



Transcript: #355 Biohacking The Brain with Tech-Assisted Mindfulness with Dr. Patrick Porter

Wendy Myers:

Hello everyone, I'm Wendy Myers. Welcome to the *Myers Detox Podcast*. You can check out my website at myersdetox.com. There, I have hundreds of podcasts and hundreds of free articles on how to detox heavy metals and chemicals. That's the focus of this show. We talk about a lot of different things related to helping the body detox. Today's show is no different. We will be talking about how to hack stress, which is ever-important in today's environment. Everyone was already stressed before the pandemic and now they're even more stressed. Everyday, I'm having conversations with friends, family, clients and people on social media. They are ready to snap. They are stressed out to the max.

Wendy Myers:

If you feel stressed or have other symptoms like not sleeping well or you have chronic pain, I really want you to pay attention to this show with Dr. Patrick Porter. On this show we're going to be talking about his tech-assisted mindfulness training. It works through brainwave entrainment. It retrains your brainwaves so that you can learn how to simply and easily enjoy the many benefits of brainwave hacking. These include less stress, better sleep, less pain, better mood, improved cognitive function and many more.

Wendy Myers:

On this show, we're going to be talking about how pain is merely a signal to the brain. It's a pattern that can be interrupted to reduce that sensation of pain. It's just a brain signal that can be interrupted. We'll also talk about how your brain looks on stress and why stress is the number one killer today. It leads to all the chronic health conditions that people suffer from today. We'll also talk about how dementia can be quickly and dramatically reversed in a very short period of time, even six weeks, by simply retraining brainwaves. This improves sleep and brain connectivity by the two hemispheres speaking to each other. Dr. Patrick Porter has the studies to back that up, as well.

Wendy Myers:

We also talk about his device called BrainTap. What is it and why is it being used by doctors across the country? He has 67,000 people using BrainTap. We'll discuss how the BrainTap system uses sound, light and frequencies to help the brain enter a parasympathetic nervous system mode. This mode is where the brain and body can heal and detox. You have to be in a relaxed, stress-free state to facilitate detox. I have done a lot of shows where I talk about how to reduce

stress and get into that parasympathetic mode. The BrainTap is a great tool to do that. We also talk about using BrainTap to restore proper brainwave functions to facilitate deep restorative sleep. This is super important.

Wendy Myers: I know many of you listening to this show are concerned about heavy metal toxicity and how to detox your body. I created a free video series that you can access by taking my quiz. You can go to heavymetalsquiz.com and take the two minute quiz. You will answer a bunch of lifestyle questions. After the quiz you get your results that will tell you your relative levels of toxins in your body. Afterwards, you can get a free video series that answers a lot of your frequently asked questions about how to detox. What kind of testing should you do? What kind of supplements do you need? Where do you start? All of these questions are answered. Go check out heavymetalsquiz.com and take the quiz.

Wendy Myers: Our guest today, Patrick Porter, is a PhD. His team of scientists and mindfulness experts are leading the way in tech-assisted mindfulness through brainwave entrainment, retraining your brainwaves and interrupting your brainwave patterns. In the process they've made BrainTap Technologies a global leader in the personal improvement field. With a library of over 1,000 guided audio programs, BrainTap allows users to relax, reboot and revitalize while achieving peak brain performance.

Wendy Myers: Unlike mobile programs that merely calm or soothe, the BrainTap Pro App creates a symphony of brainwave activity that restores your brain's natural balance so that you can feel relaxed, rebooted and revitalized anytime, anywhere. The BrainTap Pro mobile app provides multiple bundles, allowing users to explore self-improvement and peak performance in all areas of their lives. There are so many different types of meditations or programs that people can listen to on the Braintap App. The Braintap headset, which you can see here, adds the clinically proven restorative power of light and frequency therapy to these sessions, but the BrainTap Pro App is totally free. You can download that for free at braintap.pro.

Wendy Myers: Patrick, thank you so much for coming on the show.

Dr. Patrick Porter: It's great to be here, Wendy.

Wendy Myers: Tell us a little bit about yourself, how you got into neuroplasticity and the research that you're doing today.

Dr. Patrick Porter: I kind of covered it in the high notes because it was such a long time ago. When I was 12 years old my dad became a Silva mind control instructor. We learned how to use brainwaves as a child. It helped me go from being a troublemaker kid to being an honor roll student, a four star captain in sports and to get a scholarship. After school was done, I went on to school for electronics. From electronics, I kept helping my dad and I got a job with a group called Light and Sound Research. We created, in the '80s, the very first portable light and sound machine. I was part of this team of six people and I'm the only one left standing. Everybody else has gone off, either passed away or is doing something else. I've continued on that journey. In-between that time I started a franchise company, actually a weight loss company, and we had 108 locations. I sold that in 2006 and thought all that I was going to be doing for the rest of my life was being

retired and hanging out. Then the economy shifted in 2008 and that didn't happen.

Dr. Patrick Porter: In 2013 I started BrainTap with the idea that I could revolutionize or improve upon what I had back in the '80s, because we really hadn't changed. All those years it was working. We miniaturized everything and put it into a headset. It used to be three different components. What we were looking for was adding in the vibrational component. Now we have light, sound and vibration. We have ear lights and different things which we might get into, but first it was just about helping people through neurofeedback, to get rid of pain. Pain only happens in the brainwave state of beta. If we can get them out of that, they can get out of pain.

Dr. Patrick Porter: Then we found out there's all these other applications that happened with the technology. The journey has been one where doctors or people like yourself started using the product in different ways. They'd come back and say, "Did you know that your product would do this?" No, we didn't know that. Then we would go into that market. Now we have 2,300 clinics using BrainTap, in 120 countries. We have 76,000 users on the app. It's going pretty well for us.

Wendy Myers: It's so neat. You sent me one and I've been using it. It's so cool. It's so simple to use. It takes just a few minutes a day. Biohacking is so popular right now and this is a great way. You made this miniaturized version that individuals, doctors and clinics can use. It's so neat.

Wendy Myers: Let's talk about the brain. Let's get into the "why" and the benefits of using the BrainTap system. What does the brain do exactly and how does it actually function? How is this system tapping into and improving upon how the brain functions?

Dr. Patrick Porter: If we all lived on Gilligan's Island and we only had to decide on things like cream pie for dinner like Ginger and Mary Ann, then we probably wouldn't need the BrainTap. The thing is that we're all running around, especially with what's been happening currently in the state of affairs, under low-level chronic stress. Even before this happened. That means we're not sleeping.

Dr. Patrick Porter: One of the key things that taps into what we're doing is that the brain only detoxes during level four sleep. If they're not getting level four sleep, they're not detoxing the brain which is a big problem. If somebody has a leaky gut they also have a leaky brain. There's been so many research studies done on mice where if they control a malignancy in the gut, they show the same thing in the brain. The same thing is true with humans.

