

BigBrain Radio Show  
September 30, 2006  
Products for Optimizing Life

(music)

D: Hey, it's Saturday morning. It's time for the BigBrain Radio Show. I'm Dr. David Stussy and you can call me Dr. D.

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

D: And we are...

Both: The BigBrain Radio Show!

D: So, Dr. Z, we have a show and tell show today. Right?

Z: It's the BigBrain Radio show and tell day.

D: Well we're going ...

Z: Which is going to be interesting over the airwaves, but we'll describe things as we go and if you're lucky enough to be seeing us on the television airwaves... a TV monitor near you... you're going to see our props.

D: You're going to see our props. Okay.

Z: Props to you.

D: So, what ... we're going to talk about some BigBrain things today, right?

Z: We're going to talk about health... health style. Evolutionary health style.

D: Well tell me, what is...

Z: And principles.

D: Why don't you tell me what is evolutionary health style? Why don't tell everybody...

Z: Evolutionary means growing, not dying. Expanding, not decaying.

D: Yeah, that's all there is... is evolution. Everything evolves on top of thing that was already there... it's not thrown away. So whatever skills, talents you develop as you go through life, you continue to layer your new self on top of it.

Z: Your experiences.

D: Your experiences.

Z: Keep growing.

D: Your skills... whatever you have. Okay? You're objective and subjective.

Z: And not to ignore the fact that we are aging and decaying and dying. (laughter) But this show is about the ability to regenerate while we're decaying.

D: Well you have to acknowledge that you have decaying at the same time... if you expect the regeneration, because they happen at the same time.

Z: And we spoke at a previous time about while we may physically be decaying, perhaps spiritually we're growing and rejuvenating.

D: Well remember, the principle of the universe... something cannot grow without something else being... not growing ... I guess dying would be the word...

Z: Nothing can be created without something being destroyed.

D: So sometimes we have a lot of attention on death...

Z: Vicey versey.

D: ... thinking that's the end, but it isn't. Life is evolving... I think we all have a sense of that. Different spiritual and different paths people follow, but I think we all have a sense that there isn't an end, there's something to go beyond that. So things are dying, evolving. But back to more practical things...

Z: Yes.

D: Let's go to evolutionary health style.

Z All right.

D: So evolution means to be ... continue to expand based on your experiences, your opinions, your input, et cetera... as you evolve to the next level of who you want to be.

Z: Okay. And everybody has a certain style, which we honor that. We love people's personal style and it's based on your values.

D: Right, everybody's...

Z: And your values are...

D: Our values are different for everybody. Some people it's money, for some people it's fame, some people it's their kids... their family. There is no right or wrong value, there's just the values that you've accumulated. And sometimes we're not even sure what they are because we have such a family orientation... sometimes we just kind of do things we're told to do... sometimes its genetic... you know... wave your hands a lot or something like that...

Z: That Italian gene.

D: So looking at your values is kind of important. And we've talked on the show at different times about looking at the values and how to do that. And some of them are just to notice the things that take up your time.

Z: Yes.

D: You always find time to get your things that are highest on your value list done.

Z: And our premise is that your life doesn't work very well if you're not honoring what your values are, because you're always trying to do something counter to really who you are.

D: Mm hmm.

Z: Or you wonder why things don't work because you're really not committed to that.

D: You're going to get around to it, but you're still going to get around to... you're still going to get around to it.

Z: From a health point of view, if you don't have a value about a particular kind of exercise and then you join the gym, you probably never go unless you link it up to a value that is important to you. If you want to lose weight but you really have no value on eating a particular way, you know you might not be losing weight. So you get frustrated if you're not doing things in align with your values.

D: Yeah, and it's not just the health things... because our health is really how we live life, and our family... and where we appropriate things and how we emotionally hold things. So, our values are very important... because the things you react to negatively are not your highest values.

Z: Or they've infringed on your highest values. They've affronted your highest values.

D: Right. And the things you get excited about that you agree with, they're your highest values.

Z: Good.

D: So it's very easy to tell.

Z: So how does that tie into all this paraphernalia that you brought here today?

D: I have no idea.

Z: (laughter) What is this thing by the way?

D: That... there is a name for it... and I can't think of it right off...

Z: Why don't you describe it for the people who are listening today.

D: This is the \_\_\_\_\_ structure... I'm always talking about Buckminster Fuller... this is not a Buckminster Fuller structure, but this is your brain before the BigBrain Radio Show...

Z: (laughter)

D: ... and this is your brain after.

Z: For those of you who can't see this picture...

D: And slowly as you don't listen to the BigBrain Radio Show it goes down... but then it comes back up. But sometimes it starts staying, so pretty soon we're going to get you out there.

Z: So Dr. D has this...

D: But you always have to have the BigBrain...

Z: ... contractible and expandable plastic circular mechanism today.

D: That's your BigBrain Radio Show. So we were going to talk about some principles and we were talking about the principles that sometimes we wonder why we go to do things... and the result turns out to be almost opposite. And it has to do with the way our brain works. And you know this started when ... the big headline was out about how the war has actually created more terrorists. You know there was this big internal study... and this is apolitical in this comment because it was both ...

political parties... but it's the contradiction that shows up because it isn't a contradiction. It's to be what's expected. When you start to do something with not acknowledging whatever the other side of that is... like when you go on a diet and you acknowledge there's no such thing as sugar, sweets, salts...

Z:           What you repress becomes expressed.

D:           Right. Very good. So why is that?

Z:           It's like I've been here before. (laughter)

D:           So why is that do you think? I mean everybody knows it, but nobody talks about it. When we go out to set a standard, that standard has... in order for to have that standard the other part of it has to exist. And to not acknowledge it actually creates...

Z:           To deny the dark side, it just comes out another way.

D:           Yeah, and it isn't even a dark side because 50 years from now, the dark side could be the bright side. You know? Thirty years ago, people smoking was cool. You know? Not it's considered evil. Maybe in another 30 years they'll come back and find it's genetically effective or something. I have no idea. So ... we don't know in the future what's going to be dark or white... but to not know that there's two sides to everything kind of destroys the attention almost. And since everybody has a high intention life – especially with their health ...

Z:           Yes.

D:           ... you should be aware of it. So let's talk about health in terms of how ... on that particular phenomenon. What's your... you know you used to be an aerobics instructor... and... nutrition... you do a lot of nutrition evaluation with ladies and families. Have you seen that show up at all?

