

0:04

Hello.

0:05

Thank you all for joining today's program about the Thrive state, and our holistic approach to peripheral neuropathy with special guest speaker doctor can do.

0:15

This program is made possible by our sponsor live on labs who I acknowledge and graciously thank for supporting this program and the foundation for peripheral neuropathy's mission.

0:25

For those who may not have heard about this until today, the Thrive state is a holistic approach for patients with peripheral neuropathy or any chronic illness.

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The Thrive state is an energetic field, a state of being that each of us can learn to harness to activate more health, resilience, and hope into our lives, that even during times of uncertainty and hardship, we can access the thrive state to unlock the resources within ourselves to heal and improve our health, spirit, and lives.

0:56

My name is Lindsey Colbert's, I'm the Executive Director of the Foundation for Peripheral Neuropathy. And again, I thank each of you for tuning in today's program and supporting this organization.

1:08

Before we get started, just a few minor logistical matters to address. I wanted to remind everyone that this presentation is being recorded and it will be e-mailed to you and also uploaded onto the foundation for peripheral neuropathy's website within about a day or so.

1:24

Please submit any questions you have via the questions box, We'll try to answer them at the end of our webinar during the Q and A portion.

1:33

And if for anytime you're having trouble with the audio, feel free to try to dial in by phone.

1:40

Feel free to check your registration e-mail for those dial in instructions.

1:45

Now, I am pleased to introduce today's guest speaker, doctor Wiig, coming to America, as the only surviving infant on a refugee beaudoin post-war Vietnam.

1:55

Doctor B is no stranger to adversity.

1:58

Once a Minimally Invasive Surgeon, who has overcome two chronic diseases, he is now a passionate health and human optimization champion and best-selling author of Thrive State, Your Blueprint for optimal Health, longevity, and Peak Performance.

2:13

As one of the most sought after performance longevity physicians in the country, doctor view regularly works with celebrities, athletes, executives, and corporations to optimize their health, performance, and vitality.

2:25

His mission is to empower people and organizations to reclaim their health and serve with Fulfillments, abundance, and purpose.

2:33

He enthusiastically shares his messages on national TV shows such as the Doctors and Access Hollywood.

2:40

Keno incorporate stages, such as Whole Foods and Biohacking Conference, as well as with the generation of physicians, an Assistant Clinical Professor at UCLA.

2:51

We are so honored to have doctor ...

2:53

here with us to present at today's program, doctor Vitti, thank you again.

3:02

Hello, hello, I thought I'd include a little bit of coming in and add to an entry, and said I want to thank everybody for for being here today. Mostly, thank you for your time and for your attention.

3:16

No, it seems ever so often, some outside force Or pressure, the loss of a loved one, a virus, A diagnosis comes in, and it tears apart, the fabric of human ecosystems, our bodies, our spirits, and our communities, you know, back in December of 2020.

3:46

Back of December of 2020, there's a cruise ship called the Diamond Princess that was set to do a 14 trip around Asia, for people to celebrate.

3:57

Now about five days into the trip.

4:00

Somebody gets sick and elderly gentlemen and he had to disembark in Hong Kong.

4:04

He had a cough and fever, and the Hong Kong authorities actually diagnosed him with ... pneumonia.

4:11

They actually told the cruise ship captain at the time, but the cruise ship captain was reluctant to tell the rest of the cruze for another two days. But when he finally told him, he said, Hey, you know what?

4:23

There has been somebody with Kovac pneumonia here at the time. People didn't know what was going on. They still party people were celebrating their anniversaries, their birthdays, people from all over the world.

4:36

By the time they got back to Yokohama Japan, 14 days later, several people became symptomatic. And the port authorities at Yokohama actually quarantined this boat for 28 days.

4:48

Now, this is actually a social experiment that can't really unethical lead be done, except in this case, which is get people from all ages from all races, from all over the world, and put them inside this container, expose them to a new and novel virus, and let's see what happens.

5:08

Now, ultimately, one in five, people would be come infected, and 2% of them would ultimately die.

5:15

A larger percentage, actually had long haul Covitz symptoms.

5:19

Now, this brings about some very important questions, like, for example, how there's some people under the same pressure have these fatal effects, while other people aren't affected at all.

5:31

Some people have the mental, physical, emotional, social, and spiritual fortitude.

5:37

The handles, stress, while others do not, what's the one common denominator for people that are able to thrive under stress versus those that don't?

5:49

And the answer to that is optimized human potential.

5:55

You see to be a human being alive today means that we've actually already inherited years and years of natural selection from our predecessors.

6:04

We've actually had the biological machinery, that has an immune system fend off against pathogens, we developed the mental acuity to put a man on the moon, the emotional intelligence to create great works of art, the physical capability, to the scale of the world's highest mountain.

6:22

Every person living past the 100 today is living proof that there's no artificial limit for how long we could live or even thrive and to thrive.

6:33

That actually is the driving force of every single species on this planet that become a better version of itself.

6:41

Now, after this pandemic, people are no longer willing to just hang around and wait for what happens to their health. People like yourselves are empowered and they want to know the tools and the knowledge and the frameworks to become the best and healthiest versions of themselves.

6:56

Now, fortunately through ancient wisdom and modern medicine, there's a framework to optimize human potential, and I'm going to share that with you all today.

7:08

Now, back on the cruise ship.

7:12

A year after this incident, the captain was asked what he thought of his experience. He said a diamond is a chunk of code that did well under pressure. I would like to think that we will be remembered as one big family that, under some very challenging times, remained united, with sacrifice and went through these problems.

7:30

Now, English wasn't, was his first language, but he did raise some very important points.