Dr. Patrick Porter: As we work on this what we find is that the brain loves patterns. The pattern could be a pattern of stress, it could be a pattern of fear or it could be a pattern of health and vitality. We talked about biohacking before, biohackers know that the secret isn't to be in one state at any one time. We call it frequency switching technology, because our brain operates in many different frequencies. I'm going to break it down into five, because there's a lot more we can do. In our research we have about 16 that we deal with, but the main five are gamma, beta, alpha, theta and delta. Our brain is designed to really flow through those different states all day long and all night long. If we don't do that we don't get the neurotransmitters we need. Think of the neurotransmitters as the modulators in

our body that make us feel good or help us with problem solving. They help us to basically manage our day. Sleep is a key part of that. If you're not sleeping you're not building up that neurotransmitter bank account.

Dr. Patrick Porter: Our whole body is designed to carry our brain around, we feed it everything. The brain is a big energy hog. It takes 20% of the energy of the whole system. The brain isn't just in our head. There's three brains that we like to talk about. The first brain, of course, everybody knows is between our ears. It takes up about 2% of our body mass but consumes 20% of our energy. The brain most people forget about are the other two. One is the gut. There's more neuron connections in the gut than anywhere else in the body. We really have a thinking gut, but people don't think about that. They get a gut impression. They might say they got a gut feeling. Really their brain is thinking. There's actually gray matter in the gut.

Dr. Patrick Porter: That brain is in harmony with the brain in our head. The one that really controls the whole show, that most people forget about, it's our brain in our heart. We have a 40 neuron channel, or if you want to think about it is a little mini brain in our heart. If that heart brain isn't modulating right with the gut and the brain in our head, then everything gets thrown off. That's evident by how many heart attacks are on Monday morning. There's actually more heart attacks on Monday morning before work than any other day of the week. I don't know what's happening with people being locked in. Every day is like a Saturday. I don't know how that's affecting it. The reality is that our heart brain has to do with what we are doing, what we love, are we following our passion and do we treat ourselves well. All of those things when people say, "I'm following my heart," they're really following their brain.

Wendy Myers: Yes.

Dr. Patrick Porter: When those things are happening, we want to bring in coherency there. That's what BrainTap does, most importantly. It does that through two different primary brainwaves, that are known now by science. One is the state of alpha. In the state of alpha there's a 10 hertz frequency. You can liken that to going to the ocean. If you and I went to the ocean or if we were down in Houston and we went over to the beaches on the shore of Texas and we were listening to the waves come in, our body would naturally flow to alpha because the ocean itself has a resonant frequency of 10 hertz. That 10 hertz frequency creates acetylcholine, which is very healing and very loving. People say they like it. Sunrises and sunsets typically have that same stimulating effect. If we want to go a little bit deeper, people say, "Well, I can't meditate." That is because they're comparing themselves to a Buddhist who is adept at it, or somebody who's meditated for 30 years. When you think about them meditating in the mountains, maybe it was intuitive or maybe they figured it out a long time ago, but the mountains resonate at 7.8 hertz frequency.

Dr. Patrick Porter: Anywhere you are on the planet, there are different frequencies that we step into and out of. We only exist in a very small band of frequencies that we see, but there's a lot of other frequencies. That 7.8 hertz frequency is a theta band and that produces GABA. People who are in the medical field know that GABA is probably the most researched drug on the market now. Of course pharmaceutical companies are always looking to capitalize on the problems, with two thirds of the world not sleeping well. That was before Covid, so who

knows where it's at now. One third of the world chronically not sleeping well, which means they get less than six hours sleep. They're not producing GABA so they're not feeling well. That's your inventive mind.

Dr. Patrick Porter: Think about it, that's when you're problem solving. People that problem solve, every time that I've ever registered them on a brain map, they've always had high theta and high gamma. Gamma has to do with healing and creativity. It seems like it has to do with all the things where people excel. I have a brother-in-law that's a maxillofacial surgeon. I had him just think of doing one of his surgeries. His gamma brainwaves went off the chart because he's dealing with really micro things in the jaw and things like that. He's using a higher order of thinking, but we all have this. Every person watching this has these brainwaves. The problem is we get stuck in the beta brainwave. That's where we call it sympathetic survival syndrome. We start thinking that's normal. Waking up with clenched teeth, or without any flow of thought and sick all the time.

Dr. Patrick Porter: We're big on the mind-body connection too. We don't think you can just think your way to being well, while eating garbage. Unless you're Saint Germaine you're not going to be able to do that. You're going to have to eat really good foods, take care of yourself and do cleanses. At BrainTap we recommend doing a cleanse at least every quarter, because just like cleaning your house, you need to do spring cleaning and all of those things. We're right in line with the things that you think. We just think that we need to also get those thoughts in line, too.

Wendy Myers: Yeah. I love that you're talking about frequencies. I talk about that so much on the show because our bodies, our brainwaves, our heart, everything has a frequency that it emits. There are so many things working against that like EMFs, electromagnetic radiation, wireless internet and computers. All these different things are acting on our body, that are interfering in these frequencies. It's great that there are so many different tools you can use to biohack your body, to get those systems back online. To get the brainwaves activating correctly to combat whatever we're dealing with. Namely stress right now.

Wendy Myers: We are dealing with an unprecedented level of stress. Definitely in the beginning of this pandemic, I was on edge more than I had been in years. That's calmed down. I don't feel stressed anymore about it now that we're out of the pandemic phase, in my opinion. What does stress do to the brain? We know it's the number one killer out there, but what is it specifically doing to the brain?

Dr. Patrick Porter: Stress actually shrinks the hippocampus. The hippocampus is that part of the brain that takes short-term memories and makes them long-term memories. That's why if you've ever made a decision under supreme stress, you probably didn't make a really good decision because you don't have access to all your resources. It shrinks the brain, that's the whole key. Every night we're supposed to go to sleep. To take all of our daily activities and correlate them, coordinate them into our brain function and say, "Hey, these are the important things I want to remember and these are the things that were just meaningless." If you're under stress, you don't get to do that because the body is saying, "Hey, there's a saber-toothed tiger chasing me." Even though it's just a text message or people getting consumed by the news. We already say that the biggest detox they can do right now is to actually turn off the TV.

Wendy Myers: Turn off the notifications from CNN.

Dr. Patrick Porter: Yes.

Wendy Myers: Yes.

Dr. Patrick Porter: In the process of detoxing the brain and things of that nature, what we're talking about is we need to do this just like you would need to make sure you are eating healthy. Whether you're doing intermittent fasting or whatever you're doing as your regimen, or as a biohacker, to keep your body healthy. We also need to have some downtime. If all uptime all the time, the body doesn't get a chance to regulate. That's called the parasympathetic system. That's the rest, digest and rejuvenate part of the body, in the brain.

