Z: (laughter)

D: But he was a magnificent man. He made a huge difference in many, many doctors. So I already mentioned John Denver and we're going to talk more about him in a couple weeks. The last person is a man named John DeMartini. John DeMartini is going to be on our show, I think, in October ... about the 19th or so. He is a chiropractor who has gone on to ... he lives on a ship called The World.

Z: Um hm.

D: And one of his ...

Z: Billionaires live on that ship, don't they?

D: Yes.

Z: (laughter)

D: And he used to say the world is my home ... you know how you do ...

Z: And the countries are different rooms in it.

D: You work and everybody comes to see it and the countries are different rooms in it. And now he lives on ship called The World. It goes all over the world. He also has a home in ... two homes in Australia. He used to have homes in Trump Tower. And he has his office in the 52nd floor of the Oil Building in Houston, Texas. And he had his chiropractic office on the 52nd floor...

Z: Yeah, I wonder how that building _____ today.

D: He was a visionary ... he's a visionary ... he's probably the closest person I've ever found who is like Buckminster Fuller.

Z: And one thing we'll be talking about in future shows is we're going to have a big brain breakthrough here in Minneapolis in December. So people looking for transformational healing processes, Dr. DeMartini will be leading a seminar here.

D: He's a magnificent man.

Z: And we'll be giving you more details on that. So with Dr. David Stussy our resident big brain, and the four Johns that made a huge a difference in his life, come on back. We're going to here some more about Dr. David's story. It's 950 AM Minnesota Air America.

(music)

(news)

(music)

Z: Welcome back to the Big Brain Radio Show and Dr. David Stussy is our guest today ... sharing with us about the Four Johns that were big brains in your life. Tell us your concept of, you know, what a big brain is ... as people are listening in their own life ... and I think you have some other people you'd like to tell us about in yours.

D: Well, I think the inspiration we get for our visions comes from our ability to have gratitude for those around us and have shared things with us. So the big brain came out of that concept of gratitude. And I already talked about the Four Johns: John Munchoff, John Allenberg, John DeMartini and John Denver. They were big people in my life. There are lots of big brains. And I want people to start taking a look at the big brains in their life. And I know this isn't a unique concept ... but this is something for us to just start doing because gratitude really can just create miracles in your life. Like I said, Bertram Russell showed me a view outside the box. I had a friend by the name of Bill Pritz. He should me how to sell things ... not sell like to make people wrong ... but just how to have fun and be productive. Believe it or not at one time I was a very shy, shy person. And Bill showed me how to not be that way.

Z: Hm.

D: And John Reed, he showed me the inventor mentality. The guy looks like the mad genius, and he is the mad genius. My father ... how to figure out life to the detail and see how it fits. And I had another friend by the name of Lloyd who showed me how to make things ... you didn't have to spend a lot of money to get something to happen. Greg Stanley ... how to save money and ... he'd be a good one to have on the show.

Z: And how to become wealthy.

D: Yes, how to become wealthy.

Z: An abundance mentality.

D: An abundance. And I said Warner Erhardt transformation. My sisters ... for how to treat a girl and how to dance and appropriate etiquette. My Grandma Robins for the Bible. My Grandpa Robins for playing the violin at 70 and painting at 75.

Z: Wow.

D: My Grandpa Stussy for being a very, very successful entrepreneur and how to have people support you in life.

Z: Hm.

D: He's the one who showed me you could have people do a lot of stuff for you.

Z: (laughter)

D: He always had the hired man...

Z: He had the granite quarry, didn't he?

D: He had a limestone quarry.

Z: Limestone quarry.

D: My father for competition ... how to motivate and treat people ... how to treat people appropriately and how to motivate. That was my dad. He was a great, great coach. Very, very successful. My mother needs to be ... how to be responsible for the political process. My mother... if she hadn't read the editorial, you did not throw the paper away. She was way ahead of her time. She was the head of Women League of Voters and was always getting on political issues. They would always give the local politicians opinions about things and they didn't want to hear them, but they got them anyway. Um... Even a kid that showed me how to dry my hair after swimming so I could do it in 2 minutes.

Z: (laughter)

D: I had a friend by the name of Norm who showed me how to hitchhike. And I was able then to hitchhike for a whole month and do a paper on it in

college ... because I talked a guy into doing it because I did so good in Marriage and Family, which was a sex paper, but he remembered my paper and he let me hitchhike around the country. And ... so it's those little people ... those little events in our life that really change how we are because then they open up new and newer opportunities. And that's what a big brain is.