7:36

In fact, he's wrong about one thing.

7:39

A diamond actually isn't from coal.

7:41

It's from something even less than coal, something that's more insignificant than coal, these things called carbon deposits, Now these carbon deposits hundreds of miles beneath the Earth's surface, when given heat, when given time, and when given pressure, actually creates this beautiful, brilliant diamond.

8:02

And once that diamond is formed, it can't be broken.

8:07

And after studying the longest of the populations on the planet and the highest performing people on the planet, this is almost a universal law for transformation at universal law.

8:17

We're becoming the best versions, the greatest versions of ourselves. So remember that formula sheet pressure in time.

8:25

No back in the pandemic, you know, certainly.

8:27

I had my share of pressure.

8:31

I was about to be a new dad January 2021.

8:34

I wasn't able to see my fiance go through her prenatal visits at the time because they weren't letting people in and what we were 40 weeks in her OB says We should go into the hospital to get induced.

8:46

And so we did we get into the hospital.

8:48

The nurse puts in the IV starts the induction process and she says, doctor ..., it's going to be hours before anything happens, just relax.

8:57

So I remember just lying there and exit this Heart Hospital bed and try and go to sleep. 30 minutes later, I hear two footsteps come in.

9:05

We're trying to adjust the monitor's minutes later, forefoot, that's come in.

9:10

Oh, we were having problems finding the baby's heartbeat. I'm starting to wake up here.

9:16

All of a sudden.

9:17

I see the doctor on, call, come in, they roll a ultrasound machine and put the ultrasound all. My fiance takes a look and I see the baby's heartbeat, I'm a doctor. I could see these images that's supposed to be beating 160 beats per minute doing this.

9:34

And the doctor turns to me and says: doctor Vu, your baby might die.

9:40

If we don't have an emergency C section, right?

9:43

Now, what we weren't prepared for this.

9:48

We end up in the operating room table. And when I first heard the baby cry. I was thinking, thank.

9:52

God, baby's doing great. They asked me, doctor ..., do you wanna cut the cord? So I head off and I'm cutting the cord, or remember taking some selfies.

10:01

I'm looking down and I notice something.

10:05

She's not moving very much.

10:08

I hear alarm's going off or oxygen is going from from 90 to 80 to 70.

10:15

I mean, I'm just trying to wake her up. Hey, hey, baby, Daddies, here.

10:21

The people that just gave me high fives in congratulating me wouldn't even look me in the eye anymore.

10:28

And I remember getting a touch on my shoulder, doctor Vu, We need to take her to the ICU now.

10:39

Moments later, her Obi walks in, and she says, doctor Vu, I found your baby with her her cord wrapped around her neck and ankle.

10:48

Wait, what?

10:50

How long have you guys known about this? She did. She lose any oxygen.

10:54

Well, she had the choice to live.

11:02

My baby didn't choose to be born with a cord wrapped around her neck and ankle, and in that moment, I feared she might not be able to make any choices, which is why I'm here today.

11:15

Remind us of the gift, and the power of choices.

11:22

Difficult once empowering, once conscious wants, to access the best version of us, to find our hidden resources, to be able to take the symptoms that we have, and improve them, as well.

11:36

That's why I'm here to share.

11:39

So, know, the field of longevity and performance medicine is a fascinating one. And not only is the vision of this field to be able to extend life, but to preserve it.

11:50

As well, preserve our mental and physical capabilities as we age. And there's a lot of technologies there. We've got technologies that, that can track. Our blood pressure, Our blood sugars, are asleep.

12:03

We've got new medications that are out there, stem cells, ..., clearly, there's been remarkable advances in what I call the science of longevity.

12:15

However, I wonder how many of us are forgetting about a very important medicine, the art of Living.

12:24

You see there's a paradox when it comes to the expanding technology space in medicine, it was eloquently described by the Dalai Lama when he said, the paradox of our history in time is that we have taller buildings.

12:37

But Shorter Tempers, we have wider freeways, but narrower viewpoints. We spend more but have less. We buy more but enjoy less.

12:46

We have more conveniences, but less time, more medicine, but less wellness.

12:51

We've learned how to make a living, but not a life.

12:55

And we've added, used to life, Not life, two years.

13:01

No, back in that hospital.

13:04

I was just hoping for a chance at life.

13:07

And in that moment, I just realize what a precious gift. It is for all of us to be alive right now.

13:15

But this conversation is not about a chance at life.

13:20

It's about the choice live.

13:23

Benjamin Franklin said, some people die at the age of 25. They're just not buried until 75.

13:28

So we're just merely pushing back that time were buried with all the science.

13:33

We forget about choosing to create a beautiful life.

13:38

I've studied some of the world's longest lived populations, and it is through conscious choices.

13:44

They were able to activate the biology of longevity and human performance.

13:49

So let's make the case today.

13:52

With all the ambit of anti aging and longevity medicine, that's simply feta cheese just extend life without enriching in, expanding on and enjoying life itself.

14:04

We can do both.

14:07

But what stops us from our potential, what stops us, from, from living our healthiest life?

14:13

Well, scientists are beginning to learn more about a part of the brain called the Default Mode Network. This is actually the survival autopilot mode of the brain.

14:22

In fact, at basically a very early age. This network is like a sponge for information. It's going to download programs from our parents, from society, from media, everything around us.

14:34

It makes up our beliefs and models of the world, where we fit in the world. And because it's our survival mode, it's constantly looking.

14:43

But what can hurt us?

14:46

Dear lives here, Our self critic, the wandering mind is here.

14:51

The problem with this operating system is it's programmed before the age of 10.