Z:           I'm just trying to think what I... what I have seen repressed but then is expressed. Well you know whenever anyone tries to severely limit their food intake... like being on a diet where you can't have a piece of

chocolate or a cookie... that person is about a week away from a binge on Oreos. (laughter)

D: (laughter)

Z: You know that's kind of predictable.

D: Well here's one thing. Stop to think about this: Whenever anybody says "I will never"... you can almost count that they will be doing that within the ... probably a very short time... within a year for sure.

Z: Note to self... never say never... because that will be the next thing you'll be doing.

D: Never say never... and I bet everybody here can think about three or four "nevers" that are now part of their life.

Z: I will never marry him.

D: Yeah.

Z: (laughter)

D: (laughter)

Z: I will never do that again.

D: Yeah... yeah.

Z: And then you are.

D: Yeah, I'll never do that again. So, in terms of health, you know, you used to do aerobics and that's so intense. When you go to extremes ... you know when you get to the heavy, heavy aerobics...

Z: Yeah, that's why I'm a couch potato now. See, so much of my life... that explains everything. So much of my life I was such a hard body aerobic head. But now, the opposite side is being expressed.

D: That's true.

Z: Just relaxing. Enjoying being over 40. (laughter) I am back at the gym though. So, not to worry.

D: Yeah, I heard that. I heard...

Z: Not to worry. My tennis is doing better all the time too.

D: Tennis...see you've taken up a different form.

Z: Yes.

D: More of a ... So anything else about that principle? So what we're talking about today is some principles that run the universe... not just the physical universe but the metaphysical universe... because that's where our life is really expressed. In terms of whatever shows up... what we think the idea is we create what is accepted culture, and what is repressed culture. Right? What you resist persists... and all that we were just talking about.

Z: And the BigBrain is committed to the physical brain and the metaphysical brain.

D: Mm hmm.

Z: And body and spirit and mind.

D: And all the BigBrains out there creating all the BigBrain ideas.

Z: Right.

D: I brought along one crazy...

Z: I was going to say, what is this? Put this on. Let me see that.

D: Well, I just got...

Z: This looks like a Caligula helmet, for those of you listening.

D: Well, I've got to tell a little story first. When I ...

Z: Yes... that rings a bell... (laughter)

D: When I first would study the brain I noticed all these little things you could buy for the brain, like little colored glasses... little things you could...

Z: Brain training.

D: Brain training... and they have a lot of them out there. And so that was one of the things that got me interested. But this was a thing to actually relax your brain. And you put it on like this.

Z: This is a brain relaxer? (laughter)

D: It goes back here... well it has a hammer... it has a handle...

Z: You look like Brave Heart.

D: You want to describe to people ...

Z: I'll call you Mel Gibson.

D: ... what this looks like?

Z: Well you... I said... okay you look like Caligula... it looks like Brave Heart helmet. Turn to the side there... let me see. It's silver. It's got a little handle thing that goes backwards over your head. And what are those little buttons on the side that you're...

D: Well there's supposed to be a little dial here.

Z: Are you beaming up now? (laughter)

D: But it vibrates. It relaxes your head. It comes right up underneath the sub-occipital, which is...

Z: It's a head vibrator?

D: And it relaxes the ...

Z: (laughter) (laughter) That is great. I'm trying that on next. I didn't mean that, by the way. Okay, show me your sub-occipital... quick. We have to deflect this moment. Turn around. Let me see your head. Let me see. It goes right up against the muscles of your skull?

D: Right up underneath your skull and sits on top of your head...

Z: Okay (laughter)

D: ... like a little skull cap. Okay?

Z: How come you never showed me this before?

D: I just...

Z: You had this in a box?

D: I had just sent for it. I've got tons of these...

Z: Oh, let me see that thing.

D: I should have brought this stuff.

Z: So what is the purpose of this piece of equipment.

D: Well, see it vibrates. See it?

Z: (laughter) I think we got that part.

D: Just to relax your brain.

Z: So, like if you're feeling stressed out?

D: Yeah.

Z: Instead of having a margarita ... (laughter)... you put on the brain vibrator? (laughter)

D: Yeah.

Z: Good... that's good. I think that's going to hit... (laughter)

D: Vibrators have been known to do things that relax people.

Z: (laughter) I think you're going to be wearing this down at Morton's or something... in the bar. (laughter) People will say hey, what's that? I don't know, I got it from the BigBrain Radio Show... it's a brain vibrator. (laughter)

D: Yeah, let's list this stuff. That's one thing that I've always...

Z: This should be on our website.

D: I've always wanted to do that... just list all of these strange products.

Z: (laughter) How do I look? (laughter)

D: I'd like to say you look better than me...

Z: I've got it on backwards.

D: ... but you have it on wrong.

Z: Okay.

D: You've got to push that thing all the way back down.

Z: Okay, maybe at the break. I don't want to mess up my hair.

D: So anyway, there are... how'd we get onto that... products...

Z: Products.

D: ... that people...

Z: (laughter) Oh, wait! It goes at a high speed too. Feel that.

D: Oh yeah.

Z: (laughter) Turn that thing off. Turn that off.

D: I was saving that.

Z: (laughter) Okay, well you can check our website for that Caligula helmet.

D: No. Caligula... that's ... you that's a pretty intense thing.

Z: Well that looks pretty intense. Anyway.

D: What'd I see... somebody from the English government called... oh no... they called Margaret Thatcher... she had Caligula eyes.

Z Okay, we'll I think we made enough references to that awful movie (laughter)

D: I have no ...

Z: Anyway.

D: I see you saw it though. (laughter)

Z: What's that other thing you have there today?

D: What is that?

Z: This little toy.

D: This thing?

Z: No, not that. The... this little toy right next to your notebook... with the purple and white.

D: Oh, this.

Z: Yeah, what's that?

D: Well, I'll talk about that when we come back...

Z: After the break. Okay.

D: Yeah because ...

Z: Explain what it looks like thought.

D: It's... well, it looks like a Chinese finger cuff.

Z: Ah, if you know what those are.

D: But it demonstrates one of the main principles of the universe.

Z: A Chinese finger cuff...

D: Uh huh.

(music)

Z: Demonstrates one of the main principles of the universe. This I've got to hear.

D: Tension, compression. That's all there is. You need less materials to hold things together. Our bodies are made of this.

Z: All right... it's a balance.

D: Yeah.

Z: Good.

D: So...

Z: When we come back then. And this is the BigBrain Radio Show.

D: Yeah.

(music)

(break)

(music)

D: Hey, welcome to the BigBrain Radio Show.

Z: Welcome back to the Mad Scientist BigBrain QVC show  
(laughter) today folks.