Dr. Patrick Porter: We say that you either have a healing brain or you have a survivor brain. Most people unfortunately have clicked on the survivor brain. Especially if they listen to the wrong people, the fear mongers that are out there and basically pedaling doom and gloom all the time.

Wendy Myers: There's a lot of those right now, aren't there? Let's talk about the relationship between brain patterns and mental health. Right now we're having an unprecedented amount of people that are having mental health issues or predisposition to it, that being greatly amplified in this very stressful environment. Let's talk about that relationship between the brain patterns and mental health.

Dr. Patrick Porter: Let's put it into perspective. Most people know that salmon swim upstream, right? They lay their eggs and it happens every year. They die at the end of that journey because of too much cortisol. That's a brainwave of beta. That's the chronic fatigue we're talking about. People are under this low level stress and they're producing way too much cortisol. The liver is producing too much sugar. Diabetes is off the chart. It's not as much because of the foods that they're eating as the thoughts they're thinking. I would say that stress is more fattening than chocolate because of how it affects us. The sugar is produced in the liver. The body is pretty smart. It'll take the sugar we eat and encapsulate it in fat. It doesn't make us look really good, but it's pretty much taken care of because it's poison to the body. The body attacks it that way. If you're eating a poor diet, that's just adding insult to injury right now. In the process of doing that, we want to make sure that the body is regulating and getting rid of that stress as quickly as possible.

Wendy Myers: Let's talk about the BrainTap and how we're helping to shift stress and shift brainwave patterns to improve stress and mental health.

Dr. Patrick Porter: Again, the brain loves patterns. What we did is we took flickering light. We use light and the retinal flashing, even from the 80's, people kind of look at me funny. Now it's more acceptable because light is pretty much out there. Especially in the biohacking world. If you've ever been to a lecture and you couldn't hear the lecturer but then you moved your attention so you could see the lecturer, that's because your eyes actually are 30% of your hearing. Most people don't know that. We work with a group called NORA, which is the Neuro-Ophthalmology Research Association. They're the ones who helped us to figure that out. We want to keep the brain active. That also keeps the frontal lobe active.

- Dr. Patrick Porter:** What happens when most people meditate on their own is they close their eyes and actually we see a cortisol response instead of the relaxation response. This is because they're wondering, am I breathing right, am I sitting right, am I holding my fingers right, am I Ohmming, right? Whatever the problem is. We wanted to take all that off the table. The brain learns independently of your conscious thought.
- Dr. Patrick Porter:** Bruce Lipton is one of the instructors at Quantum University, where I also teach. He's a big believer that 95% of what runs our life is our subconscious, not our conscious mind. Everybody is running around trying to change their conscious mind. That's like telling the front desk what to do but the boss that's sitting in the back, never gets the message. We need to talk to the boss, which is the subconscious. You could think of the subconscious as your body. That's where everything gets encoded somatically, if you want to think about it that way. It's just in the body as energy. We want to release that. What BrainTap is doing is, we first of all have to engage the frontal lobe, which is executive functioning. When you close your eyes the brain naturally wants to go to sleep because that's what it's trained to do. For hundreds of thousands of years that's what it has done.
- Dr. Patrick Porter:** We put lights in the ears because your meridians run through the ears. We can run energy through there. If we want to really stimulate mitochondria health we want to give it light. The most under-prescribed nutrient on earth is light. If we want to feed the whole body light, through something called photobiomodulation, one of the best delivery systems is through the eyes and ears. It has to be a very specific light, like 470 nanometer light which is the blue light, which is healing. You could actually have your eyes open and look at our light. We actually have studies that show that it heals the eyes because it's going to bring more blood flow, vasodilation and nitric oxide release. That's when healing happens.
- Dr. Patrick Porter:** The way light works for those who don't know this, just in general, is it's going to be absorbed by the hemoglobin in the body. It's going to circulate through the body and it's going to find a cell in the body that's dying, they call that apoptosis. That cell is going to absorb that light photon and that photon is going to kickstart the mitochondria. The instruction set of that cell is going to be reengaged and it's going to start to work again.
- Dr. Patrick Porter:** We talk about the working of the mitochondria and the brain and how it all works. The brain and body work together. This energy is called ATP. If we don't have ATP, we can't heal the body. You can be eating all of the best foods and doing all the best things. I know you have a detox program for mitochondrial health. We need to kickstart that mitochondria because that's what's happening. People are eating dead and devitalized foods, they're drinking sodas or drinking beers, or whatever they're doing. Beer consumption is up 400%. That's pretty crazy. We need to feed the body what it needs. We need nutrients and one of the nutrients we're missing is light.
- Dr. Patrick Porter:** On top of the light we're going to use sound. Some people can't afford the headset and in some of the countries that we sell to, we need to just deliver it through an app, we have a BrainTap app. We do it through sound. Sound can be used. We use binaural beats and isochronic tones. The difference between these two is one is stereo and one is mono. The planet itself would be considered an

isochronic tone generator. If you've ever been to an office where they had a waterfall in the front room of that office, they maybe didn't know it but they just thought it was beautiful. The reality is that as water is falling, it's a 10 hertz frequency and it's going to affect our bodies. Affect our nervous system. If we go outside and it's hot, we're going to start to sweat. If we go outside and it's cold, we're going to start to shiver. These are all things our nervous system is going to adapt to. We have a very adaptive nervous system. We're going to use that adaptive nature of our nervous system to encourage healthy brainwave function.