14:56

And unless we are conscious of this, we are making choices, from this unconscious, autopilot, conditioned survival mode of the brain.

15:09

So let me ask you.

15:11

But what operating system? do you think these choices were made?

15:16

The war in Ukraine?

15:18

The attack on the capital.

15:20

George Floyd, the subsequent riots.

15:24

We had a virus impacting the entire globe being labeled as the China virus, leading to nearly 4000 anti asian hate crimes.

15:34

No, I wasn't born in this country. I was actually born in post-war Vietnam to immigrant parents. And when I was just a few months old, we were forced to flee on this refugee boat bill with 2000 other refugees.

15:46

We spent eight months on that boat.

15:49

In these unsanitary conditions we spend another three months in this Philippine Refugee Camp.

15:55

And then we were sponsored to America by a Catholic church, And growing up, I remember.

16:02

Well, it's certainly being teased.

16:04

For the holes, in my hand, me down clothes, for this thinky food, my mom sent me to school with. Go back to your home country, cheeky.

16:14

Why couldn't my parents speak English?

16:16

Why do we have to live in my neighborhood? Why couldn't we afford those toys? The other kids had why me?

16:22

That was my old programming.

16:24

That was the default mode network, and I made choices from that place.

16:30

My Drive to succeed overtook my life.

16:35

I went to the National Institutes of Health, the Howard Hughes Medical Institute, UCLA for training.

16:41

I've learned to use the power of sound waves to pierce inside the body to be able to treat tumors. I use real-time, accelerates the guide into blood vessels, and deliver chemotherapy, or open blood vessels that are closed.

16:54

I was able to use magnetic fields to detect disease.

16:59

I eventually became section chief of my hospital, bought a fancy car, bought a fancy house.

17:09

Thinking that as long as I got success, that I would be worthy of love.

17:17

But underneath my white coat, I was sick, overweight, diabetic, high blood pressure on several prescription medications.

17:28

Sure, I got what they told me success was, but I wasn't happy.

17:33

That was alive.

17:35

But it wasn't living.

17:36

I got the promotion, but I lost relationships.

17:39

six sugar coffees every morning turned into six shot Vodka sodas on the weekend I became the poster child of a famous Dalai Lama quote when he was asked what he found most interesting about humanity and he said this man because he would sacrifice his health in order to make money and sacrifices money to recuperate his health.

18:00

This is the result of the Default mode Network. This is the result of all programming.

18:06

Old programming will lead.

18:13

That's the result of all programming.

18:15

But then I was given a gift that very same year.

18:19

I got my chronic disease diagnosis. I lost some relationships and I had a tear on my shoulder and they told me I might not be able to operate.

18:27

What 16 plus years of training? How am I going to afford to take care of my family?

18:34

Everything that my old programming told me, life might as well view.

18:39

Then I met ishmael.

18:41

He was the same age as me.

18:43

Terminal, pancreatic cancer.

18:47

I was asked to drain 10 liters of fluid from his belly.

18:51

And I remember when I was approaching a room, to brace myself to meet somebody worse off than me.

18:56

And I opened the door, I just remember, so clearly, I walk in, and I feel, Is positive energies, break, bright smile, doctor ..., How are you, man?

19:06

I can't wait for you to during this war for me, because it's getting in the way it's ****.

19:12

I wish I had to laugh, you broke me out of my state, but I had to ask them issue, How are you still positive?

19:18

This is Doc.

19:20

Trust me didn't always used to be this way, I used to be angry all the time and stressed out.

19:24

But after this, I learned that the only thing I have control over is how I choose to show up.

19:31

And I choose the show with Love and Positivity, man, that's it.

19:37

Here's a man who was about to die.

19:40

Reminding me about how to live, reminding me.

19:45

But the power of choice is ours.

19:48

You see all programming will lead to the same thoughts, the same feelings, the same actions, all from the same choices.

19:56

So how do we get out of this?

19:57

We have to be able to see the old programming and we make some conscious new what choices.

20:04

New choices led me to actually break out and learn from world thought leaders in health, wellness, and longevity.

20:10

I learned from spiritual biologists such as Bruce Lipton and Deepak Chopra, personal growth experts like Tony Robbins, ...

20:18

Jani, what I learned was a new approach to life and medicine. Here's what I learned most.

20:24

That how we live our life is medicine.

20:31

New choices also led me to do a deep dive in longevity medicine, which led me to the work of this gentleman, Dan Beutner.

20:38

You see it in the early two thousands, He was actually given a monumental task to reverse engineer aging and longevity, so he and his team traveled all around the world to see where people live. The lungs were the highest concentrations of people living over 100.

20:52

They found five, They call them the blue zones.

20:57

Now he and his team actually uncovered people living in the blue zones.

21:01

we're living so long we found some common, great, ancient wisdom and principles demonstrated that they moved every single day. They had rituals that deal with stress they didn't stuff themselves with food. They occasionally celebrated with wine.

21:16

They had deep connections with friends, family, loved ones, a tribe.

21:21

They all had purpose.

21:24

Now, the people that blue zones didn't seek out to be the longest lived people on the planet, it was just a byproduct of how they chose to live.

21:31

But more importantly, who they chose to be.

21:37

But how do our choices affect biology?

21:42

Well, the science of epigenetics tells us this that the fate of our cells isn't determined by the DNA that resides in it but the fate of ourselves, our longevity, a performance, our health, all these things are actually determine by how the genes interact with its cellular environment.

22:04

So the next question is, can our choices effect or cellular environment?

22:09

I first looked at these things called telomeres.