D: I was just grooving on the emotions of that song. I thought it was nice.

Z: That's good. It's a nice song... after that last interlude. When we last parted you were going to tell us about the Chinese handcuffs.

D: Where did that sucker go?

Z: There it is.

D: Okay.

Z: (laughter)

D: (laughter) Here it is. So everybody knows this... or a lot of people know this... want to put your fingers in this?

Z: Oh sure. I'll be your Vanna today.

D: Okay.

Z: Go ahead. Product demonstration.

D: No try and pull them apart.

Z: Okay. I've got to get in there. Okay. They're stuck.

D: So everybody's had the Chinese finger cuff...

Z: Get these... are these like party favors?

D: (laughter)

Z: (laughter)

D: They're for whatever you want. Next we'll put them behind your back.

Z: Anyway, the theory behind this is when you put your fingers in and you try to pull, what is this analogous too? The spine, right?

D: Many things in life. The harder you try and get out...

Z: Oh.

D: ... to try... you try and stretch it out...

Z: Oh, this is a philosophical principle as well.

D: Oh, it's a physical too...

Z: And it's a physical one.

D: And put it... bring it in. That's compression...

Z: Okay, so me trying to get out of it... I can't get out. How do I get out of it?

D: First of all you have to bring it together.

Z: Okay.

D: And then...

Z: Oh, okay. So you have to do the opposite of what you intuit you want to do.

D: Mm hmm. Right. And this is actually a physical... it's a metaphysical model. The more you stretch things out the less effective they are because you always have tension and compression at the exact same time. That's how most of the top structures are built today. Our human body ... I was just reading an article by a guy named Dr. Donald Ingber,

from Harvard, and he's got red blood cells being constructed of little tension compression structures... just like Buckminster Fuller predicted. In fact the Bucky Balls, which are even smaller quantum, are built that way. The red blood cells, if they are physically changed they chemically and hormonally change.

Z: Mm hmm.

D: Or... we're chiropractors... we deal with physical changes. They actually have it down to where when you change a physical direction of something you change how it functions... whether that's going to be effective or not.

Z: Form determines function.

D: Yeah... and... but using it and understanding... Remember we started out the thing talking about there's always two? When ... you can't have compression without...

Z: Always two sides you mean.

D: There's always tension and compression at the same time... the exact same time and the exact degree... if it's going to be effective. So it has no therapeutic effect... I don't think. But it's kind of cool isn't it?

Z: Yeah... isn't... don't you use that in your practice to talk about the spinal cord?

D: Yeah.

Z: Say that.

D: People commonly complain about pain in their mid-back. That is always a tension-compression.

Z: That is a Chinese finger cuff.

D: Yeah, because people try and push it out, rub it out... it never goes away because they have to release the neck and the head, and that lets the middle part let up and expand. Okay?

Z: So it's like your spine is a Chinese finger cuff and the tension is in the middle.

D: It's already stretched... it's actually locked up... just like your fingers were locked up.

Z: And it can't be released unless you relax the top and the bottom.

D: You have to know... that's why our clinic is so effective in some of these difficult cases because we take that into consideration.

Z: That's great. As long as we're talking about spine, you have this lovely Harley-Davidson looking motorcycle like spine on the wall here today.

D: Isn't that cool?

Z: Take a picture. What... is that built out of stainless steel?

D: Yes it is.

Z: That's amazing. So we have it here today on the wall... a model of the back of the skull and the spine and the pelvis.

D: It actually moves the way a spine does... the vertebra move in and out and they'll twist and turn and the pelvis will twist and turn. Because you can have all of those tensions going on at once and just feel like you're standing normally, except your body is working about five times harder than it should. That's why you're fatigued and tired and why your organs starts to get drained and not function as well.

Z: And the spinal cord lives inside of there.

D: Yeah, the spinal cord...

Z: And is protected by the spine.

D: I have to really make a point. The spinal cord is as big as my thumb. That's all the bigger it is.

Z: The thickness.

D: Yeah. Your life...

Z: I hope mine's as big as your thumb because you have those fat chunky thumbs. So.

D: Well...

Z: (laughter) Mine's like a skinny spinal cord.

D: It's relative to the person.

Z: Oh, okay. So this is my spinal cord.

D: The Chinese do this. There's a thing called a human inch, but it's your human inch. So when you're doing something in acupuncture you ...

Z: Called a soon.

D: Yeah it is a soon... that's right. Oh, coon sometimes too...

Z: (laughter)

D: It is! It is, really.

Z: (laughter)

D: Depends on if it's Japanese, Korean, etc. But you'll take the person's human inch and then you use that to measure where acupuncture points are.

Z: So my spinal cord is this big.

D: It's amazing... it's amazingly accurate. Yeah, well think about it. Every thing going up and down your spine is in that thing.

Z: Mm. It's amazing.

D: It's pretty cool. Sometime I'll bring a picture of a little spine. You can show... we'll just show where the little tracks are that carry all the information about your whole life up and down. I can't believe it. It's pretty effective... because of the tension-compression structure.

Z: Wow.

D: That's why it protects itself.

Z: I think God is making a wireless version of me right now as we speak.

D: I'm sure there's one already out there... in a different dimension...

Z: Without all those cables running up and down.

D: ... different dimension, but let's talk about that on a different show.

Z: Okay. (laughter) I'm going to write that down: God and the Wireless Chip.

D: Okay. Good.

Z: Okay.

D: So now we're talking about health... health style. We defined style, but health is really the optimal number of forward action days... regenerative forward action days.

Z: Okay.

D: So it sounds kind of obvious, but when you think about it it's really very inclusive... because they have to be optimal – which is the best. And they have to be regenerative, which means they continue to regenerate and refuel us... like sleep refuels us, and exercise, and laughter and...

Z: Mm... good.

D: ... certain things, so again, the whole thing – you can't have a one-sided life. You have to have a two-sided life.

Z: Hmm.

D: Always is both sides of it in order to have that thing regenerate. And then forward action days means we're alive...

Z: Moving forward.

D: Kind of what we're talking about. Okay? So that's pretty ... So that's the evolutionary health style. It's pretty unique. And so when we're looking at these principles, or looking at some of the things that we have here today, we're just kind of tying these into a more practical ... and impractical...

Z: (laughter) I hate to be too practical. We can't have a one-sided life.

D: You have to have both.

Z: No wonder I'm so impractical sometimes... because most of the time I'm so practical.

