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Energy Metabolism Is Essential for Your Heart

Steven Masley, MD, FAHA and Stephen Sinatra, MD, FAAC, FACN

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Dr. Masley: Welcome to the Healthy Heart Summit. I'm your host, Dr. Steven Masley. And I'm thrilled to have you today and have this opportunity to get the latest, state-of-the-art information from leading experts on heart health for you and your loved one. And today I have a very special guest. I'm actually very honored to have Dr. Stephen Sinatra here today.

Let me give you a little bit about his background. And I'm going to have to keep it short because it's still so extensive. As many of you know, Dr. Stephen Sinatra is a board-certified cardiologist with over 40 years of experience in treating cardiovascular disease. He's presently an assistant clinical professor of medicine at University of Connecticut in Connecticut. He's the founder of HeartMDInstitute.com, an informational website dedicated to promoting public awareness of integrative medicine.

He's a fellow at the American College of Cardiology and a fellow at the American College of Nutrition. And I love that combination, as I'm a fellow with the ACN too. He's written in over 30 peer-reviewed medical publications and has done extensive research on coenzyme Q10.

And he's written 18 books, several of which I have here on my

bookshelf: The Great Cholesterol Myth, The Sinatra Solution, Metabolic Cardiology and Earthing: The Most Important Health Discovery Ever, Heartbreak & Heart Disease, and Reverse Heart Disease Now. Dr. Sinatra has appeared on many TV shows, including Dr. Oz, The Doctors, The TODAY Show, The 700 Club, FOX on Health, MSNBC, and Your Health TV.

So I am very happy to have you here today with us. So thank you for being here to join us!

Dr. Sinatra: Well, thanks for such a kind and very nice introduction.

Dr. Masley: So let's just start with you've had, I think, three really important, great discoveries as a cardiologist. Can you just give our listeners a background and talk about those three?

Dr. Sinatra: Sure. I graduated medical school in 1972. So we were learning cardiology back in medical school. And then I did my internship from '72 to '73 in straight medicine. So I've been really involved with cardiology for probably more than 40 years. Then I did my fellowship in 1975 to '77. So I have five years of postgraduate training.

And over the years, I've been blessed with just doing a lot of clinical work, seeing a lot of sick

patients, treating a lot of heart attacks, arrhythmias, did a lot of cardiac catheterizations myself, put in a lot of emergency pacemakers, intravenous lines. And for years I was a midnight hero. I was just working in the coronary care units in the emergency room night and day.

But I would say with all that behind me and all that great clinical work experience, I've learned three phenomenal associations or actually entities that really work. And I would say that metabolic cardiology's number one. Number two would be the benefits of earthing or grounding, putting your bare feet on the ground.

And number three, which has been with me all my life, Steve, because I grew up on olive oil when I was a young boy. And my grandfather gave it to me, my father gave it to me... But in the last 5 to 10 years, I've really learned that the really secret sauce of the Mediterranean diet is olive oil. And I have to say that the ingestion of olive oil from the cardiovascular point of view in the brain point of view is awesome.

Dr. Masley: The tree of life in the Mediterranean.

Dr. Sinatra: Yeah, it's actually the elixir of life. It's longevity. And while I'm on it, I should probably say this.

You wrote a book on cardiology. In fact, I loved your book, *The 30-Day Heart Tune-Up*. I endorsed your book. And when it comes to heart and vascular disease, we both agree that prevention is easier than cure. No doubt.

Dr. Masley: And better. And we can prevent 90% of heart disease.

Dr. Sinatra: Correct, correct. And we're both proponents of the Mediterranean diet. I like the Pan Asian Modified Mediterranean. I'll get into that later. But if you look at the Mediterranean diet and the olive oil component I believe is the secret sauce. We both know that. What does olive oil do? Well, it reduces the saturated fat content, even though it's a monounsaturated fat. It has a little saturated fat.

But if you look at LDL and you've got fluffy particle LDL or small BB shot LDL, olive oil is kind of cool because it can take your small LDL and make it fluffier. That doesn't mean that neutralizes it completely. But it's less invasive than small BB shot LDL. What else does olive oil do? It raises HDL. It lowers triglycerides. And you know that I like a triglyceride-to-HDL ratio as an indicator of cardiovascular health.