22:11

Now telomeres are basically the ... of our DNA that protects our DNA from fraying every time our cell divides. It turns out that telomeres are also a marker for longevity. Short telomeres are a marker for disease and a short lifespan whereas preserved telomeres are marker for longevity.

22:29

We know that stress is actually the major driver of telomere shortening, whereas choices such as exercise, sleep, nutrition, purpose, a community actually preserves our telomeres.

22:45

So we can see this example here of the choices that we make them.

22:49

The organism level actually changes the cellular environment which actually affects our DNA.

22:58

That's one example.

22:59

I looked at another example for disease and longevity another one being the CTR A.

23:05

This is actually one of the cell danger response is now back in the paleolithic days, what happens is, when our body senses danger, usually that was from a saber toothed tiger or a neighboring village that's about to attack that basically turns on the CT RA.

23:20

And essentially what happens is this danger or stress is sensed by the cells in our body.

23:27

It turns on this cascade of genes, which actually increases inflammation, and lowers our immune system, and puts us prone to get chronic disease.

23:40

Now fortunately, we don't deal with saber toothed tigers anymore.

23:44

But everyday perceive stresses such as divorce, such as loss of a loved one such as Resenting, somebody who's hurt you or somebody who's cut you off on the freeway that drives the same response, increase inflammation, decrease in immunity, which puts us prone to getting chronic diseases, like heart disease, all cyber cancer, viral infections.

24:08

Now what turns off this process?

24:11

The same things: sleep, nutrition, movement, flu, community, purpose.

24:18

In fact, the more I started to study the biology of human performance and longevity, I started to see the same patterns.

24:24

Whether it was the ancient wisdoms we gained from the blue zones that telomeres the CTE RA, or even epigenetic clocks, which we didn't discuss.

24:33

I realized there was that same pattern of things that showed up.

24:37

The patterns here in these five categories of life most affect basically the cellular environment that basically controls or biology.

24:47

It is our choices, particularly in these areas of life that creates this energetic field in our body. That actually speaks to our DNA in a moment to moment basis, and it gives our DNA to the instructions to thrive.

25:01

Or it's telling your DNA that you are in danger.

25:07

Now, here's the thing. This energetic field we create isn't only felt by every single cellular body but goes outwards. Other people feel it as well.

25:17

But the power of choice is ours, the choices that we make, Again, create this energetic states in our body.

25:24

And when we make choices that optimize our cellular health. We create this vibrant state and our body, I call it the thrive state, and then the thrive state, we're giving ourselves the signals for optimal health, longevity performance.

25:36

When we make choices that diminish our cellular health.

25:40

Our cells think that we're in danger that leads to poor Oregon function, poor health, chronic symptoms, and chronic disease.

25:51

Now, let's use this model here to see how old programming, what I just talked to you about, that all Default Mode Network, can actually give us disease, let's start with the mental, what was my mindset, I'm not worthy I'm not good enough.

26:05

That was my mental state. So, I actually strive to do everything, on my own, I put myself first, rather than helping others PORs: spiritual State.

26:14

I used to wear the mask of this white coat, you know, look at me, as this doctor, call me, doctor Vu.

26:21

I didn't show you who I was authentically, are vulnerable.

26:25

poor social State.

26:26

Where do you think my emotions where stress worry, anxiety, fear?

26:30

That gave me, made me make choices that didn't allow me to sleep eat, or move very well.

26:38

The choices that I made in these areas of my life created an energetic state in my body, which, what, was that?

26:45

The stress in survive state?

26:47

That's right.

26:48

Increase inflammation, decrease immunity, chronic symptoms, chronic disease, but the power of choice is ours.

26:56

No Ishmael gave me the opening to make new choices. I started to have new experiences. I began with sleeping, eating, and moving better. All of a sudden, I started to notice, my body started to slim down. I'd had more energy. I was feeling alive, good, emotional, state. I sort of connect with people that lifted me up.

27:12

Had a good community, and as I reverse, started to reverse my chronic conditions, I wanted to share with the world spiritual state.

27:22

I started to change the things that I believed in, like, everything in my life is happening for me, not to me, and that my choices actually create my health and my reality.

27:33

When I started to make new choices, I noticed the shift in this, the energetic system, my body as I started to be in the thrive state, and then combine it with the anti-aging along Gibney Medicine that I know.

27:45

I actually was able to reverse. All my chronic conditions, lose the inflammatory visceral fat and biologically age backwards.

27:56

This is the power of our choices.

28:00

Now I want you to see these are the choices that most affect the energetic state in our body and these are the things we can all control.

28:10

Let's go over a little bit on each one physical, really comprises of three things.

28:15

And I know there's a handout that is in the webinar that you can download which is just a cheat sheet for the things that most affect health that would most affect actually how to improve the symptoms of peripheral neuropathy.

28:30

Remember, physical, it's three things: sleep, nutrition, and movement.

28:35

The asleep is so important because it's the circadian rhythm, or body is in that rhythm, and when that rhythm is off, our hormones are often are biology, is also so important, so make sure you get 7 to 9 hours of quality sleep.

28:48

A few things that help, and you guys can ask me some specific questions later on, is avoid blue light.

28:55

Before you go to bed, avoid, eating, right before you go to bed, Avoid alcohol before you go to bed and Early Morning Sunshine every single day actually helps actually helps with resetting your circadian rhythm.

29:10

Next is movement, just being sedentary.

29:14

Locks your body in movement. Any extra eyes. Just walking every single day actually increases endorphins in your body, increases, brain derived neurotrophic factor, which is very healing for central nervous system, and the peripheral nervous system. So any kind of movement every single day is actually great. Now, specifically for peripheral neuropathy. focusing on balance, focusing on flexibility, strength, and exercise are important. I'll answer more specific questions if you have them later. And then we have nutrition.