D: And one of the things we talk about with this is what's called the motor and sensory. We are motor-sensory. We are receiving and transmitting systems. That's what our brain is. That's what the little neurons that make up the brain are. They just receive and send information. They don't even have an opinion about it. They just receive and send it depending on what else is coming in and which is the more powerful. But... so... in a metaphysical response, we are receiving and sending. And we are probably receiving and sending signals we don't even know about.

Z: (laughter) You are for sure. (laughter)

D: Probably. But I know... I just... I know, but I just haven't told you. Okay?

Z: (laughter) Okay.

D: I'm trying to act normal here.

Z: All right.

D: Okay. So that motor-sensory is a big thing because we start putting conclusions of things that are just very simple. They're either ... it's either a motor or a sensory response. And our ideas are created out of what we pay attention to and what we create our intention to. That's our motor response. So life is really created out of what we pay attention to. And so you're going to pay attention to the things are your values. We've kind of come around in circle, and that's really what we're looking at. So our values... my values... are the BigBrain Radio Show... is the BigBrain. So that's the kind of values we're going to talk about. So, how do you like that?

Z: That sounds good.

D: So... one... I was just thinking of some of these principles that I have, that we've kind of run through the show...

Z: These are BigBrain principles.

D: Yes.

Z: That you're expanding on.

D: Well... some of the ones that I think are kind of more interesting for people ... here's another one: Your ideas and your thoughts will spiral up and they will spiral up. Now what do most people want to do? They always want to what? Go what? Up.

Z: Up.

D: What happens after that?

Z: (laughter) Then you come down.

D: Yeah. But they... we make judgments about where we are... because you'll always... you will be elated when you're on like a high cycle and you'll be depressed when you're feeling like you're being picked on. But they never go away. Your whole life you're always going have those. But they kind of move to a different level of experience. Like if you have that when you're 15 versus what you have now, you handle it differently. You see it differently. But it never goes away. We kind of keep waiting for that cycle to go away, but if you look at what we just talked about this morning, you'll see that everything is in a balance. So you're never going to have one without the other.

Z: We spend our whole lives trying not to have the downs and dark side... or the negative... and it's always a balance.

D: Well how about this? How about the downside is maybe the greatest instructor you have.

Z: Well they say that you learn your best lessons in those harder times.

D: Yeah. But we think we have to feel good... you know maybe we can just feel what it feels like to be that way and then just go to another place. You know, actually accept that feeling. It's kind of cool, isn't it?

Z: Use it for what it's worth.

D: Here's my little ... here's my little demonstration of that. It's called a Slinky...

Z: You got a Slinky.

D: It's called Slinky. See, this area is compressed, this area is stretched. You can never have one thing without the other. Slinky is probably the most remarkable toy that's ever built... because... I still have these in my office today and kids still love these things, even though they have all the... video games and...

Z: They like Slinkies. The old fashioned toy.

D: Yeah, remember you put this thing on a step and it would just kind of work it's way down. Well, in the years that I've treated the human spine I've found out ... having a little trouble there? Okay... that what the spine actually unwinds when it heals. It actually unwinds. So it'll feel good one day, compress the other, unwind... and then you end up... because it can't just pop like this. It has to go one way or the other... because of gravity. See, it's body unwinds. So here you have Pilates that does that. Yoga does that. A moderate exercise program does that. But the constant running all the time and have that be your only exercise is not going to be ... you know it's just one thing you...

Z: It's going to be kind of annoying...

(music)

Z: Which I think running can be annoying (laughter).

D: Oh yeah, you don't like running at all, do you?

Z: Well you know, it's compressive.

(music)

D: I used to run a lot. I don't run hardly any more at all.

Z: I think life is compressive so I need to do a lot of elongating activities.

D: You want to reach for the stars.

Z: That's right. Great. All right. Stay with us, we have more contraptions.

D: BigBrain... BigBrain ideas.

Z: (laughter) This is the BigBrain Radio Show.

(music)

(break)

(music)

D: Hey, welcome back to the BigBrain Radio Show... and... the BigBrain Radio Show... (laughter)

Z: That's right. And we're having show and tell on the BigBrain Radio Show today. Now you look like a hippie there. You've got like hippie glasses on. What are those?

D: Well these are close to the glasses that we used to wear back...

Z: One side is red, and one side is blue.

D: I had a pair of little granny glasses like this at one time. I think ... well everybody my age probably did (laughter)

Z: (laughter)

D: Anyway, this is actually a therapeutic set of glasses, and they're very effective.

Z: Take a look over there so we... they kind of see.

D: You'll see that there's red on one side and blue on the other.

Z: It's a split screen.

D: Yeah.

Z: Each eye has red and blue.

D: Yeah, our brains perceive mainly red, blue and green... and then variations of that. And one of the things is... so... the most constant input to our brain... well first the most ... constantly put to our brain is from the brain itself... what we think to ourselves. It's 75% of what goes into us. But the ... in terms of mechanically, or as some physical changes, it's gravity to our spine... fighting all the receptors. But the second thing is light going into our eyes and then our brain has to interpret them. So...

Z: So why the red and the blue?

D: Well a lot of times with people who are having problems like depression and that, we'll give them colored glasses and they feel better right away.

Z: Rose-colored glasses won't do it?

D: Well in a way that's true, because red glasses work very good for some people who have constant headaches because it cuts down the amount of work their brain's doing and then it can kind attenuate the pain. Because the only reason ... see pain doesn't really come from where you feel it, it comes from the fact that the brain can't stop it ... what it should be able to... what happened.

Z: The inhibition of the loss.

D: Yeah, right. You've lost the inhibition of inhibition. So..

Z: So then does the different color filter out different wavelengths?

D: Yes.

Z: Is that right?

D: So this is designed to treat my left-brain more. Okay?

Z: Okay.

D: For me... and if you were to put them on you'd want to put the blue on the other side.

Z: I was going to say, what happens... you mean I'm the upside down version of you? Is that what you're saying?

D: You would be the right-brain because your right brain is the one...

Z: So do I put the blue to the right side?

D: You put the red to the left.

Z: The red to the left... that would be the blue to the right.

D: That's right.

Z: We always think backwards.

(laughter)

Z: No wonder we're doing this show together.

D: Perfect.

Z: There's the story of our relationship right there. Okay, well... yeah, these are cool. So you actually wear them like this?

D: Yeah. That was invented by a doctor – Dr. Mark Peck – who lives in Beverly Hills and he is a... he does advanced chiropractic neurology like I do. He's a neurologist... he's a diplomat...

Z: I hear Janis Joplin. (laughter)

D: I should have had Janis.

Z: I can hear her.

D: You look like Janis.

Z: I'm channeling Janis.