So now if you have olive oil driving triglycerides down and driving HDL up, well that's a perfect scenario.

Dr. Masley: And it's anti-inflammatory.

Dr. Sinatra: And it's anti-inflammatory. Yes! And I just learned that.

Dr. Masley: And it's so packed with nutrients. It's just incredible. And it tastes great.

Dr. Sinatra: And it tastes great. But if you look at this anti-inflammatory stuff, in 2010 I read a paper that blew me away. I never knew this.

We know that olive oil is good for the heart, even reduces blood pressure. It even thins the blood. It has an effect on adhesion molecules. But the real sizzle with olive oil? It lowers pro-inflammatory genes. It lowers gene expression. Once you do that, now you're bringing anti-aging to the table.

The other thing I just learned about olive oil with metabolic cardiology, when you're in heart failure, the heart likes saturated fat and monounsaturated fat because when you have these monounsaturated in saturated fats, it drives ATP in a preferential direction. We get more ATP.

Dr. Masley: Which makes energy for the heart.

Dr. Sinatra: Which makes energy for the heart, exactly. But what olive oil does in heart failure, because it's a monounsaturated fat, it's easily assimilated into the mitochondria. It's better fuel for the mitochondria. So I didn't know that. But when you have full-blown heart failure and you need to put people on fats—not sugar, but fats—because the metabolism of fat drives energy. But it's olive oil that is easily digested by his heart cells that are struggling energy.

Dr. Masley: You had a book called *Metabolic Cardiology*. To me, you're the father of metabolic cardiology.

Dr. Sinatra: Yeah, I think so. I think so. [Laughs]

Dr. Masley: So talk so we can hear your background on this because I think it's so important, especially for heart failure, but as a general heart tonic, as well, the whole process.

Dr. Sinatra: Yeah, metabolic cardiology is something I created actually in 2005. I read an article from Israeli researchers talking about heart transplantation patient

where they were using coenzyme Q10. And I just started using ribose in my armamentarium of metabolic cardiology. And ten years ago when I sent this letter to the editor—actually the article was in *Clinical Cardiology*—basically I coined the term then because I really thought that it was metabolic medicine, which was really the essence of treating heart failure and treating heart failure at the mitochondrial level. In other words, we're driving energy in a preferential in mitochondria.

And the way that started was over 30 years ago. I started using coenzyme Q10 early 1980s. And the first patient that I used it on was a patient with mild heart failure, coronary artery disease, some arrhythmia. And they improved a little bit. And I started to use a little bit more.

Then this incredible a-ha moment occurred when I was dealing with a postpartum cardiomyopathy. This was a woman, 31 years old. She had a two-year-old. She had just delivered a baby. I wasn't a cardiologist of record. But she was in heart failure for over a year. She was on the heart transplant list. She heard that I was using vitamins and minerals in my practice back then. She came to see me. And since I had some experience with CoQ10, I used it on her.

And it was amazing, Steve. It was absolutely amazing. She couldn't walk from one side of the room to the other. She had orthopnea at night, meaning that she was coughing at night. She had pedal (leg and foot) edema. She was in both right and left side failure. And she said after one week of CoQ10, she could take more steps. Just like this *Clinical Cardiology* article on the cardiac transplantation they were doing Israel, these people were walking 250 meters further than the control group getting

usual therapy. So after a week she said, "I could walk more, Dr. Sinatra." So I doubled it. The next week she came back. She says, "I'm coughing less." "Really?" "I lost 5 pounds." "Really?!" I doubled it again. Just like using an ACE inhibitor, remember in the days we'd use Capitan 7.5 milligrams. We double it and double it 3 times a day up to 25.

So I doubled it three or four times. And she came back to normal. It was absolutely amazing to see this woman lose weight, have an appetite—

Dr. Masley: And did you add ribose and carnitine?