Z: So what made you realize this was happening in your life and then lead you into this Big Brain.Org ... and Big Brain Radio Show ... and decide to really take it somewhere. What ... what insight did you have that this became an expression?

D: Well, I think you know I started working on the transformational aspects in the '70s and started with chiropractic... chiropractic is probably the most misunderstood profession because everybody thinks it's about bones, but it's really about just healing the human part of the universe. And it's the first profession that will profess that. And they have two concepts. One is called educated, which is what our mind knows ... what we learned as we go through life. And then there's innate, which is the genetic intelligence, which is passed on through us. And the genetic intelligence and the genetic power really makes a big difference. It's not that one is better than the other, but we can get misled. So I started getting into those types of things ... and of course that led me to the nervous system up to the brain.

Z: Well, what you were saying about the chiropractic philosophy. That's a lot like what we talk about in the Big Brain Radio show because we say there is a physical brain and then there's a metaphysical brain. And it sounds like the educated mind is living in the physical brain and the innate ... innate component of our spiritual being is living in the more metaphysical realm. Is that correct?

D: Yeah... I always say let educated decide, let innate provide and take go for the ride.

Z: Wow. So those fundamental chiropractic principals... kind of philosophical spiritual principals of chiropractic ... were part of your development to the big brain idea?

D: Right. So then I started running into more big brains ... Buckminster Fuller, a man by the name Dick Carrick who took neurology to its fullest height. This man goes around the world and is paid, as he said, bags of money and... to bring people out of comas. And all he does is look at a little bitty body changes, like a change in blood pressure by two degrees, or a little bit of a different change in pulse and then he does a little thing to their sensory input, he gets a motor response, and people open their eyes.

Z: This guy knows what he's doing so he can watch for those subtle signals. He knows where to go.

D: I've studied and studied him and I'm not taking people out of comas yet.

Z: It's like the rubix cube of brain neurology.

D: But in a way I take people out of comas because a lot of people come in that have injured their spine, they've injured their head and the head injuries that we treat ... and their perceptions are really altered. They are not seeing the world the way they think they are and the world isn't seeing them the way think they are.

Z: Hm.

D: And so they are in a coma.

Z: A perception coma.

D: They are in a coma...

Z: They're off.

D: ...And so... like a lot of people come in and they have all these vague symptoms and then they come back with just one symptom because their brain actually notices what's going on finally, because they're becoming alive.

Z: Hm.

D: And that's what it's about ... being alive.

Z: So say more about this big brain thing. What is this big brain idea?

D: Well, I think the big brain we talked about that. Educated and innate and then memory and imagination is what creates our future... our ability to have memories of the past and imagination into the future allows us to create action in the present. And action and detail is really what life is about. That's why we call it evolutionary health style. Evolution... or evolve means motion. And there are a lot of big thinkers out there that have a lot of great ideas. But they are very nebulous and they don't really have anything happen because I think what they miss... and this isn't making them wrong or anything else, but there's really not detail on what they are going to accomplish related to their vision and then they don't have any action that follows it. Without action the universe and life actually functions based on actions. And that's what chiropractic is based on... that's what all good healing is based on. Some sort of change. The body, which has far more intelligence than any of us. Nobody here could create a human cell... not even the greatest genius in the world can make one human cell. So it's silly for us to think that we are doing something too profound. Although we're certainly allowing the innate to come out and the educated to work.

Z: Well even ideas... I mean you can have a million great ideas but if you don't put them into action they are not going to be able to manifest.

D: Right and a lot of people let things stop them. There are seven blocks to being successful. We aren't going to have time to go on that, but one of them is the preconceived authority that someone else knows better than we do. And that's one of our basis that we talked about in the very first show that we want people in evolutionary health care to base on the values. Now values are tricky because we'll do things according to our values. In fact, we'll only do things according to our top values. We never get around to our bottom values but we can always get done on our top values. But the problem is that sometimes it filters out what we really need to see. We tend to only see what's related to our values and we miss out on a lot. So there's another step above that and that's what the big brain is about.

Z: Well what does the future hold? Where are you going with this big brain idea? What would you like to see happen?

D: Well... I would like to make sure that I ask quality questions in the future. That I actually see that life is a balance. Like I was just talking about. That everything that happens to me has a purpose. And I know everything ... everybody says that ... you hear different philosophies about that ... but when you ask the right questions: How does this inspire me? How does this contribute? No matter what it is, ask how does this contribute to me. And when you go to do something does this fulfill my purpose? So what I want to really do is ask quality questions in the future and then I know that that will take me in the right direction. And this will be magnified by the fact that you have to have a big enough vision. You probably remember when you use to have this thing... if you want to have a business that serves the whole city you've got to have a state vision. If you want to have a state ... you want to have a business that serves the state you've got to have a country vision. If you have a vision that serves...