- Dr. Patrick Porter:** Our brain is trained with or without the stresses of what we have in our everyday life. If we could go back in time, we would wake up in the morning to the rising sun because we're in a cave and it's not very convenient. We want to get out and start moving. The early morning light is going to wake up our brain and start triggering that theta, alpha, then beta consciousness. We should have about 40% beta, 40 to 45%. If we have more than that we're going to have anxiety, stress and all those things.
- Dr. Patrick Porter:** We have two hemispheres. If these hemispheres aren't balanced then we're also going to have anxiety, stress, fear and all these negative emotions. It's about the information and that information moves at the speed of thought. It's moving along electrical circuitry. It could be the cellular system or it could be lots of different ways the body communicates. It's not just through the nervous system, that's just one way. What we found is that if the hemispheres aren't synchronizing you can have ADHD or you can have dementia. Maybe we can talk about the dementia study in a little bit. We just did a pilot study. What happened was phenomenal.. All of this happens because of the synchronicity effect of our universe.
- Dr. Patrick Porter:** This is one of the things I always encourage my doctors to do because they don't believe that we live in a synchronistic universe. They think we live in this chaotic world without order. The reality is when we look at it from a bigger picture, everything is in synchronicity. On YouTube you can go there and put in metronomes synchronized. You could fill a baseball stadium with metronomes and within three minutes they'd all be syncing at the same speed. They'd all be going click, click, click. The same is true with grandfather clocks if you go into a clock store. Within three minutes they synchronize. What we know is the brain also takes about three minutes to synchronize.
- Wendy Myers:** That's the theory of resonance, correct?
- Dr. Patrick Porter:** Yes.
- Wendy Myers:** If you're feeding a certain frequency, say from the BrainTap, your brain will begin mimicking that frequency.
- Dr. Patrick Porter:** Yes, that's what we're talking about here. That's the adaptive nervous system going to work for you. It says, "Hey, I like that." We're going to use healing frequencies. Everything is encoded with different healing frequencies. They call them Solfeggio frequencies. We don't advertise that a lot because most people don't know about frequencies, although that's becoming more and more popular. We embed those healing frequencies into the sessions. While you're doing it you're actually treating yourself to these different frequencies that are

going to combat EMF and all these other frequencies. Every frequency affects us, even the lights we're under. If we're not using John Ott lights, which are full spectrum lights, there's different things that we can do to offset that like grounding mats. I'm standing on one right now. All those things are going to help you to offset those frequencies because we're symbiotic with our environment, or we used to be. We're getting further and further away from it. What the BrainTap does is, it's going to put all those together in one place. We have light, we have sound and we have music.

Dr. Patrick Porter: There's something called the Mozart effect. Back in the '70s they realized that they could just play music in a classroom with no other teaching style. They just put music in the background and children were smarter. The reason is that music is 10 hertz frequency music and it's synchronizing the hemispheres. Whenever you cross the 10 hertz or 7.8 hertz frequency you get a gamma burst and you get a delta burst. It's like the whole brain lights up. That's why meditation is so powerful. If you can meditate and get into that 10 hertz frequency, your brain basically wakes up. One of our researchers, Anne Wise, back in the early days at Light and Sound, wrote a book called *The Master Brainwave*. She has passed away now but the book is still available. She went around the world and she basically did brain maps with people. She found out that it didn't matter if you were a yogi, a CEO or an artist, if you were a high performer in your field you had pretty much the same brainwave activity. It wasn't that one was more important than any other.

Dr. Patrick Porter: You have to have beta to drive your car, to function and do things in our world. It wasn't all about alpha either, which is the creativity brainwave. It wasn't about theta, which we call the inventor brainwave. It's about a balance of those brainwaves. The balance is like this, 45% beta, about 30% alpha and about 14 to 15% theta. The remainder is split between gamma and delta. When we were going to the shows we used to do 43 shows a year and I'm sure eventually we'll be back doing those. When we'd go there we would put our doctors on the brain scan and figure out where their brain was. It was frightening but almost 90% of them were over 60% delta, while they were awake.

Dr. Patrick Porter: You've probably heard the expression that the masses are asleep. Well, I jokingly show the slide and say, "Last year we had 70% of the group asleep." They didn't know that and that's very tiring. When you have a high delta going while you're awake it's like pulling a parachute behind you all day long. We're an energy being, we're made of energy, we process energy and we're electrical in nature. We always say that there are three reasons people get sick, thoughts, traumas or toxins. If we don't clear those out it doesn't matter what else you do, because you've got to clear those out. The body can't function and the innate intelligence of our body will take over. It's self-healing.

Dr. Patrick Porter: For instance, if we cut our finger we can say, "Don't heal, don't heal." But the finger will still heal because innate intelligence will take over. If we keep picking at it and doing things, it's not going to heal even though innate intelligence is going at it. That's why we have to clear out negative thoughts and toxins in the body or repair the damage that's done through an accident.

Wendy Myers: I really resonate with what you're saying that our body can't heal if we are in a stressed out state. I think one of the number one issues that I see when I've worked with thousands of clients is that they want to do different protocols,

they want to detox but they are so stressed that they don't know how to get out of that stress state. They either know that they're stressed or some people aren't aware of it, but they don't know how to get out of it. They don't know how to get into a parasympathetic state where they can rest, digest, detox and sleep. Tell us how the BrainTap gets us into a parasympathetic state so we can heal?

Dr. Patrick Porter: We talked about synchronizing the brain first. So the brain, we have to get its attention. We call that a break state. We need to break the state first. We say this isn't the state you want to be in but the problem is we function as humans. We get what we rehearse in life not what we intend. You can have the best intentions in the world but you have to rehearse it every day and people don't rehearse what they're going to do. There's not a professional athlete, actor or actress who doesn't rehearse. That's what we call performance mindfulness.

Dr. Patrick Porter: In the morning when you get up you start mentally performing in your head first. If you're going to make a mistake, it's better to do it in there than out in the real world. You figure that out. The other thing that this is going to invite is that these frequencies don't stay the same. With BrainTap, every three seconds we're changing it. The brain loves patterns but it doesn't like the same pattern, it likes change and it likes difference. There's something called the golden mean or the Fibonacci sequence. We use those kinds of ratios in our algorithm, if you will, that trains the brain. We're going to train the brain in each one of them. We have over 1,000 sessions on BrainTap and each one of those sessions are encoded differently, so that people get a different experience. The more different ways to go into alpha, the better. We want to give what we call infinite flexibility. You don't want to have just one way to do something. If you do, you get stressed out.

Dr. Patrick Porter: We all know somebody that thinks they know the best way. This is the way we've always done it. You say, "But we have a better way." No, this is the way we've always done it. We have to fight those people. There are other people that say "You know, I'm open. Do you have a better way of doing it?" We want to open the brain up a little bit to say, "Hey, let's try it this way." If it works, great. If it doesn't, you can always go back to what didn't work. That's what I tell people. You always have the option to go back to what wasn't working in the first place, but trying something different.

Dr. Patrick Porter: The brain is always doing that. That is the reason we use words. We have some that are just music because sometimes you don't want to hear anybody. You just want to relax with music. We find that that gets very boring for people. The reason we have the words in there is we're going to retrain the brain. I can't go through all the steps but I'll go through a couple of them here.

Dr. Patrick Porter: The first step in retraining your brain is to change what you believe about yourself, your story. There's a law of psychology that states that you can't be a behavior. But people wake up everyday and they say, "I'm fat," or, "I'm a smoker," or, "I'm angry," or, "I'm an alcoholic." Those are all false. You are an infinite being that's experiencing something in space and time. The thing is you have every right to have all your limitations. If you want to fight for them, then go for it. Some people get up every day and they basically affirm those things, and the brain is a servile mechanism. If you affirm it, it's going to try to prove you right. It never proves you wrong but we can start just opening up. The first

thing the BrainTap does is say, "Let's change who you are. You're not your behaviors." You're someone experiencing those behaviors, but you're not the behavior. You are an infinite being and you have possibilities. We tell people let's get into the field of possibilities, because if you have possibilities then you don't have stress.