D: You know I saw her. She was at Woodstock.

Z: Yeah.

D: She was good. I saw a show about her the other day...

Z: All right.

D: ... that was quite good.

Z: So... okay that's interesting. Would you wear these for a long period of time? Or how long do you do this treatment?

D: Those we wear while we're treating people... we want to have a certain result ... we want to make sure a certain part of the brain is going to respond better.

Z: (laughter) Do not operate heavy equipment wear these glasses.

D: At home we have them wear all one color.

Z: Okay. All right. Good.

D: And they're kind of these ugly plastic glasses, but people where them out there... and people come up and want to buy them from them. They think they're so cool. (laughter) It's great.

Z: All right. Another thing we can sell on our website you guys.

D: Yeah, I'll have those...

Z: Red and blue glasses.

D: Well I have the other ones too. They're quite good.

Z: Okay, good.

D: And people say sometimes the colors have to do... you know about color therapy?

Z: Sure.

D: Well there actually is some basis for that. And I have another set of glasses here that are used for Olympic athletes...

Z: Oh, let's see those glasses.

D: You want to get into that right away?

Z: Yeah, go ahead.

D: Okay.

Z: We're doing glasses now... so these have an orange lens.

D: Well there are different colored lenses you put in. The guy who invented this blanks me right now, but they're called "Eye Lights". All right?

Z: Eye Lights.

D: He originally was working with the Stanford swim team and he wanted a way to get them more in balance. Well, we've talked on the show how when you fire one side of the brain it's mechanically advantaged when it's not... so he has this little set of glasses that when you push a little button here...

Z: Yeah, let's see those. Like Elton John strobe lights or something here.

D: You know what? I think I...

Z: Is the battery dead?

D: You know what? I think I lost the battery.

Z: (laughter)

D: I lost the battery. But anyway, there are little lights that go off here.

Z: Okay.

D: And so you can have lights...

Z: So it's kind of to the side of your eyes... the lights.

D: Well, it's even cooler than that. It'll go on one side of the eye. Or, if it goes up here, it goes to what's called your parietal... your temporal

lobe, which is more with sound and balance and opinions. And if it goes down here it goes more to your parietal lobe, which is more of your sensory input and has a bigger drive to a certain part of the cortex...

Z: So you set which lights you want to play?

D: You can set that. Yeah. And he would have people swim in these. And five of the people on that team went on to win an Olympic medal that year.

Z: Wow.

D: Yeah. And so he uses it with athletes... well for all just all kinds of people use them now. Then the other thing is that he has these... where the color of the glasses can... color can be taken out.

Z: You can change the lens.

D: And he uses this color a lot.

Z: Orange?

D: No, he uses the color changes.

Z: Oh, changing the colors.

D: Yeah. With the light. And it's very effective... so people can wear it while they're doing an activity that they want to improve in... that they're giving... because as you're doing the improving that may set you out of balance you're optimizing the balance back at the same time so you can...

Z: Hmm.

D: ... You get better what's called neuronal effectiveness, which are the little units of the brain. So better brain effectiveness. Okay?

Z: Oh... that's good... very interesting.

D: It's kinda cool. It's very cool.

Z: And you won't get tested for steroid use. Oh, I wonder if they could use those glasses while they're doing the Tour de France?

D: Well... now it's interesting you bring that up because that is definitely going to be the future here...Is ...

Z: You enhance your performance.

D: ... ways to influence your brain... because there are better ways...

Z: Without chemicals.

D: Well, look at it this way. Chemicals have an up... what do you think they have with it also?

Z: A down.

D: A down.

Z: Yes.

D: So these people have downside... people have diseases that occur and ...

Z: From taking medications.

D: ...serious ones.

Z: Yeah.

D: Or they have mental breakdowns or they have mental breakups... or whatever you want to call it.

Z: Yeah, or using steroids... you know we've all heard the horror stories of people dying from ...

D: So when this is supplied with the right doctor, like the neurology and stuff that we do... or other people that work with the brain, it's going to be more effective. Some people will do what's called global...

what kind of effects the whole brain ... like kind of like stretching and walking is good for you. But the ones that are going to be effective for athletes are the ones that are very specific to that person.

Z:            Hmm.

D:            Because over the years of hurting himself and being in athletics he's going to have compensations that he's acquired internally...

Z:            Right.

D:            ...that he can use to kind of... to maximize and reset his...

Z:            Or her.

D:            ... It's actually called reset the gain. So, if he's less sensitive to change or more sensitive... depends on what you want to do.

Z:            Well and what athletes haven't taken a blow to the head. I mean... playing sports... so this can be compensated for some brain imbalance.

D:            As soon as they have a blow to the head, they've lost their ability to use their cortical... ability to repress emotions... so that's why you'll see them doing all kinds of emotional things. They've also lost the side of the body that controls voluntary, which isn't too bad because they're always so strong. But the one that's the worst is the same side also controls the muscles that hold joints in place.

Z:            Hmm.

D:            They fatigue out after these head injuries and boom! They have a knee injury; they have a shoulder injury. All the time you see a guy gets his shoulder...

Z:            I think you even had a theory that Dante Culpepper... he injured his brain before he ever injured that knee.

D:            You know, you can remember me telling you this. He was making bad passes and just making all kinds of mistakes in the spring. And I said he must have had a head injury during spring training.

Z:            Hmm.

D:            Nobody paid any attention to it. I said he is going to hurt... Remember? I told you that. He's going to hurt a major joint. What'd he do? He tore his knee on the opposite, which would be... normally you'd think he'd be a left-brain... Which knee was it?

Z:            I think it was his right knee... but I'm not sure.

D:            Yeah, that would be that side. That's the stabilizing side for that knee.

Z:            Hmm. Well anyway...

D:            And I predicted it...

Z:            There's a lot more...

D:            ... but nobody heard me but you.

Z:            ... to this brain stuff. Well you know when you say it's all in your head? It kinda is. Because the weakness shows up first neural... in your neurology and then you're predisposed.

D:            No, it is... it is all in your head. Your life is in your brain. Your experience is in your brain...

Z:            Life is in your brain.

D:            Now there may be some other connections that we don't know about that are guiding us, but...

Z:            Well, spiritually.

D:            Well...

Z:            Like you said, we only perceive a small percent of everything that's happening to us through our senses. So, there's a lot more going on.

D: There's people that say our minds are way out there someplace.

Z: Well...

D: I know yours is.

Z: (laughter) No comment on that with you. Okay, what's another principle?

D: Okay.