29:48

A few things to keep in mind, many people that are, you know, have peripheral neuropathy, diabetes, could be one component or impaired, insulin resistance, could be one component. So a really important thing is to monitor your blood sugar and to watch your carbs, OK? So know your carbs reduce. Sugar reduce. Processed food Now. Another thing that could worsen symptoms of peripheral neuropathy is chronic inflammation hanging around. So an anti-inflammatory diet is really important to what does that include includes omega threes.

30:21

You can get those from nuts.

30:23

You can get them from fatty fish, and I recommend what I call it the smash fish which has low and mercury.

30:29

What smashed and four sardines macro, anchovies, salmon and hearing.

30:39

Those are some of the things to consider.

30:40

Now, another thing wouldn't comes to nutrition, as it pertains to peripheral neuropathy.

30:46

It's actually nutrient deficiencies, nutrient deficiencies are more common around the world than it ever was before. And there's a reason for this.

30:56

Reason number one is that a lot of our vegetables and produce are now being farmed in very nutrient poor soils. So there's less nutrients in the food that we eat.

31:10

Here's another thing.

31:12

When we start to, when people put processed foods in their body and things that record body, like sugar and things like that, it can cause our gut to be somewhat inflamed. So people with inflammatory bowel disease or some sort of leaky gut symptoms. That actually have decreased ability to absorb these nutrients that are so important.

31:31

Here's the thing when it comes to nutrients, and I've found that to get nutrients best delivered in the body, so we can get it from food. yes.

31:41

But, unfortunately, again, if you run it just symptoms where you've got an inflamed gut, it's harder to get the nutrients in.

31:50

There's actually a new technology that it, it involves ... encapsulation.

31:55

It's actually almost like as a cell membrane around the nutrients and when you take nutrients that way actually bypasses the normal uptake in your gut.

32:06

So, this is a way to actually improve the delivery of nutrients all throughout your body.

32:13

Know, this is live on labs, actually it's sponsored this webinar and I am actually a big fan of liberal labs because it's so important to be able to get nutrients where they need to go. Now, as it pertains to peripheral neuropathy is there there's a few live on lab products that I like. one being magnesium is a great one. ... is a great anti-oxidant.

32:35

The B complex has that those B one, and the other type of V by means that are important. And those people with sugar regulation issues. Alpha ... acid is also great for that.

32:46

So, that's on the nutrition side.

32:48

Next is social.

32:50

It is positive, nurturing relationships that actually is most important to be able to get into the Thrive state.

32:59

You know, I had a patient named Bruce and he had a liver cancer, and in order for us to get him, basically, I'm sure, would be a liver transplant. Unfortunately, his cancers kept popping up and popping up and popping up. He couldn't get the liver transplant and, you know, back when I was still doing procedures, we basically do this procedure where we spray chemotherapy into the tumor and treat it.

33:24

Every couple of months. More tumor would rise more tomorrow, would come up.

33:30

And, you know, it started to come up so much that basically, we ended up having to take some of his liver out, and right around that time, Bruce was telling me, Doc, I don't know if I have a lot of time left, but there's something I need to do before I go away.

33:48

And I ask them what that was. He says, you know what, I've been a strange from my brothers for years. And so what he did when he started to write these personalized letters to his brother saying, you know what, I wish things were different.

34:00

I want to be able to heal what we had and re-establish her family.

34:06

Now, I'm a medical doctor.

34:08

But once he healed, all those things, there, with his brothers, these tumors never came back.

34:15

And it's been seven years since.

34:19

So I'm not saying that, you know, him reconnecting and healing and living in a state of gratitude was a cure.

34:28

However, I did notice that that change in state also coincided with those tumors never coming back.

34:37

No, So, here's a few messages he sent me from 2019.

34:40

He thinks of me, know, often no signs of the tumor and, you know, you send me messages every couple of months thanking me and it's one of the most rewarding things that hears adopter.

34:51

So one of the things you could consider doing as you leave this webinar here is Contact three people.

34:56

No, work on the social aspect.

34:58

Reach out to someone you could thank, Reach out to someone, you can help, and, finally, reach out to someone you could forgive.

35:06

Because forgiveness is not really for the other person, forgivenesses releasing yourself from the stress of resenting someone.

35:16

Then we have emotional.

35:19

No, emotions, I believe that we, as human beings, face and should experience all of the motions. That's great. But chronically feeling, anger, worry, resentment, fear, hate, actually drives the stress hormones, and causes increased inflammation and decrease immunity.

35:37

Whereas emotions, like joy, like connection, like love, like gratitude, are actually anti aging emotions, and will help with your symptoms, as well.

35:45

So what are some of the things you can do? Certainly exercises go great thing, I do something called breath work, which is really important to be able to tap into our emotions. And let me just teach one quick technique here.

35:57

I call it the 4 78, breathing.

36:03

You breathe in for four.

36:06

You hold for seven.

36:11

And you blow out for eight.

36:16

Really focus on that long exhale because that actually activates your ... nerve and it increases your sympathetic nervous system. Other things you can do is massage, journaling, and remember play.

36:32

What you'll also notice is this. All of these things are energetically connected.

36:36

So when you just make one different choice to elevate your state, it permeates into other areas of your life, know. So if your emotions are off, you don't have to out feel those emotions. If you sleep mover, eat better. You'll start to feel better.

36:49

Lastly, we're not lastly, There's spiritual, while spiritual is really just about surfing, knowing that we belong to something bigger. Pablo, Picasso said the meaning of life is to find your gift, but the purpose of life is to give it away.