Dr. Sinatra: No, that was just CoQ10. And six months later, her heart transplant comes out at the medical College of Virginia. And this is the early 1980s. And she says, "Dr. Sinatra, they found heart for me. What am I going to do?" I said, "Follow your own intuition." She's on my website, HeartMDInstitute.com where people can actually see Joan.

So, anyway, that was my first incredible wake-up call that CoQ10 was really special because she was on the heart transplant list.

Dr. Masley: Especially for someone with heart failure because it gives energy to the heart. The heart is starving for energy. And here you're helping the heart to make energy and reverse this process.

Dr. Sinatra: Correct. She had an injection fracture, which means the amount of blood coming out of the heart with each squeezing—we call that systole—it was like 20%. And then she went up to like 40%. Fifty is normal. So she was really good. She was awesome.

And then I started using CoQ10 on a routine basis. All my patients were getting it prior to heart surgery,

prior to being put on a heart pump, bypass surgery. Then I had problems, though. Not everyone of my patients were getting better on Q10. About 85%. So something was missing. That I decided to look at carnitine. And I wrote the book *Carnitine and the Heart* 10 years later.

And I was always using magnesium at the time. So I'm using magnesium in all my patients, and especially in heart failure. And they were getting CoQ10. Now I added carnitine. Now I had cases where they weren't getting better on Q10 and magnesium. But when I added carnitine, another 5 or 10% got better. But it still wasn't 100%.

And you know as well as I know, you can have 10 successes. You have one failure, what happens? That one failure keeps you up at night. It wasn't my successes. It was my failures that drove me crazy. Why didn't this person respond, but yet 10 before them responded?

So now it's 2005, 10 years, 2004, 2005. I'm in Las Vegas. I'm sitting in a lecture. There's a board-certified cardiologist from Toledo, Ohio by the name of Jim Roberts. What a lecturer! He's giving this lecture on ribose. All of a sudden I jump out of my seat. I had this incredible a-ha! I'm saying, "Oh, my God. That's the missing link in metabolic cardiology!" Because ribose forms the center of the ATP ring.

Dr. Masley: To make energy for the heart.

Dr. Sinatra: You have an adenosine nucleotide. Then you have a pentose sugar called ribose, five-sided sugar, and three phosphate groups. It was there in my mind that I realized this is metabolic cardiology. The missing link for getting people better was ribose. So that's when I coined the term. I called Jim Roberts. I said, "I want

to write the book *Metabolic Cardiology*. Would you write the introduction?" He said, "Sure, I will."

Then I asked him to write *Reverse Heart Disease Now* with me. We co-authored it. And he's still practicing. He's an invasive cardiologist just like myself. But that's the story of metabolic cardiology. It took literally, Steve, how many years? Twenty-five years?

Dr. Masley: To get to that point.

Dr. Sinatra: To get to that point. Now all my patients get metabolic cardiology.

Dr. Masley: It's time. And I'm thrilled. I had not heard the magnesium part that you brought that up in there as clearly before. Because something really interesting for us, which shouldn't surprise you, is when we looked at common, typical, everyday nutrients and what shrinks arterial plaque with our carotid IMT testing, magnesium was the number one predictor of shrinking plaque with my research.

Dr. Sinatra: Oh, yeah, endothelial cell friendly. And the other thing about Magnesium, which is amazing, we all know it participates in 300 enzymatic reaction and it drives ATP. But I used to treat a lot of mitral valve prolapse in the early days, in the 70s. My mentor was Robert Gerosatti. He wrote the book on mitral valve prolapse. I was his fellow. We had a clinic of 300 women. In fact, I gave him the idea. I said, "Bob, you've got all this data, all this phono- cardiogram data, all this echocardiographic data. Why don't you write the book?"

So he wrote it. And as his fellow, I was doing a lot of the wet work on the book. But I have to tell you, we were using beta blockers in these women. Bad choice. I didn't know about metabolic cardiology back then.

Dr. Masley: It just made them feel worse.

Dr. Sinatra: It did. And it didn't really help them because what do women with mitral valve prolapse have? They have diastolic dysfunction of the heart. In other words, when the heart is filled with blood, it struggles a little bit. And it takes more energy to fill the heart with blood than to empty the heart. It takes more ATP.