Z: A business that serves ...

D: ...the world ... the world... you've got to have a _____ vision. And if you want to do it bigger than that you've got to have a universal vision.

Z: Huh.

D: So the bigger the vision... asking the quality questions: Does this serve my purpose? Is this what I'm interested in doing? And how does this contribute to me? How does this inspire me? Because inspiration is what creates the energy. Inspiration is driven by gratitude and now we're back to the big brain concept because the big brain concept is born out of gratitude. And gratitude is what drives inspiration. If we were all to sit here and just think of what we were ... had gratitude about ... and just sit here with our eyes closed, I guarantee you that eventually we'd get a tear in our eyes. And then we'd really be open... the heart would open up. It would go to the mind and the soul. And we would be inspired. And when you're inspired you have enthusiasm and when you're enthusiastic you have action and you move forward in your vision. And the last thing that I want in the future is to see order in everything. And this is very interesting because I had someone come up the other day and say you know I've been listening to the Big Brain Radio Show and I ... this big brain... and I was at this place and what I saw was that everybody is a big brain...

Z: Hmm.

D: Everybody contributes to us. There is a divine order in life and there is nothing that's out of place. Everything contributes. So the last thing is that we continue to see order in life. It's continuing to see the divine order in our vision and then move forward and who knows what's after big brain? I don't know.

Z: Well, I'm going to put you a little bit on the hot seat because that's all a wonderful philosophy and ... but ... what's going to happen? What's going to happen for you? What's going to happen? What's possible? Specific things.

D: Well, we have all the big BBBs.

Z: What's that?

D: Well we have the Big Brain businesses, we have the Big Brain Balls, we have the Big Brain Bashes, we have the Big Brain Broadcast we like to do. We have World Chiropractic that we want to continue. We have Big Brain Schwarzbein... I guess that doesn't start with a B, but we'll figure a way to say that.

Z: (laughter)

D: Which is this outstanding nutritional program that you have that was created by just a genius ... a big brain in your life ... Diana Schwarzbein.

Z: Right.

D: Did I say that correctly?

Z: Yes.

D: And we were talking about that the other day that she doesn't ... didn't even know what she has because it is so unique and so powerful. And it's not trendy and it's not part of like the Zone Diet, etc.

Z: Um hmm.

D: It's just a basic approach to health. And we'll really get our health when we do things that are more global. We'll...people tend to get treated by symptom. You know they want to treat this symptom... In acupuncture we call that chasing the dragon ... you just go from one thing to the next... you kind of chase it around. When you have a big enough picture about your health and your wisdom and the energy in your body, it's global ... and when that happens ... like I was talking about with this nutritional approach that she uses ... then the body will take care of itself. And when the body takes care of itself the brain is not worried about things like pain in your back, headaches. It's free to actually ... and to take on the world and be inspired. Now we're back to gratitude again.

Z: Hm. I know you had a special idea once about a Big Brain Center for Executives. You know because a lot of people are working 50-60 hour weeks and they don't realize how much their brain function has been altered, their health is diminished. And you had this idea for big brain neuro centers and helping people ... more the executive level... can you say anything more about what's happening with that?

D: Well one of the things that we do in our healing centers that we have ... and I know again ... I'm locked in by some of the preconceptions people have about chiropractic, but you know I'm really a brain specialist... a specialist in brain in the health. And we can change people's perception... like the average executive will come in and see themselves as not having the energy they had and they think they got to take more vitamins. And like you said...like you've said they think they need to exercise more, which is actually contributing to more of the problem. We can take and isolate through the really cool things ... the test that we run ... and these are objective tests, because remember ... I don't think I really made this clear, but I never do anything unless I have a scientific measure for it. Because the physical and metaphysical are run by rules of life and our job is to discover them. Buckminster Fuller said that our ability to being human is discovered the difference between the physical and metaphysical and put the two together. So that's what we try to do. So we have ways of taking and putting the clarity back in people's thinking, the action, the energy, and ... without them doing anything. And then when they get better, then they will do something. But trying to get them to do a diet or not do anything when they don't have the energy ... or do cognitive therapy when their frontal lobe is blow out ... or have them do a certain physical thing when all that does is make more cortisol for their brain and tire them out ... is a vicious cycle. So

in these neuro centers we have all the instruments to measure changes in people way before they affect our health. And we do it by measurement so people don't think it's _____, we're just saying it's this way. And then they can become part of the picture and they take it on because they have goals to drive for in terms of their physical health. In the past I don't think people really had that from health. So we show individuals what they can do and how they can change things. And if they change things there will be a difference in their neurological and their metaphysical and physical appreciation of life.