Dr. Patrick Porter: We were going through Canada a few years ago with my family and there was a bear in the middle of the highway. It had its cubs and it was really cute. We were sitting in a car. Somebody decided to get out of their car, like in *Faces of Death*, and everybody is screaming at him, "Get back in, get back in." Finally they get about 50 yards from this bear. Mama bear stands up and they run back to the car. Thank god we didn't get to see the *Faces of Death*. I told my kids, "We're going to see live here *Faces of Death*." That bear then relaxed as soon as they were not threatened. First of all we need to make sure it's nonthreatening. That's where it comes in with all the different therapies. As long as it's nonthreatening, the body will accept it.

Dr. Patrick Porter: The next step is to realize that you are imbued with the possibility of thinking of everything you do know and you also know everything you don't know, because it's unconscious. You have an other than conscious mind, which means that's the part that's beating your heart 86,000 times a day, that's the part that's interacting with EMF and that's the part that's translating these light frequencies into pictures. All of these things are happening. You have nothing to do with it. Your conscious mind, Bruce Lipton says that's only 5%.

Dr. Patrick Porter: What we're going to do is we're going to start to work with that system and get that system to work with you, and in a way that starts to retrain the brain. Those are the first two steps. The third step is to give you the ability to switch on and off. When you know you're doing something right you want to keep doing that. When you don't, we say don't shit all over yourself, which you might have heard before. Many people do that and then realize that there's excellence in the world around you. I always loved it when we had our weight loss centers, we had 108 of them so we had a lot of feedback.

Dr. Patrick Porter: Women would get mad at skinny people, and I said, "That doesn't mean they're healthy. I mean, you could be skinny and be totally unhealthy." I said, "The reality is that they won the genetic lottery, you didn't, so you've got to deal with it. You should say, 'Wow, great.' You should follow them around for the day and find out if they're also buying Oreo cookies, drinking six sodas a day, fighting with everybody all day long and having a negative attitude. Those are the things you're doing right now. I don't know if they're doing them. If they are, then they won the genetic lottery. If they're not, then they're probably doing something different. They're probably eating sparingly, only at meal times, or drinking plenty of water and they're exercising." What I told people was always assume that the people that are looking good, feeling good and responding to their environment are doing all the things you should be doing. If you're angry and really honor excellence, create some gratitude in your life.

Dr. Patrick Porter: I learned a long time ago from Richard Bandler and John Grinder, when I trained with them early on in my career, when they were both still together. They always modeled excellence. They said, "Hey, what are these people doing? What are they doing? If they're doing it that means you can do it, so you should celebrate that and honor them, don't be mad at them." It's kind of natural to be jealous.

When I see somebody doing something there's a little part that goes, "Why them? Why not me?" Then you have got to stop and say, "Well, they had the opportunity." When the opportunity shows up for you, you've got to be available. That's really what we're teaching with BrainTap. Everybody has an opportunity. You have an opportunity with every meal to either become a fat storage machine or a fat burning machine. You get to make the choice.

Wendy Myers: Yes, you do.

Dr. Patrick Porter: No one is forcing you to eat all the sugars, let's say. When you think about our environment we live in today, everything is basically designed for addiction. We need to know that and empower ourselves to be able to say no.

Wendy Myers: You have to biohack your way out of that addiction pattern. So many people are creating that addiction to cortisol and adrenaline. All these things are being created by our whole environment, the wireless internet, staring at blue light, looking at social media and doing all these things that are really unhealthy.

Wendy Myers: The BrainTap, tell us about some of the many benefits. You've discussed a few of them, but talk about when you use something like this and it changes up your brainwave patterns. You biohack your brainwaves and your health, ultimately. What are some of the benefits that people are seeing?

Dr. Patrick Porter: The first benefit that we get reported is sleeping better. We didn't even know about that when we first invented it. People have a habit of being fearful or stressed or anxious or basically creating a pattern of negative thinking. Even though they might want to be positive, they just have that. We break that pattern and they start sleeping better. That means now they're going to have more resources, they're going to have more creativity and more energy during the day. When people do a BrainTap session in the middle of the afternoon we've proven that you get 80% of the energy you had in the morning. We can measure that now. You talked about frequencies in the body. We have a device at BrainTap where we've had the Russians actually help us with it. They're the people that are all over the patents on HRV.

Dr. Patrick Porter: We used heart rate variability. You can use clips. We put a low level current through the body and we measured the resistance of the body. Resistance is a way of showing stress. We can show the stresses on the body and the different organs. We can show that with one session they get an 80% improvement. That's really big. So stress changes but people will also stop smoking and they'll lose weight. The reason you lose weight, by the way, is when you're de-stressed your metabolism actually increases. I didn't get to present this for the National Institute of Health because it got canceled, but they still published my paper. I just had a paper published where we took 100 of our clients and we ran them through one session of BrainTap. Before and after we measured them with our HRV. It was published because we had 33% improvement of neurological function, which means that the body can regulate now. That's the biggest key. Behavior changes happen because with words, with the technology of voice and what we're doing through guided imagery, we can actually change up to 1,200 gene expressions. Which means you might have the propensity to do these things, but you can turn those genes off. 80% of your gene expression is from your environment, more than it is from your heredity, so we can change those.