So when I was using CoQ10, they were already on magnesium. The women on the CoQ10 and the magnesium were telling me, "I feel better." I couldn't put it together back then. Then an article came out, oh, 10, 12 years ago by Polish researchers showing that magnesium and CoQ10 was the antidote for diastolic dysfunction of the heart.

And then they're perfectly right because basically magnesium and CoQ10 will support the cardiac cycle and the filling cycle of blood. You add carnitine and ribose, now you have the perfect solution for metabolic support and diastolic dysfunction.

Dr. Masley: Well, let's shift here a little bit. I loved to get that history from you, though, because I think it's an important part of history in cardiology as a whole.

But something really more recent that were looking at his fish oil. And I'm well familiar with your proponent for fish oil. But you really like DHA. And I'd love to hear because many people out there talking about you need more EPA than DHA to lower triglycerides and anti-inflammatory. But I know you're a big DHA proponent, which are the two, to me, the key components in fish oil. Can you talk somewhat about that and give us your perspective on it?

Dr. Sinatra: Yeah, it's an excellent question. I think phospholipids—fats—are really the key to cardiac health, brain health, and eye health. If David Perlmutter were here next to me, he would perfectly agree that fat and the brain is good.

Dr. Masley: Absolutely, especially DHA. He would love you saying that.

Dr. Sinatra: Especially DHA. Now, if we look at all these facts in the environment—EPA, DHA, phospholipids—there has to be a unique combination that I think would be superior than just a pure EPA or even a pure DHA, for that matter. I'm always looking for a mixture of phospholipids that will really drive metabolics in the right direction, drive the machinery of the cell.

But what I've found is that if I overweigh the cell with more DHA over EPA, unless I'm dealing with arthritis... I think arthritis patients with small joint disease, they need a greater inflammatory effect. But as a heart specialist, I'm dealing more with heart cells, retinal cells of the eye and the brain where they soak up more DHA. So I like DHA in a more heavily weighted situation because of what it does for the brain, the heart, and even the cells of the retina.

And if you look at the Marine sources, krill oil, krill only has 5% DHA. If you look at fish oil, fish oil has a lot of EPA and DHA. I like calamarine oil. Calamarine oil comes from squid. I like squid because it's only in the ocean for about a little more than a year.

Dr. Masley: Short lifespan because the longer it lives, the higher the mercury. So it's low in mercury. So I like that.

Dr. Sinatra: I like it also. And I like vegetarian sources of DHA, as well.

Dr. Masley: From like algae?

Dr. Sinatra: Algae, chia seed, maybe a little walnuts.

Dr. Masley: But the squid is also pretty environmentally friendly in contrast to krill oil.

Dr. Sinatra: Yes, very friendly.

Dr. Masley: And krill doesn't have much EPA or DHA, really.

Dr. Sinatra: Five percent, very little. And I'll tell you, as a cardiac cath cardiologist, I worry about krill. Look, I'm not going to throw krill under the bus. It has anti-inflammatory activity. But I worry about some people who could be allergic to crustaceans, even though it's processed and stuff like that.

Listen, when I was in the cath lab and I saw reactions to renal graft and dye, iodine, my first question was, "Are you allergic to shellfish?" And when they said, "I didn't think I was," and all of a sudden they get a bad reaction, I had my heart in my throat. These people were going into shock.

So I like a nice calamarine oil. It's pure. It's low in contamination. And it's heavily weighted on DHA. But am I open to other oils, phospholipids? Yes.

Dr. Masley: Yes. But what I'm hearing is you think of the heart and the brain is taking up DHA like a sponge. So in that sense, from your perspective, more is better.

Dr. Sinatra: Yes, I think DHA is going to protect the brain from electromagnetics and Wi-Fi and things like that.

Dr. Masley: Our colleague Dr. Perlmutter, I'm sure, would agree with you on that. Okay. And then speaking of the brain, you've been a mind-body connection for years.

It hasn't just been purely physical. What are your favorite mind-body interactions that help the cardiovascular system?