37:02

No, I think he's only partially right.

37:06

I think it's more of a process of remembering them finding.

37:10

Know, I used to be somebody that just wanted to make people laugh and happy, let people have fun.

37:14

No, what, but?

37:18

When we tap into those states, when we tap on those states, that bring us joy that make us feel free, whatever those things are, that's the authentic us, those things are written in our DNA.

37:31

And when we serve us to the world, that's our purpose. Your purpose is you.

37:38

You are the gift.

37:40

Purpose can also come from the things that we no struggle through our challenges or obstacles, because we grow from them.

37:50

And the more we grow, the more we can give.

37:54

The last thing is mental, now I want you to focus on four things and we can get into more specifics in the Q and A session, but the four things we can control is basically our focus, our beliefs, or meaning in our story.

38:11

All these things change, our biology and the way we feel. Think about, if you focus on the things you you have in your life versus things that you don't have in your life.

38:21

Or you focus on the things you can or can't control. How does?

38:24

how does that change the feeling, and remember the feeling that we have, those emotions are medicines, the beliefs that we have in wildlife.

38:31

When you wake up every morning? Do you say, oh, man, I have to wake up tomorrow, or do you say I get to get to wake up.

38:38

Here's some beliefs that are, that I hold very important in my life. The most important decision we make is, whether we believe we live in a friendly or hostile universe or another. What life is simple: Everything happens for you, not to you.

38:52

You know, the meaning that we give to things, can we start to see what it's doing to us emotionally?

38:58

And certainly, the story we tell about ourselves to ourselves, actually, is very, could be healing as well.

39:08

I'm going to skip that example there, but our story is so important because the biography, the story you tell about yourself to yourself will actually dictate your biology.

39:19

Look, I know it's not always going to be easy to make the right choice, particularly when we've got this default Mode network hanging around.

39:28

But even when it's hard, the power of choice is ours.

39:35

Know, there's a quote I love from Victor Frankl. If you don't know who he is, he's a Holocaust survivor that saw his mother and brother murdered. He saw his father starve to death and soft friends and family members tortured.

39:45

But he still had this to say between stimulus and response, there's a space.

39:50

And in that space, there's a power to choose our response.

39:54

And in our response, lies our growth and freedom.

39:59

So every time you've got this trigger, that happens every time you're feeling lazy on the couch, every time, you know, you feel like reacting to a co-worker, That's, that's angering you, I want you to notice that trigger, and I want you to create space. and, then act.

40:16

You create space by going for a walk onto nature by meditation or doing 10 deep breaths in and out, just like I showed you in, through your nose, and out through your mouth.

40:26

And what you'll notice is, whatever you got triggered with, calms everything down, you've created a little bit of space.

40:32

Now in that space, I want you to act, which is a have awareness Oh, Where's that trigger coming from it? Is that that story about not being good enough? Is it that belief that I'll never lose weight because it's in my genes?

40:43

What is that have that awareness?

40:47

Usually it's coming from that old programming then see, once you could see that old programming make a conscious choice.

40:55

Who do you want to be?

40:56

How do you want to show up?

40:58

Do you want to be happy? Do you want to be confident? Do you want to be generous in giving or Playful? Whatever it is You choose?

41:04

Once you choose, immediately, take a new action.

41:09

Would you choose to respond or React? Would you choose curiosity or reject me? Would you choose to forgive over resent?

41:17

And the more of these new choices you make over all programming, you are actually rewiring your entire body and nervous system into the thrive state and you upgrade your operating system.

41:27

No, this is a process I've learned to go through every time something challenges. Me.

41:31

You know, back in the ICU, I remember, I wanted to react, I wanted to blame the hospital. I wanted to blame the doctors.

41:39

But I wanted to believe, I wanted to pause, create, space, and act, so I created a little space.

41:47

I have the awareness that I was reacting, and I choose. I choose to believe that everything is happening for me, not to me.

41:54

They took action by asking the question, how is this happening for them?

41:58

And I swear to God, right when I asked that question, the nurse asked me, doctor food, you want to hold your daughter for the first time?

42:03

And so I did.

42:04

and I remember looking down at Hershey a tube down her nose, ivey's all over arms and I remember thinking health complication or not, she's absolutely worthy of love.

42:15

Then I just realized at a moment, each and every one of us is who's born, who's been gifted with this life is absolutely perfect and worthy of love.

42:28

Even me remember in that incidents the wave of healing that just overcame me.

42:36

Happening for me, not to me.

42:40

So what if, Oh, here's an update. This is kiah.

42:44

She's very happy, very, very healthy, as well.

42:48

You can see happening for me, not to me.

42:53

So what if it was all a gift, the struggles, the diagnosis, the car accidents?

43:00

What if it was all life's way of giving us a gift?

43:05

What if it was the gift of pressure that it was giving us?

43:11

And if we live with passion, with, we live with purpose, if we live with that persistence of being our authentic selves, we bring the heat And give them this formula if we bring the heat.

43:21

End of life, gives us pressure, it's really a matter of time before we create our next diamond and our next diamond.

43:29

I know all of you that have begun this diagnosis in all of us who have gone through this pandemic together, we are already forging our own diamonds.

43:40

So what if we, what if the world, live like this, created a little bit of space and made more conscious choices about the state that we live in?

43:49

What if more and more of us were in the Thrive state?

43:52

You see, when we elevate our state when we elevate our?

43:55

No vibration, It's not only felt by every single sun or body but it permeates, outwards, Your children and my children, the planet will help you access this energy this vibration.

44:10

We've become the seat of a new blue zone.