Z: (laughter)

D: We were talking about that spiral where you go up and down and you have judgments about it. But your ideas or thoughts are either ordered or they're in balance. And you're just going to continue to go back and forth. I mean what happens when people... when you get organized, what happens?

Z: Then you get disorganized.

D: You get disorganized.

Z: (laughter) On a new level.

D: But at a new level. You're never as bad as you were... well sometimes it seems like. It seems like it, but it isn't.

Z: See, once the closet's clean then ... see then the kitchen's a mess. No. Same idea though.

D: And the same thing is with health style. People go through... you know they'll do this diet and they'll do this diet. And people say you're just jumping around. But really they're just moving to something they see is more appropriate after they've experienced one thing. They found out about something in themselves that worked and they love, and they see what's missing and they replace it with something else. And they continue to create themselves. And so that's a balanced process. Another is your ideas and thoughts are either steady by love or poisoned by emotions.

Z: Mmm. Say more about that. I like that.

D: Well...

Z: Steadied by love.

D: Love...

Z: Or poisoned by emotions.

D: Remember, our definition of love is the ... is both sides. It's always the total of all of the...

Z: Unconditional love.

D: Is unconditional, yeah.

Z: Versus romantic love.

D: There's no judgment in there about it. And you'll take... whatever you have, it's still love. And emotions are reactions where you see a one-sided world. That's all reactions are. You get... you feel a body sensation and then you have a judgment with it and you think that it's as real as can be. We've all had that be where we were so sure and then as soon as everything calmed down and the hormones went away we went over to the other side and thought that was just fine. So, it was a real for a moment, but it wasn't really real. Okay?

Z: (laughter)

D: Does that make sense?

Z: Kind of.

D: Well where does that come in on your health?

Z: Makes me say well what is real then?

D: What is real?

Z: That's a good philosophical question.

D: Love.

Z: Love.

D: Unconditional love. But anyway, where's this coming on health? Where...

Z: (singing – All we need is love...)

D: ... Where's this come in on health?

Z: Yes, yes.

D: So... our emotions are... when we get emotional about a particular thing that we're doing or we're not doing, or we're beating ourselves up, or we think somebody is criticizing us... well first of all, nobody can criticize you as much as ... Has anybody ever criticized you as much as you've criticized yourself?

Z: Probably not.

D: Probably not. So you can't get upset when you hear something...

Z: Because if someone says something and it's upsetting and you didn't have that belief about yourself, you wouldn't be reacting... you wouldn't get upset. You'd say "oh, well they're crazy".

D: Perfect. Hey, you're getting this stuff.

Z: But if you did think that about yourself and they said it, then you'd be really hot.

D: You'd be reactivated.

Z: Okay.

D: And the thing is, you know it's true. But you've just got to love it about yourself. I mean if someone calls you a thief you'll say ...

Z: You just say yeah, I know I am, but what are you? (laughter)

D: I'm a thief... you've stolen ideas, you've stolen hearts... you've stolen all kinds of things. Right? So if someone says you're a thief you're a thief, but it's just a different form than most people... Does that make sense?

Z: Half. I always understand about half of what you're saying. But you know I go with that half and I do okay.

D: How about this? Your ideas and thoughts when unsteadied by emotions will tick tock... will go back and forth, back and forth...

Z: Yeah, that's a roller coaster life. That's not very much fun.

D: No, so do you understand that when you're in that you're actually ... you're letting your emotions... you're trying to live a one-sided life. And we've been... that's our whole premise we started with... the one-side... looking at the universe in terms of one side, not understanding the other side. Even if you can't see it, if you know it's there, it balances you out and you're less of that tick-tock. Okay?

Z: Okay, good.

D: And in terms of health that has to do with procedures you do. Even judgments about your body... you know your body as compared to somebody else. I think that's probably one of the biggest things right now. Everybody ... you know I'm going to use as a cliché, teenage girls judge themselves against the images they see in all this advertising and they can't... they don't understand it. If you look around the world, nobody looks like those people anywhere. And ... but they still think that as a reality. It's kind of interesting.

Z: Mm hmm.

D: Does that make sense?

Z: Well half... that half makes sense.

D: (laughter)

Z: Now this lovely model... (laughter)...

D: Now just tell me for once you get both sides.

Z: Well I kind of do get... I kinda do get both sides. Okay, but now I want to ask you about this beautiful model that you have here on the table today.

D: Okay.

Z: Now on this one side we have this lovely face and a little bit of a TMJ muscle. And on the other side we have this...

D: We have the other side.

Z: The other side, which is the brain... the internal brain here. Now this makes me wonder where's that other cute brain I gave you for your birthday? Do you still have that little brain model?

D: I do have that, yeah.

Z: Yeah, well you didn't bring that one today. But tell us about these different sections... what they do. I think this is kind of interesting. This would make a nice holiday gift (laughter) ... for someone in your life.

D: Well, you hear the brain divided in sections, but you know when you look there's no division lines. Okay? These little... these little convolutions would allow the brain ... there's different levels of the brain. Okay? But anyway, this is your cortex up here. This is where you decide. Really interesting... about 90% of our brain is automatic. Everything happens automatic. The only part where we have a choice – and that has some question to it...

Z: (laughter)

D: ... is our frontal cortex...

Z: Which is in the front.

D: Which is what...

Z: Right above your eyes.

D: ... which I think life is all about – developing your frontal cortex and your ability to create ideas and to act on them... and using the principles of the... but a lot of times it gets overridden by doubt or what people say. You get auditory input, which affects this side of the brain... even where someone has criticized you. That might affect how you see something. But as you develop your frontal brain... you know the typical is limbic escape... where teenagers get all upset. That's because they haven't mylenated their whole... they haven't got all that ... it keeps their brain better...

Z: Okay, so here's... this is an adult – a mature adult.

D: Mm hmm.

Z: And this is a teenager (laughter). Okay, here's what makes us all insane. This is the emotional limbic system of the brain.

D: Well this is actually... this is the corpus collosum right in here...

Z: Okay.

D: And this is... that's what connects the sides of the brain. There's two structures in the brain people should know about. Can you show them the cerebellum?

Z: Here it's in the ... I don't know... yeah, there it is. It's in the back... the very back.

D: The cerebellum is this right here. This is huge.

Z: They can't see that though.

D: Can you see that little thing in there.

Z: You have to put it down. Anyway... oh, take it out. Take it out.

D: Yeah, I'll just take it out.

Z: You can actually see it. The cerebellum's in the back of your brain. It has to do with balance, right?

D: Well, it actually has to do with motor activity and balance.