Dr. Sinatra: Well, that's a broad question. I got into mind-body medicine because when I was a fellow in cardiology—this is amazing—but I was pronouncing men dead of heart disease younger than me. And I was in my early 30s. That's pretty scary when I was seeing V fib heart attacks, all that stuff.

A lot of it came out of the emotional stress of the Vietnam War going down. Remember, I was in Hartford, Connecticut. We had cold firearms. It was a Groton sub base. It was Pratt & Whitney. I was treating all of these PhD engineers. They lost their jobs. They couldn't find work. It was a disaster.

When a man loses a job, it's a disaster, especially when you're highly trained. Where is an aerodynamical engineer going to find a job when there's no war?

So I decided to get a degree in psychotherapy because I needed to treat cardiology from the neck up. And I needed to work with stress because I didn't know how to treat stress as a doctor. I thought I did. But it really didn't know. So I spent 10 years in a psychotherapy training program. I don't know if you know this about me. But I did two years of Gestalt, eight years of bioenergetics, got certified as a psychotherapist.

And when you asked me the questions what are the mind-body situations, well, I wrote about that in Heartbreak and Heart Disease. And what I found is so many things. First of all, when it comes to heart disease, emotional release is very, very important. And breathing is very important. So if I was teaching yoga, for example, or if I was

working with tai chi or Chi gong and I was doing diaphragmatic breathing or if I was doing nasal breathing, this is very important because it supports heart rate variability.

And heart rate variability is a very complex subject. But you want more of it. You don't want less of it. That's why omega-3s work, fish oil, calamarine oil. It supports heart rate variability. That's why some of the calcium channel blockers were dangerous like Nifedipine. It would lower heart rate variability. And whenever you do that, you can become more vulnerable to a cardiac event.

Dr. Masley: How do you like these new breathing techniques that are out there to help modify and enhance heart rate variability?

Dr. Sinatra: I love them! I love them. You can do breathing towards music, with some music. And this is something I'm going to be teaching at Sevananda because whenever you do yoga or you're doing asana or you're going into twists or positions, we always tell them to breathe into the twists. Breathe into the discomfort.

Dr. Masley: Like in yoga.

Dr. Sinatra: Like in yoga. And when you do that, what you're doing is you're supporting the parasympathetic nervous system. And you are bringing the autonomic and the parasympathetic in balance. That's why I like grounding because that's what it does.

But getting back to the mind-body interventions... I like people to breathe. People under stress turn off their breathing. They just freeze. Like when they're in traffic, they don't breathe. Polish research has shown that when you have chaotic breathing or if you're a type A individual where you suck in

air, you finish people's sentences, you interrupt people, you're not breathing rhythmically. When you do that, you're producing more thromboxane, which clots the arteries.

Dr. Masley: Clots the arteries.

Dr. Sinatra: Exactly. So there is research to show that easier breathing, diaphragmatic breathing, breathing that supports the parasympathetic nervous system shifts the curve where you get not only thinner blood, but you get more parasympathetic activation, which is really important.

Dr. Masley: And HeartMath is such an easy tool now for people to get and measure that.

Dr. Sinatra: Yes, yes. I like my own HeartMath. And I'll tell you about it. I tell people with cardiovascular disease that when they're under stress and they're in a fight flight situation, no matter how bad it is, I tell them to think of a pleasant experience in their life. For me, one of the greatest experiences I've ever had was when I was 16 years old. I was in high school. I came down the stairs to have my breakfast and off to high school. And my mother gave me this hug.

And, Steve, it was a heartfelt hug. I'd never been hugged like this. She said, "You are 16." And she just squeezed me and hugged me. And that was such an incredible, heartfelt experience that when I'm under stress, I think about that. And it diffuses.

That's real Heart Math because, look, the mind and the heart, they're connected. I call them the heart-brain hotline. There's conversations between the heart and the brain. So if you can recover an earlier pleasant experience, that's great. And I should say this because I love mind-body

interactions. People with heart disease, if they have sadness, I tell them to cry. Crying is the healthiest thing to alleviate the heartbreak of heart disease.