44:13

So make the choice you want to see in the world.

44:17

And remember to irrigate a beautiful masterpiece for your life.

44:25

That's the art of living.

44:27

And that's the most powerful medicines you can do for yourself and for humanity.

44:34

Thank you. I'll pause for questions.

44:39

Wow, doctor V, that was an extremely fascinating and impressive presentation. I'm almost speechless, I feel like I'm just paddling over my words at the moment, but thank you so much. I, I know that a lot of our folks have really enjoyed this presentation. So far.

44:57

I've read some of the comments that have been coming through. And so let's go into some of the things that you did talk about just to get a little bit more details. Because I think our patients might find that to be helpful. So you had mentioned some foods that might help with stress and combating stress. Could you elaborate a little bit more into what that could look like, what that diet could look like, and some examples? Yeah, absolutely.

45:27

So I think one, I think, time restricted feeding is actually a great little strategy for people to do if you don't know what time restricted eating is, It's really just narrowing the window you eat. And if you can narrow it down from like 12 hours or 10 hours to maybe eight hours every single day, what you're doing is you're not allowing insulin to be secreted in the body the entire time and for your pancreas to be overworked. You know, we do that actually leads the insulin resistant to insulin resistance, will worsen symptoms of peripheral neuropathy, so that's just like when you eat, then it's what you eat. Well, we know that sugar and processed foods are very, very inflammatory. Foods is just avoiding. Those things would be very important. A lot of people who might be insulin resistant already or have diabetes that lead to peripheral neuropathy, certainly what you want your blood sugar control. So avoiding the sugars starches and things like that are very important.

46:18

The last part is really those anti inflammatory foods anti inflammatory foods are foods that are rich in anti-oxidants. Us, you know, such as berries, are great. But that blueberries are one of my favorites for that. Then we're also talking about omega three, fats, omega three fats you could, you know, get from fish oil, you can get from nuts, you can also get from fatty fish.

46:40

So, I would say those would be the main tenants of eating if you're dealing with peripheral neuropathy, is really watching your blood sugar control. Not allowing insulin to be pumped, you know, throughout the day. And then certainly eating an anti-inflammatory diet.

46:57

Yeah, and I think that speaks not to just those that have diabetic neuropathy, but a lot of other forms of neuropathy: So that's fantastic. And We talk a lot about diet and exercise. Right, So I want to kind of pivot to that right now. Are there any types of exercises that you recommend specifically? Or similarly also frequency, how many times per week, per month, should someone aim to exercise.

47:22

Either someone that doesn't exercise at all working their way into it, and then what's that kind of ultimate goal, right. Where do you want to? Where do you want to be?

47:32

Yeah. So our DNA was created so that we are moving every single day. So our ancestors were moving every single day, right? We have men, they go went out to hunt. The women would go gather food and there'll be sitting and squatting there'll be sitting on the floor, now, chair sitting is something that really restricts our body.

47:50

Know, our joints are all fixed and doing so in our circulation is actually limited when we do that as well. So, you know. A lot of people think, Oh, OK, well, I don't like going to the gym. That's

not me. I mean, you could start slowly. I mean, if you just wake up every morning and walk outside with early morning sun sunlight, you're not only getting the vitamin D from the sunlight.

48:11

Resets your circadian rhythm, which is great. But also, if you walk out in nature, you have phytochemicals in the air that actually helps reduce stress. And the reduction of stress, the reduction of cortisol, actually reduces peripheral neuropathy symptoms. So you start off by doing something like that.

48:28

Just think about how you know how you're moving during the day. Are you using conveniences like an escalator or an elevator and things like that to get from place to place? Do you want to park all the way up from some people love to use you? Know they have these fake you know Handicap placards you know.

48:43

They're going in front. But let's say you know but if you can walk, I would say it's OK to park further away, or if there was something that was close by to your house that you normally drive to walk in there or biking there, would be, you know, something that's great too. And then the other things that I mentioned before, is aerobic training.

49:01

Know, I typically say anywhere from 150 minutes a week of aerobic training and again, that could be walking. Or you could step it up by bit by just moving your arms as you walk in and bringing up your heart rate.

49:12

You don't actually have to be going, you know, to raising a big sweat you need just elevate your heart rate just a little bit to get that aerobic training strength training will be really important because as you, as we age, we have peripheral neuropathy. We want to have good strength and flexibility to maintain, and so we don't fall and things like that. And so, you know, doing things like sitting on the floor, stretching, all those things, are great exercises for peripheral neuropathy.

49:40

Yeah, that's fantastic.

49:44

You had spoken a lot about breathing. I found your technique actually, to I was doing it as you were doing that as well and I found it to actually be extremely calming.

49:55

But, is there any other technique that someone should consider when trying to do some type of meditation or other type of kamin, either within the state of, you know, stress, or similarly later, just trying to really calm your body and get Intune?

50:13

Yeah, well, I mean, this is a great question. I think that breathing technique works because, you know, no matter what your mobility issues are, you could certainly do that.

50:22

Now, one of the things that I find, you know, pretty useful is, I'll see if I can demonstrate this.

50:30

I don't know if I can, I know I don't have a wall behind me, but, you know, if you imagine doing the same breath, and what you do, is, you're standing up, let me see, right here, behind me. But if you're standing up, and what you do, is you use lift one leg up, and if you need a chair or a table to hold onto, you could just hold onto that.

50:50

Lift one, leg up, breathe for NaN in while you lift your leg up, hold it there for four, and then breathe out.

51:00

Now, when you do that, it's almost kinda like bops breathing, but maintaining the balance, and here's why this is so effective.