Z: You know... how about kids? Because you know we read a lot about children are really suffering a lot of ADD ... and now they are having trouble with their weight... You know adults ... a lot of adults we're reading about have experienced a lot of ADD symptoms. So how does what you're doing with the brain and the chiropractic tie into some of these maladies that are so common in our culture today?

D: Well chiropractic removes interference so that alone will see big changes in kids all the time. But even going on we know now with nutrition ... the way that people eat ... where people eat today ... and there are so many _____ toxin in food... all these children have inflammation. They're always getting insulin-resistant. And head injuries... the sports and things kids are in ... Another big brain of mine, Dr. Amen, who has the book "Change Your Brain, Change Your Life"... I'd recommend it for everybody to read it. Go to bigbrain... no...

Z: amenclinic.com

D: amenclinic.com

Z: Amen, like amen.

D: Or brainplace.com also.

Z: Okay

D: And you know information about the brain... the physical brain ... you will have more than you can read. But he has shown head injuries change people's function. So we all think behavior is based on the fact that we need to try harder but behavior is only based on the fact that parts of the

brain work together and they are designed to attenuate or modify or allow certain things to happen. When that doesn't happen then you get spontaneous what they call escape and you get behaviors that are not normal, especially with kids, that can be changed really with a lot of times with nutrition. Occasionally they need medication. A lot of times we can do cranial and brain work. There's all kinds of things we can do. Then we can work in coordination with some of the counselors and other things that they're doing in schools, which tend to be very hard. I just had a guy in the other day... he... a mom comes says I got to tell you. He started... this kid started having adjustment... he did this thing that she'd been working with for months... and he's started care ... he's been under care and he moved to it in one session and he couldn't do it over 10 sessions.

Z: You mean like this was a school function? Or a psychological...

D: No, special therapist that he had in order ... learning how to learn and do things and all of a sudden reading became clear to him because reading is a perceptual thing.

Z: Right.

D: And once that ... the brain started perceiving right he was able to do what he needed to do.

Z: That's great. Because our perceptions create our reality. So if our perceptions are off...

D: That's our whole point. There you go.

Z: That's right. That's right. It's fundamental...

D: It's like the big brain gratitude attitude.

Z: The big brain gratitude attitude. Okay. Thank you Dr. Stussy for your genius and your enlightenment on the big brain philosophy and ideas.

D: And I want to say ... I don't want us to say we're unique or we're doing anything different than anybody else, but we're just trying to focus it and give it in a certain way. It's not better or worse than ... we're not trying to argue or convince. We just want to inspire and inform.

Z: That's right and after this break we're going to come back and tell you how you can be a part of our health style makeover. And if you haven't applied there's still a few days left to apply. Come on back and hear how your big brain can be more healthy. This is AM 950 Air America Minnesota.

(music)

(Commercials)

(music)

D: Healing power. Now I'm going. Now we're going.

Z: Who's that now? I don't recognize this.

D: That is Tainted Love. They are from San Francisco. This is one of the stuff that works things. They're a group that my daughter had at her wedding when we she got married this summer in Lake Tahoe. And they were live and they were the best. This album has 22 songs on it. You can get it from taintedlove.com. And it's all '80s... and if you ever want to have a record where you can just rock and dance, I mean people were dancing like crazy.

Z: Hmm.

D: The healing power of love was there. It was great.

Z: That's great. So did you have one last thing? Or you had some stuff that works. We always have a feature on our show called stuff that works. Did you have a few things for that today?

D: Well the stuff that works is the fact that we actually pay attention to what... We've been talking about it the whole show ... it's gratitude. If you have gratitude in your life – daily ... you know you hear people say well get up in the morning and do the gratitude attitude ...well it's hard to do that. But if we can just take the time to have gratitude and thank the big brains in our life, it creates something that doesn't have an expected outcome. Remember we talked earlier about synergy... synergy is where you produce

the result that the components that went in would manifest it. The most ... and everybody knows about that. But when you have gratitude it actually starts creating a feeling in your heart. It opens up your heart. The love goes to your brain. Your brain gets inspired. It connects back to your soul and you have enthusiasm. And then you take on a vision. And then you start acting out of a purpose. See spirit without matter is emotionless and matter without spirit is motionless. So spirit without matter is expressionless...excuse me...and matter without spirit is motionless. So you've got to have both. You have to come from your spirit and you have to have physical things you want to accomplish. And so we want people this week... people... everybody out there ...