Z: It looks like a big walnut or something.

D: It's huge. It's ... it's the brain that we had before we had our brain. Okay? When... you know animals have this.

Z: Okay.

D: And then we have a thing called a basal gang, which handle our fine movements. And those two structures are constantly inhibiting everything... they're tonic. They're always functioning to inhibit our muscles so we're not going like this all the time. So when we choose... so when we actually choose to move we have to disinhibit inhibition.

Z: Oh.

D: It's kind of cool. So the brain is mainly an inhibitory mechanism to keep us... so things are ready to go but they can't be going until we choose to. So when people get older and they start shaking, they've lost that tonic mechanism to hold themselves steady.

Z: Or when you're drinking you affect this so that every motion is slowed down or altered. You can't do what you want to do.

D: Makes you wonder why that's such a popular activity.

Z: All right. Anyway, we're back... we were going to talk about this for a second. Speaking of drugs and alcohol, we have a picture here of different kinds of hurt brains. And it says "Which brain do you want?"

D: This is done with a spec scan. I have these up in my clinic... spec scan... We had Dr. Amen on the show... he does the spec scans.

Z: Isn't that the radionucleotide dye that they send in through the arteries of the brain.

D: Yeah, if you take a look at... here's a healthy brain. See how you can see it's all... all one structure.

Z: Smooth.

D: Yeah... and underneath you can see ... and this is a healthy brain underneath. You can just see where the brain sits. But then they have pictures of ones that are of just normal functioning brains...

Z: Some of those brains are all full of holes. They look like Swiss cheese.

D: Those are physiological holes ... there's no...

Z: They've been hurt, right?

D: ... activity... there's no hole in their head. But they've been hurt. This one...

Z: Like the drug Ecstasy will just eat up your brain.

D: This is three years... three years of crack right here. This is four years of alcohol, two years of marijuana, which destroys the temporal lobe. Two years of cocaine. Three years of inhalants. And three years of just smoking.

Z: Smoking. Yep... really damages the brain... the activity of the brain.

D: They can get some of this back, but some of it is lost forever... which is... the interesting thing about using the spec scans is you can kind of decide where to ... if you were going to use a therapy with them...

Z: Like nutrition or...

D: No, but even if you ...

Z: Supplements...

D: Even if you were going to use a psychological therapy...

Z: Or drugs.

D: ... you couldn't expect that part of the brain to respond to the therapy. You want to use another part that is healthier to get that other part to respond. You couldn't because it doesn't work that well...

Z: Now you can...

D: That's why you tell people... look at these athletes that have had some of these head injuries...

Z: Yeah the Dane...

D: ...They'll go ... they'll go do one thing and then they go do it again... and then they go do it again ... then they... the Viking here that was found speeding... you know... and why did he go do that? Because that part of his brain that would make that decision didn't ... didn't even work. Okay?

Z: Right. Makes you know why people on drugs do crazy things because their brains are all full of holes.

D: Yeah, if anybody...

Z: They can't even think right.

D: ... is interested in this, just... you can just wire us...

Z: Email us at [info@bigbrainradioshow.com](mailto:info@bigbrainradioshow.com).

D: Yeah.

Z: Or visit us.

D: And that's how you can view the brain and how it functions. Now again, it's only one test. You have to do a series of things and compare them to see how bad it is because the physiology may be able to be recovered quite quickly. They take one of... this is one under stress after you've done a computer and then they take of normal. But most of these people they both look bad. And then when they do something it even looks worse.

Z: But there is way to start healing your brain.

D: By the way, I did do this.

Z: (laughter) You're going to concede which one of these brains you have?

D: I had some football...

Z: Some football holes?

D: I had some little holes... football (laughter).

Z: (laughter)

D: But I've corrected those.

Z: So you're working on half a brain?

D: No, I...

Z: Pretty good for being a BigBrain.

D: I've corrected those.

Z: Oh, you've corrected those.

D: Yeah.

Z: All right. Good.

D: Because you can actually change the physiology of these... because it wasn't a chemical damage. All right?

Z: All right.

D: So I think we can see that there is actually a balance to our motions and when you understand that emotions are just going to throw you off balance that the emotions ... if they can just drive you to see both sides of things you'll do much better. Because I think, you know, when we're upset the sooner we get off it, the more effective we are. Okay? Does that make sense?

(music)

Z: Hey, half of that sounds so good to me and the other half just kind of scrambles my brain (laughter) ... like a brain on drugs.

D: When you tell me that I'm really worried about you.

Z: Well, we're all learning... we're all getting better. We're going to be right back for Stuff that Works.

D: Yeah.

Z: This is the BigBrain Radio Show.

(music)

(break)

(music)

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

Z: And people wonder if we have any fun. (laughter)

D: (laughter)

Z: I mean, come on. If this isn't fun, I don't know what fun is.

D: So at least half fun, right?

Z: (laughter) It's half fun. (laughter)

D: (laughter)

Z: Hey, if that's all you get...

D: This is Stuff that Works. Okay? Now...

Z: Stuff that Works.

D: ... actually been talking about stuff that works the whole show...

Z: Yeah.

D: ...like we usually do.

Z: (laughter)

D: But Stuff that Works is really taking a look at making sure both the sides are... even if you can't see it or know it, you gotta understand that it is there. The quicker you do that, then the quicker things bounce up...

Z: Even when it feels like life isn't working you gotta know that it is half working, you just have to look for it.

D: Hey, when it's the so-called negative, it's working for you. When it's the so-called positive, it's working for you.

Z: Things may look really down right now, but I know there's another side to this.

D: Right...

Z: Look for it.

D: I mean if you get positive, you go too high, what happens? You know you... somebody will kick your feet out for sure. It always happens. So you have to kind of... just know as you go up, you're going to go down a little bit. Then you can kinda keep it in balance. And ah... so it's never going to go away. That's the thing. I think everybody really wants something just to go away...

Z: That's why people drink. (laughter) 'Cause they want it to just go away.

D: Yeah, but that's...

Z: But you have to just deal with it... be with it.

D: That's just adding to the... well, that's a way. It isn't that the alcohol is bad...it's teaching them a lesson some way, but it can have physiology that's...

Z: That's right.

D: ... harmful.

Z: It's called self-medicating.

D: They're making their family.... they're making their families grow faster than they want to.

Z: Their families grow?

D: Yeah, that have to put up with the ... the drinking and stuff like that.

Z: (laughter)

D: I was getting... remember the dynamic?

Z: Yes.

D: There's always a dynamic in everything we do. We affect everybody.