51:08

Most people will need to focus on the balancing part of that, and the breathing part of that, That It's very difficult for your brain to go thing. Oh, my God, what what? What was I worrying about just now mm, so that actually, kind of, you know, turns that part, that default mode off, so that you could focus on what you're doing there. So that's another great technique as well.

51:29

And obviously, a lot of these techniques help people get into what you're calling the Thrive state. And do you, is there any evidence?

51:38

And this might be a hard one to answer, I admit, but is there any evidence that can show then the reversal or the lessening of symptoms or perhaps the regeneration of the nerves, right? I mean, is there is there any proof that shows Hey, we do this and obviously it helps our state of mind, but it might also help us as patients who suffer from neuropathy.

52:01

Yeah, that's a great question. I think we're starting to find more and more.

52:07

If it not, only dampens the symptoms, that could potentially slowly, potentially even reverse them. What we did what we thought before. where nerves were not regenerated but what we do know is the capacity of stem cells to be activated to form new pathways. This is a concept called neural plasticity.

52:25

So, you know, what the Thrive state about is just slightly controllable factors that you can.

52:31

You know, change the state of your body. There are things that we can't control that are not listed here, such as, you know, maybe toxins were exposed to infections were exposed to and things like that.

52:40

And I'm pretty sure you need to work with, yeah, your physicians to see if you're exposed to any of those things, but these are the things we can control. And if you can't control these things, what you're doing is you're limiting the damage done. Because most, most diseases we have in your, in, our, in our body is worse, and our, and the contributing factor to a lot of them is the constant inflammation.

53:03

So we can work on the stress, and we work on these things in those five major areas. I just shared.

53:09

We're actually reducing that inflammation.

53:11

We're reducing that damage, and when your body's not thinking you're in a stress state, and it has more energy to expend to which stem cells for the healing, we could potentially reverse some of the things that are happening. So, yeah, I haven't seen anything specific yet, but, you know, I've seen like myself reversing diabetes and insulin resistance.

53:30

So, I would say it depends on where do you catch your disease and how much irreversible damage is done First Friday, you know?

53:40

In the disease process, it normally starts with inflammation. Inflammation starts to, you know, whittle away tissues When it gets to a point where it's scar down, there's no regeneration. But when you can catch it, where it's still sort of this active inflammatory process, 100%, We can actually slow that process down.

53:55

It improves symptoms.

53:58

And, you know, one of the final questions I want to ask for you today, and I know there's been a lot of others that have been popping up on the questions box and for those that were not able to directly answer. Please know, we will try our best to do some type of follow up after this program.

54:12

And, again, the recording will be provided to you, so for those that might have missed some of those tips or tricks, we'll be able to get that information out there. Again.

54:21

So, you can rewatch but, you know, a lot of our patients are suffering from enormous pain, and they would love to do this. They just write, they can't. They either can't do the exercises or they can't get into that mental state.

54:39

two, you know, have this thrive state because the pain is just so consuming.

54:46

What would you say to that person who know, is listening to you and saying: Hey, that sounds great, but there is no way I can do it because of the various examples that I just referenced or others that I haven't. What, What would you speak to on that?

55:01

Yeah, I get that A lot sometimes, too. I know, paying A, B, so debilitating and it affects your sleep.

55:07

It affects your ability to do the different things, and I probably say in that instance, allow yourself a little bit of the grid, a little bit of grace.

55:16

And, if you look through the things that we talk about, there's there are certain things that are not necessarily in the physical space that we can do.

55:24

Know, are you reaching out what people, you know, has that has the pain allowed you to just, you know, push everybody, I was out or, have you been able to be open and still connect?

55:36

You know, when people bring people in, No, that's in that state.

55:40

Is your focus on the pain, or is your focus maybe?

55:44

No. Go into somewhere else.

55:46

If there's somebody else in your life, you could help at that moment, know, if we start to change or focus on the pain towards something else that we focus more on trying to help others. You know, there's parts of our brain that actually dipped down. And the thing is when we start to help people are biology is such that it increases these feel good hormones that happen in our body, which is actually known to reduce the pain.

56:07

So here's the thing, is when we look through the things that I just talked about, This tiniest little new choice that you can make will start to change the state and your body.

56:18

And so, you just make one new choice, another new choice, another new choice.

56:22

And you'll notice over time, the thing that you had to worry the most, like, the pain that will improve, and you basically just stack on those things.

56:32

Yeah, it's, and I think highlighting just those, taken those small steps every day, right, if you're not able to walk 20 minutes a day, then maybe walk four times at five minutes a day to get to that 20 minute goal. You know, similarly, a lot of our patients are always complaining about how their pain or their other symptoms, are worse at night, And we find that to be true, because you have nothing else to do, and you're just kind of lying there in the dark thinking, right?

56:59

My, my, I know, my brain goes a mile, a minute, you know, at night, but I think to your point, you know, trying to focus your attention as best as you can. And just making those choices as again, as fast as you can. But of course, you know, work with your primary health care physician to identify some other medications or other things that you can be doing to help get you in a better state so that you can be open to this cell.

57:27

Doctor V This has been lovely. Again, thank you so much for your time. We really appreciate it. Thank you everyone for joining today. We will have this recording and the slides up on the foundation for peripheral neuropathy's website for future viewing. And if you have any questions, feel free to just reach out to us directly. The contact information is included on the slide below, but I think everyone knows how to reach us. And, and lastly, just feel free to continue supporting us so that we can put together these types of programs. Again, thank you to live on labs.

58:02

And I think that's it.

58:04

Thank you.

58:05

Thank you.

58:06

Have a great day, everyone. Have a Happy Holidays!

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