Z: Including us.

D: Including us... of course. Hey... the teachers' always talking to themselves ... this week to look at what your purpose and your vision is. Even before when you were talking to me I didn't really think ... I realize that when I said I didn't have a big enough vision ... my vision actually is a world vision to have what we talk about go worldwide and to share what it is and to ... in synchrony with the other things going on out there in such a way that you make a difference with stuff that works. And we actually specialize in finding stuff that works. And stuff that works always is quick, to the point, and easy to do because if not, human beings won't do it. I saw a thing in the paper that said if you don't want to be in pain being a human being is not a good idea.

Z: (laughter)

D: So we have to be willing to take the good with the bad and look forward because they both serve us.

Z: Good.

D: And the last thing is ... actually having a purpose. If we thought that royalty – like Queen Elizabeth – was going to visit us we'd pick the house up, right?

Z: Um hmm.

D: But the trouble is you are more valuable than any royalty but why not treat yourself like royalty and pick the house up and do the things you would do to yourself.

Z: Are you commenting on my house?

D: Not at your house... I don't know... but I'm talking about us in terms of our ...

Z: Taking care of our environment and our space.

D: Having ... remember I said the universe always includes us. And we tend to see the universes outside us, around us, affecting us. We are the universe. So why not treat yourself like the royalty. You deserve an amazing life. If you live an extraordinary life then the people around you will have an extraordinary life and things will move along faster. So we want everybody to treat themselves. Do what you would do if royalty was visiting your house, or was going to look at your paper or look at your manuscript, or whatever, and treat yourself as the most important person of the universe this week ... not selfishly, but importantly.

Z: And one of the most important things that you can do for yourself this week, if you're interested, is to apply for our health style makeover. Okay, so what is it? We've been talking about it for weeks. We're finally going to get it started. We're going to kick it off, announce the winners, next Saturday.

D: We actually some...

Z: Thank you to the people that have been sending their applications. If you're interested you should email us at info@bigbrainradioshow.com. What you will be receiving in the health style makeover is a brain neurology assessment, a metabolism and hormone assessment, chiropractic adjustments, nutrition and lifestyle coaching, vitamins and supplements, appropriate testing for these issues, and much more... much more than that. You will need to make a commitment to receive the coaching... come and visit us a couple of times a week in Minneapolis. And you know follow the recommendations for the programs. So if you think you're a good candidate and you'd like to get some help with your hormones, your metabolism, your

brain, your spine, your nervous system, we would like to hear from you at info@bigbrainradioshow.com

D: You have to be able to dance, put your hands over your head and say “Healing Power”. No, you don’t have to do that.

Z: No, that’s your job.

D: Oh yeah. Okay. Couple of things to cover... Next week we’re going to have the grand dame of Spa Montage...

Z: Spalon Montage

D: Oh, excuse me.

Z: Spalon. You can tell I’ve been there a few times.

D: I’ll get corrected ... So she’s going to be here next week telling us about her big brain experiences. We’re going to have John Denver the week after and we’re trying to get a hold of Annie.

Z: Not John Denver, but about John Denver.

D: About John Denver... well he’s going to be here.

Z: Oh yeah, he’ll be here in spirit. You’re right.

D: And I’m trying to get a hold of Annie, his wife. John DeMartini, the visionary and mystic is going to be... not mystic ... the genius, really. We’re going to have Dr. Schwarzbein in the future... in January, right?

Z: Yep. She’ll be talking to us after the first of the year.

D: And we’re going to have a big brain breakthrough about changing your life about December 10-11th. There will be more about that coming up.

Z: You don’t want to miss it. That’s going to be phenomenal. We want to thank.

D: Thanks to ... yeah, go head...

Z: Yeah, thank Marty. Thanks to Diana in production...

D: All the people at the radio station.

Z: Thank you Dr. Stussy for your interview today.

D: Thank you.

Z: Thank you all the big brains in our lives.

D: All the big brains. And thank the big brains in your life.

Z: Thanks for being here everybody. We'll see you next Saturday, 11:00. This is AM 950 Air America Minnesota.

(music)