Z: That's right.

D: I got my cool little brain thing here... can we...

Z: Yeah, you have a... what do you call that? Clipboard. A brain clipboard.

D: Do you have a brain clipboard?

Z: Another thing to put on your stocking stuffer list.

D: Got the whole brain in case you're forgetting the structure. They're listed here.

Z: That's right. In case you're...

D: And talk about the different things.

Z: Taking some notes and you need to know the circle of willis.

D: I was just going to...

Z: Oh, there it is!

D: There's the circle of ... That's kind of an inside joke because anybody who has been in the health field and has to take any tests, you have to know the circulation to the brain...

Z: Of the brain.

D: Yeah. And this is when someone has a stroke these are one of the things that get affected. And strokes can be caused by just about anything. Sometimes chiropractic adjustments get accused but they never hardly cause it. They... I don't even think that one in five million. Usually it's just the circulation has just gotten bad over a period of time. Putting your head back...

Z: It looks like those modern day toys called the transformers. I wish I would have known about those when I was studying for my exams.

D: Could have had that.

Z: Could have had... anyway.

D: Do you know I was reading the other day... you know which day most people are most likely to have a heart attack?

Z: Monday mornings, 8:00 a.m.

D: No, on their birthday.

Z: On their birthday?

D: Yeah. Isn't that something?

Z: Wow.

D: I have a birthday...

Z: I made it through another one then. Because it's so stressful? They have an expectation or an anticipation of life should be really good?

D: Well, that would be one conclusion you could have. I'm not sure... They don't really know why, but that would certainly be a conclusion that you could have.

Z: Hmm.

D: So that's it for the toys that I have here...

Z: All right. Enough with the toys.

D: ...We were just talking about principles and making a difference and...

Z: Stuff that works.

D: Yeah... and one of them is ... if we actually know that everything happening in our life is for our growth then we can start having some gratitude or appreciation.

Z: Mm hmm. For what's happening... when it's happening... while it's happening.

D: And if you look at the major... any major religion or philosophy or something, gratitude or love is the core of... of how they function. The more gratitude you have – which kind of takes away from I deserved it or... you know you can kinda see it as a gift and then see that you have some responsibility with that gift.

Z: Mm hmm. Gives you a lot more power over your life.

D: And the brain actually responds to that. It's called the Matrix of Life. It actually changes the matrix. The more you appreciate the things, the more your brain is in balance.

Z: Well why don't you tell us about this lovely...

D: (laughter)

Z: Piece of... Our last exhibit ... Exhibit 12 today folks is a ... a self-portrait... No, a ... an artistic painted canvas by Dr. D. of the brain with this creature on the back. What year did you do this?

D: A long time ago.

Z: Homunculus... isn't it called?

D: I did that... I was actually in dental school and I saw a picture of the homunculus... this is kind of an interesting story if you want to hear it.

Z: Well, you've got two minutes, so go fast.

D: Okay. Um... I got up on a Saturday morning and new that I had this painting... picture in my mind... and I went around and made a painting thing because they didn't have them in those days.

Z: You strung the canvas.

D: I strung ... I stretched the canvas and everything. That's called Peter Max... anybody who's old enough that thing right there is ...

Z: (laughter) Turn that thing off.

D: Well, this is a laser. This is new.

Z: All right.

D: And then this is the brain...

Z: He has a new toy.

D: And this is called the homunculus and any medical or chiropractic, dental or osteopathic student will recognize it. Our brain... our thumb and our jaw take up 60% of our brain's function.

Z: So this picture represents how much of the brain is taken by the thumb and the jaw.

D: Yep. 30% goes to the jaw, 30% goes the thumb... speech and prehensile. 20% to the big toe – balance... and the body gets the rest. That's why...

Z: Wow.

D: ... it's easier to feel pain... people rarely feel pain in their hands, their jaw and their face. If they do, they've got a problem. Usually it's in their back and the other part of their muscles that are harder for the brain to connect to. Isn't that interesting?

Z: That's very interesting.

D: Mm hmm. So I have no idea why I ...

Z: It looks kind of like a nightmare, but it's very interesting.

D: I painted that picture. As soon as I got done, I stopped. I've never painted a picture since. But guess what? What do I do now? I work on the brain.

Z: Wow.

D: So, it was kind of...

Z: It was foretelling your future.

D: Something was talking to me. I have no idea.

Z: Wow.

D: Isn't that interesting?

Z: That is interesting.

D: And then I went on to chiropractic after that.

Z: So you painted this before you went to chiropractic school?

D: I was in dental school.

Z: You were in dental school.

D: I didn't like it.

Z: (laughter)

D: Can you tell?

Z: Yeah, after that, I think that was the end of that for you.  
(laughter)

D: Well, a lot of students didn't like it. It's nothing against dentistry, they just didn't like the structure of it.

Z: Right. And you love being a chiropractor. So that was definitely a good decision for you.

D: That was beyond that. Yes. I do.

Z: Yes. You found your destiny.

D: Destiny.

Z: All right, how about a final principle here today.

D: A final principle. Well...

Z: Stuff that works.

D: Well I think that everybody uses... ideas and thoughts are expressed powerfully in seven areas... you know that we've talked about all the time. The physical, the spiritual, the mental, the vocational, the family, the... the financial and the social. Okay?

Z: Okay.

D: And they're ... and so we talk about health we're really talking about all those areas. They need to be in balance. When they're not... it isn't that you're not going to pay more attention to one, but how the affect the others is their connection. You link them together. Like if you spend all your time working and you love it, well then you need to link that to all the other areas of your life to show why... show how that drives your other areas to make them effective.

Z: Mm hmm.

D: It gives your family opportunities, or it creates social opportunities, or it allows you to be able to go do good deeds for people, or whatever. When you can connect it, then you don't have to be worried about it. There's no such thing as perfect balance. It's constant change. So... but you're always going to be affecting those seven areas and there's always two sides.

Z: There's always two sides.

D: Yeah.

Z: That's what we've discovered today.

D: Always two sides because that's how the universe is. That's how our brain functions. That's how our micro universe functions. So...

Z: So have an appreciation today of both sides.

D: So we had a little crazy show today... BigBrain show and tell, but we really enjoyed ourselves.

Z: Yeah, BigBrain Show and Tell.

D: Thank you for spending the time with us.

Z: If you'd like to know more, please visit our website, [www.bigbrainradioshow.com](http://www.bigbrainradioshow.com).

D: And remember to say thank you to all those BigBrains out there because they're in your life, making a difference.

Z: See you next time.

(music)

(end of show)