- Dr. Patrick Porter:** The reason we call it performance mindfulness is we are very targeted. If somebody has insomnia, we have sessions for that. If they're going through menopause, we have a program for that. If they're going through pregnancy and they want to have what we call stress-free pregnancy, they can do that. We have dental programs for people who are fearful of dentistry. We have the normal life hack programs. We just interviewed Dave Asprey because we do a lot with him with biohacking. People are always looking for that. We have a whole program we did with *Iron Man*, the magazine, because when you have more acetylcholine available you grow muscle and it's all natural. They're a magazine that only puts pictures of people in there that have been tested. They're not using steroids. It's a way that they can biohack by using their own biochemistry.
- Dr. Patrick Porter:** Your brain can release 30,000 different neurotransmitters or different neuro components. Think of it like a pharmacy. If you're thinking a positive thought, you get those positive chemicals flowing through the body that heal, restore and rejuvenate the body. I always tell people about when Buddha said, "He who angers you, conquers you." That's one of my favorite sayings. My kids know that because I had to train them. You can't allow other people to make you feel bad. A lot of people have buttons on their chest and say, "Oh, you pushed my buttons." We have a saying in our house, don't ever let somebody else have your remote control. The reason that's true and science has proven it, if you think negative thoughts you're literally destroying yourself from the inside out. Jesus said, "Love your enemy." Science has now proven that when you have loving energy and you project that through your body, you get the benefits because anything that happens through you happens to you. Part of the benefit is you just start feeling better, you sleep better, you have more energy and you have more focus during the day. Right now is a time we need focus. We need all those things to really uplevel our life. It's a very simple biohack.
- Dr. Patrick Porter:** What I love too is that if people have children, they often say, "My child loves to do this." We have sessions for children. I did that myself. My first book, I've written nine books, but my first book was called *Awaken The Genius*. It was an accelerated learning book because I believe everyone can do it. I was a struggling child until I learned to meditate and visualize what I really wanted in my life instead of taking what I would get, and stop blaming people. I played the blame game pretty good when I was a kid. I thought Sister Barbara just didn't like me, but the reality was that I wasn't very likable.
- Wendy Myers:** What are some of the benefits for pain? I see a tremendous value here in helping people to interrupt those brainwave patterns that create the sensation of pain.
- Dr. Patrick Porter:** Even at hospitals right now, the greatest minds in the world know that they can put people under through anesthetic but they don't really know the functioning of why that works. We know that the brain has morphine receptors in it. The neurochemistry of the brain, we can create that. If we get somebody out of high beta, which is that fear, anxiety and stress mode, they lose the pain. We did this back in the '80s. There was no neurofeedback back then, now we have neurofeedback, but we had biofeedback. This meant we could warm our hands. That's one way we can get rid of headache pain. We can do our breathing, like Wim Hof is now showing. We can do this kind of breathing. There are a lot of hacks for breathing that they've known for thousands of years, but people are making them famous now. All of those things that somebody in pain can't do,

because they're in a high stress mode. If you've ever shaken somebody's hand and it's like an ice cube, you know that they're in fight or flight mode. They're probably locked into it.

Dr. Patrick Porter: What BrainTap can do is it can train the brain out of that. We want to incorporate more of the alpha theta brainwaves. Those are the magical brainwaves that we have, that bring about the feelings of joy, happiness and health. If you feel the negative emotions in those brainwaves, then you have a deeper problem than what BrainTap can help. You should go to see a counselor or something. In the normal brain, which is 95% of the population out there, when you get into a meditative state or you're doing something you enjoy like say you're with a friend, you're talking and you look down and realize you didn't eat half your food but you're full, you're just enjoying the conversation, that's alpha. When you're in that state there's no pain. You only experience pain in beta.

Dr. Patrick Porter: I had a gentleman come in when we used to have an office in Virginia Beach. There's a lot of military there. He came in in a wheelchair and he had phantom pain. People have heard of this, where you don't have a limb anymore but you have maybe a scratch or an itch. This person had severe pain in his legs but it was only triggered on the second level of his house. He couldn't figure out what it was. We found out that he jumped out of a helicopter in Vietnam onto a landmine. Well, when he woke up he had no legs and he had pain. It would be constantly there, as long as he was at about the second floor of a building. That's the height he was at when he jumped out of the helicopter. The brain basically, we call it a delta imprint, it imprinted that pain even though the physical body wasn't there.

Dr. Patrick Porter: Once we could use a little visualization and a little bit of therapy, we got him to unlock that pain signal because pain is only a signal to the body. It's telling the body there's something wrong. A lot of times that signal, kind of like a light switch, gets turned on and then they tape the switch off and the light just stays on all the time. It's going to be an energy drain. If you know anybody that has pain, they're tired all the time. It takes a lot of effort because it's a direct signal to the brain constantly telling you something is wrong. What should happen is we know there's something wrong, we take care of it and the switch gets turned off, but that doesn't happen.

Dr. Patrick Porter: My dad trained me to have surgery on my shoulder without anesthetic. I had a piece of bone taken from here to here with a screw through it, with nothing more than autosuggestion. I remember waking up and I had a little bit of pain and he taught me how to take it away. All I had to do was say white light, rub my shoulder and the pain went away because of that morphine response. They now know that if you see the color white in your brain, you're releasing, these morphine receptors get hit. A lot of people understand that all medicine is reactionary medicine. This is why we put it in.

Dr. Patrick Porter: It's really our body doing it. That's why they say, "Why don't you take this pill and tell me how you feel?" They're trying to see if your chemistry mimics that or reacts to it, in a way they want. If it doesn't, they go, "Well, try this one." You can either take a pill or you can take responsibility, so a lot of people take the pill. They want the blue pill, right? They just want to go back to sleep and think that the idiot light isn't on anymore. My oil isn't low. I just put a piece of black

tape over it and I'm okay. The biggest reason people miss work today is irritable bowel syndrome or Crohn's or something, whatever you want to call it. They don't have a good digestive track, they don't have permeability and that's why cleansing is so important. They think they can just take a pill which is masking the pain. That's what a lot of these pills do, they just mask, they trigger the receptors. There's actually pills called beta blockers and what they're doing is they're blocking beta. They're blocking your body's natural signals that tell you there's something wrong. That doesn't mean it's fixed.

Dr. Patrick Porter: I still remember so many clients would come into our clinics and say, "I'm in great health." They'd have a list of four or five different prescription drugs. I said, "Well, what do these do?" Well, I'm in good health now because I take those drugs. I said, "No, those drugs are masking the underlying problem that you have." When you're in good health is when you can say, "I take no drugs." Nobody has a deficiency of these drugs in their system. When somebody says, "I take Prozac," you don't have a deficiency of Prozac. Your body knows how to make serotonin, you don't need to keep it in your system. You can do that by meditating once you learn how to do it. You can regulate all these neurotransmitters.

Wendy Myers: It seems like this is such an incredible kind of advancement to help with chronic pain. A lot of times when people get in a car accident or they have a traumatic injury, their nervous system gets set or their brainwaves get set at a certain level. Then they constantly experience that pain long after that injury has healed. People get Complex Regional Pain Syndrome, a lot of people deal with this on a daily basis. It's absolutely debilitating and it's a simple fix.

Dr. Patrick Porter: When we did a study with Kansas State University with PTSD, they were experiencing a lot of pain and discomfort, but mostly what they were experiencing was lack of sleep and flow of thought. They have no flow of thought because every thought triggered one of these memories, like you're talking about. They had to sit with their back to the wall. They had to not have any loud noise. All these things became triggers in their nervous system. We have a whole series of primitive reflexes in our system that when we work with some of our functional medicine doctors, they'll unlock some of these primitive reflexes. Then we get energy flowing there and their body returns to normal. It isn't normal.

Dr. Patrick Porter: One of my favorite books is *Autobiography of a Yogi*. There he says, "We should be more like babies. When babies get upset they cry, they get mad, they get over it, they start playing, but the parents are still fighting over it." As adults, we get mad, we get upset, we go to meetings, we tell people about it, we keep reinforcing it and we wear badges about it. It's almost like a badge of honor if you're under stress. I think that it's time that we stop that kind of programming.

Wendy Myers: I love things like this that help people biohack their stress. It's just at an all-time high right now. We have to get stress under control to get in control of our health and have positive long-term health outcomes. Tell us about the BrainTap and when we have this device and you're listening to music, listening to binaural beats and looking at flashing lights. How often should someone be doing the system or how often can they do it?

Dr. Patrick Porter: You can do it as often as you want. We're at some hospitals where they do it for pain control, after surgeries. We have a whole medical program. Optimally, if you do it every 72 hours, the nervous system is going to always try to go back to wherever it was every 72 hours. You've got to move your baseline every time. That's why if you start a health program, they say after 21 days but it really takes about 18 months. The studies show that if you do it on your own without the help of visualization and relaxation, it takes 18 months. If you do it, it can take up to 21 days. We recommend getting up in the morning. We call it digital coffee. There is a brainwave between alpha and beta, it's called SMR, sensorimotor rhythm. That's the one when we get better looking and more intelligent with age, that starts to atrophy.

Dr. Patrick Porter: When it seems like our memory is failing us, when people go, "Oh, I'm having a senior moment." The reality is that that SMR brainwave was fatigued. If we can wake up in the morning and engage that one, it also gives us energy. People think they get energy from food. I love it when I see somebody say, "I'm so tired, I need some food." They eat something and they get food. They might have gotten a little bump from the sugar, but the reality is it takes about four hours to get energy from that food, it was psychological. They got the psychological boost, they didn't get the physiological boost that they would get from eating. That takes a while to get that.

Dr. Patrick Porter: In the afternoon we have reboot programs, which are about 20 minutes. The morning ones are about 10 minutes. You don't need as much relaxation, hopefully you got a good night sleep, so we don't need to take you through the long progression of relaxation in the body. In the middle of the afternoon we have a 20 minute reboot. That's the one I was talking about that can reclaim about 80% of your energy. Those are two of the favorite ones people use. Then we have them at night because a lot of people use this for sleeping. We have delta training, which means they don't bring you back. The other two will bring you out into high beta, which is a high energy state. You'll notice the lights are flashing very fast because that's attracting the brain. They're out of synchronicity.

Dr. Patrick Porter: You might have found that it was like the lights didn't work anymore and you open your eyes, and they're still working. That's when your brain is balanced, you don't see the light anymore. People say, "How can you look at the light?" I say, "When your brain is balanced you don't see it." It's like in films or a movie, those black lines in the movie when they're showing a film, you don't see those. It slows out because over 30 frames per second the brain goes, "Oh, that's useless information, I don't need that anymore."

Dr. Patrick Porter: Once you get balanced you don't see the light anymore. You create a Gaussian feel that you're actually visualizing into. At night, though we have about 5% of the population that uses BrainTap, if they use the light after six o'clock like the blue light, about 20% of the people are really blue light sensitive. It's kind of just like EMF. Some people are so sensitive that if they walk by a tower they might even pass out because it overloads the nervous system. Depending upon how your nervous system regulates, we want to train the brain. A lot of people think the nervous system is in the spine and the arms, but 70% of your nervous system is in your brain. You're basically getting this full brain activity, we're talking about the whole body, rebooting the whole body. If you do it three times

a day for the first 21 days you'll be locked in. Then a lot of people just pick a time during the day. I still do it twice a day.

Dr. Patrick Porter: I remember being interviewed when I used to have a radio show, for 12 years, and people would ask me all the time, "Is BrainTap addictive?" I said, "I don't know, I've been doing it since 1986." It's one of those things. I said, "Why wouldn't I use it?" Sometimes I don't have the headset because maybe the battery went dead or something, when I'm traveling. You can still do it with sound or you can remember the process. I also do other meditations. I do a lot with neurofeedback because I believe in that, as well, to help regulate the brain. It's a great way to validate what's going on with the brain. There's other technologies as well.

Wendy Myers: You mentioned digital coffee. This caught my attention because I love my coffee in the morning. I'm finding I'm just getting overly stimulated by it. What is happening to people and their brain when they're trying to wake up after this horrible night sleep, and guzzling coffee. What's going on there and what can the BrainTap help them do better?

Dr. Patrick Porter: The main thing is if you're needing coffee, and I would imagine we could measure it, you're not getting deep sleep. At least one hour of sleep, of deep sleep, level four sleep, or you're not detoxing properly. If you're not getting two and a half hours of REM sleep, you're not de-stressing properly. All the rest is like a bonus, whatever else you get. You need that hour of deep sleep, that two and a half hours of REM sleep, and your body will manage. If you don't get that, what's happening is BrainTap can re-regulate, we call it frequency switching technology. We're going to take you through a cycle of sleep and we should have three or four cycles at night. Some people, the best sleepers, will get seven to eight. They'll just cycle through this because every time you cycle through them, when you're in beta, that's a dopamine response.

Dr. Patrick Porter: That's why all the addictions are dopamine reactive, like playing video games, texts on your phone or all the payoffs we get on a conscious level. When we get into alpha we get acetylcholine. That's what we talked about earlier, then we get GABA. In the deep level states of delta we get serotonin. Most people have too much serotonin and they're still prescribing them serotonin uptake inhibitors, which basically traps serotonin in the brain. This is the worst thing you can do. Actually, there's a great book out there called *Suggestively You* and it talks about the placebos. Up to 40%, they did some studies, there is not an SSRI that would pass the placebo study test now because it's just a placebo. Once you get locked into that, the brain gets conditioned to using that. They don't do anything for you. Try to get off of them. You need some help to do that because you can't just stop. I mean, the brain gets patterned after that thing. The same thing is true with morning coffee.

Dr. Patrick Porter: With me, I like coffee. I drink it, but I drink my coffee about 10:30 in the morning. We drink half-caff just because my wife, if she drinks full-caff even at 8:00 in the morning, she's up till 12 o'clock at night. I had to compromise. When I'm out of town sometimes I'll splurge and get a regular cup of coffee or something. Coffee is not bad as long as you regulate it and you can do it.

Dr. Patrick Porter: I go to India a lot and Sweden and places like that. When you land, after being on an airplane for 20 hours or something, I'll do a BrainTap session and then I'll

have a cup of coffee. It's like putting lightning through my system. I remember landing in Denmark once and I had a layover in Chicago for 12 hours. That meant I was on a plane for almost 30 hours. I said, "Can we stop by the hotel? I need to change clothes." They said, "Oh no, there's 200 people waiting for you, we need to get you there" I said, "I'm wearing the clothes I was flying in." I can get up and give this talk but I said, "I just need 10 minutes." I did my little 10 minute BrainTap session, got up on stage and I talked to them. I was with them for like seven hours afterwards and the guy said, "I thought you were tired when we got here." I said, "Well, you gotta do what you got to do." Sometimes adrenaline will push you, but I wanted to have that kind of calm energy that you need when you're speaking.

Wendy Myers: There's a lot of people out there, a lot like myself, that drink coffee just out of habit. I just love it, it's super nutritious, it's a superfood but a lot of people abuse it. I wake up in the morning feeling really refreshed, but I love my coffee out of habit. I like that idea of drinking it a little bit later, maybe not right when you wake up. Tell us where we can learn more about BrainTap and how to use it. You mentioned you teach at Quantum University. I love that. Tell us where we can learn more about BrainTap.

Dr. Patrick Porter: If you look up #BrainTap online, you'll see all sorts of superstars, from movie stars to sports athletes and Olympic athletes. We do a lot with the Olympic teams. Jake Pates, who is an Olympic snowboarder, we're just doing a research program with him. I think that the best place to go is probably braintap.P-R-O and they can get a copy of my new book for free, the *Thrive In Overdrive* book. They can get 15 days free on the app, too. Then they can start to use it for themselves. If they want to upgrade that to have a deeper experience, then they can buy the headset.

Wendy Myers: Oh, because you have the meditations on the app, right?

Dr. Patrick Porter: They can go there and they can experience it through sound only, for free. We don't ask for a credit card or anything. They can just go there and do that and then they can experience more. There's a lot going on. If they go to the BrainTap Tech Facebook page they'll see a lot of things going on. Right now this week we're actually launching our summit, *The Optimal Performance Summit*. We have Dave Asprey, Jack Canfield, Jim Kwik and a few other people that I interviewed for that summit. There are like 50 people. They can learn about how BrainTap is being used in other areas.

Wendy Myers: Okay, fantastic. You mentioned dementia, also. You mentioned you were doing a study on dementia. This is huge because more than 50% of people develop dementia after the age of, I believe it's 60. This is a huge problem. There's a lot of different underlying causes but there's a lot of things that you can do, to address this as well.

Dr. Patrick Porter: Of course there's a lot of nutritional things you can do. A lot of people are saying it's type three diabetes and things of that nature, which means sugar has a role to play in it. We just did a pilot study in Florida with Dr. Kelly Miller, he wrote a book called *Saving Your Brain*. We only did BrainTap for the study, but in his real treatment he uses a lot of other things. BrainTap doesn't do it all, but in order to have the study we used only that. We took five people, this was the pilot study, to see what we can do. It's now moved onto a bigger study in Brazil. We are

partners with five different universities in Brazil. They're doing the bigger study with a couple 100 people that have dementia.

Dr. Patrick Porter: These people were all diagnosed with dementia. They all scored on the cognitive test that they had dementia. We did brain scans with them and what we found was the left hemisphere was slower than the right hemisphere. So the problem was the communication between the hemispheres. Even if there's just a millisecond between them it's going to cause great anxiety and fear, and the images aren't going to come up right. Basically it's like having a computer and the program isn't syncing. You might want to do something at the screen but you're not getting to the database.

Dr. Patrick Porter: We did a six week study with just BrainTap three times a day. You can't really measure every neuron connection with neuroplasticity, but what we can do is there's a mathematical algorithm that says there's so much energy or voltage in the brain in this area. We increased the voltage in that by 49.8% over six weeks and none of them were on the dementia scale anymore. They cognitively didn't score as dementia. The doctors were blown away. They said, "Well, if you came to me like this before, I would've said you didn't have dementia, but I can't say that by now because we've seen it" They're just blown away because it was only six weeks of sleeping, really. You put on the headset and you go to sleep. You don't have to do anything. They were doing a lot of neurological work. That's the biohack really, because we're all living and bathing in a sea of light, sound and vibration, all the time. We just found a way at BrainTap to synchronize it in a very focused way to get the brain to tune up, to tune the brain up.

Dr. Patrick Porter: It used to be the elders who held all the tribal knowledge. Now it's like we take the elders and we put them away in a room, in a home and we forget about them. They used to have all the knowledge. The big difference is that the way we treat our brain and the way we treat our lifestyles, we're not honoring the brains of our elderly. That's where we're all going. I don't know anybody yet that's been reversing, although I know Dave Asprey says he's going to live to be 180. He's going to reverse the aging process. I hope he finds out how to do that because I'll follow along. Until then we can stop it, we can retard it, I should say and make it happen slower. We can be young and vibrant. I like Wayne Dyer, he said, "Never let an old person inhabit your body." That's the key thing, you want to have a playful mind and be able to function.

Wendy Myers: I love what you say that we just have to kind of tune up our brains, because it is. It's all about frequency. That's one thing I try to drive home to people. Our bodies resonate to certain frequencies. There's all these non-native frequencies acting on us and interfering with that. When people's health is out of sync, their brain or their health or what have you, they're simply out of tune. They have to use frequencies, energy medicine, bioenergetics, frequencies from music and light, et cetera, to tune that up to restore health. It's a very simple age-old concept that for some reason has escaped conventional medicine and functional medicine for the most part, as well. I love tools like this to help tap into that. You have so much science behind it.

Wendy Myers: Tell us again where we can get one.

Dr. Patrick Porter: You can go to braintap.P-R-O to get the free gift, which is the book and the app. They can go to braintap.com if they want to purchase just the headset. I would

recommend first to try it out and see what you think. Get the book and read about it. The science page is chapter four. I wanted to add one thing about EMF. If you've never heard of Dan DeBaun, the Radiation Nation, the first line of defense when dealing with EMF exposure is BrainTap. We have zero EMF and we can bring the brain back because it's all about frequency. Just tuning it back up. If we let the drudgery of everyday life just drag us down, then it's going to affect the way our brain functions.

Wendy Myers:

A lot of people are worried about EMF. I talk about EMF a lot on the show and on my site, but EMFs are just these frequencies that interfere with your brainwaves, your heart waves and other frequencies your body emits. You can counterbalance that. You can use BrainTap to get your brainwaves expressing at the right frequencies and the right times, and combat this. Well, Patrick, thank you so much for coming on the show. That was so interesting, so full of knowledge and just really packed with a lot of information.

Wendy Myers:

Guys, thanks so much for tuning in and listening to the *Myers Detox Podcast*. I'm Wendy Myers of MyersDetox.com. If you guys want to check this out to go braintap.pro or braintap.com. Thanks for tuning in and I will talk to you guys very, very soon.

Speaker 3:

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