And I studied it. I did a workshop. And we collected urines in people. And in the urines, we measured stress breakdown products: epinephrine and cortisol.

And you know what I found out? And this was back in 1984. I published it in Connecticut Medicine. We found out that when we did a workshop of 44 men and women and we collected urine for two days and we put them under stressful situations, what we found out was something amazing.

Women who network with one another—they hug one another, they cry with one another, they get angry at one another—when we checked their urines, those stress breakdown products were minimal. When we broke the codes, they didn't have heart disease.

We took the men who said, "I'm not under stress." They didn't cry. They were like lumps of clay. They held on to their emotions. They had astronomical adrenaline and cortisol, the stress breakdown products. When we broke the code, four out of five had heart disease. Of the five men that volunteered, 80% had heart disease, documented heart disease.

So what I learned in that seminar was men who don't cry get heart disease.

Dr. Masley: So we've briefly touched on metabolic cardiology, the benefits of olive oil, why you like fish oil, phospholipids, especially DHA, some of the mind-body parts. We said we'd come back to this PAMM Diet because I love this concept of Mediterranean and Asian. Let's talk some about it.

Dr. Sinatra: Yeah, and you're a vegetarian. So you must really like the PAMM diet!

Dr. Masley: Well, I have been vegetarian. I only eat seafood now. So I can't really say that.

Dr. Sinatra: You're a modified vegetarian.

Dr. Masley: But the PAMM Diet, to me, is awesome. I love it.

Dr. Sinatra: Yeah, the PAMM Diet something I've written about it all my books. And it is awesome because it takes from the best of the Pacific rim and the best from the Mediterranean basin. So let's look at some of these foods.

Well, first of all, if you do a modified Mediterranean diet...And I say modified. If you cut out pizzas, pastas, and breads, now you sort of have a Paleolithic diet. Now you're doing nuts. You're doing olive oil. You're doing fish. You're doing lamb. The Mediterraneans flavor their sauces with meats. You're doing a little bit of wine. You're doing poultry.

So you're doing a Paleolithic diet. And if you look at the PRIDIMED study, which looked at 4 tablespoons of olive oil a day in on group, or—

Dr. Masley: More nuts.

Dr. Sinatra: Or more nuts, two handfuls of nuts, like the Seventh-day Adventists or the American Heart Association low-fat diet, what they found in these three groups over almost 5 years, almost 8,000 participants, was that if you drank olive oil, 4 tablespoons a day or did two handfuls of nuts, you had less stroke, less cardiovascular disease, less diabetes, less depression, less Alzheimer's. It was amazing. It was amazing.

The Mediterranean diet is pretty cool. But I like it modified. I don't like a lot of bread. Now, look, if you eat pasta a couple of times a month, who cares? You just can't have a day. It's like bread. If somebody invites me to their house in they bake a loaf of bread, I'm going to have some bread. But I'm not going to buy it anymore.

So if you use a modified Mediterranean—omit the flours, omit the gluten, omit the wheat—and now you go to the Asian side and do a little fermented tofu, you do some seaweeds, you do some green tea, edamame, hopefully it's non-GMO.

Dr. Masley: Of course, organic, non-GMO soy.

Dr. Sinatra: If you take the best of the Pacific rim and combine it with the Mediterranean cultures, you've got the Pan Asian Modified Mediterranean, the PAMM. I love it! And that's the diet I follow.

Dr. Masley: And that's what I follow. That's what we eat at home. So we're following precisely that. The challenge for us today is to keep it clean, isn't it? Keep the hormones and pesticides and chemicals out of it. That's our new challenge to do that.

Dr. Sinatra: Yes, that's why non-GMO, gluten-free, wheat-free, casein-free—

Dr. Masley: But too often people think of Mediterranean diet as just adding more pasta. And that's not it. That is not really it. It's the spices, the herbs, the olive oil. There's more beans. There's more seafood.

Dr. Sinatra: Lentils.

Dr. Masley: There's lentils.

Dr. Sinatra: Legumes are great. If you look at three legumes—

chickpeas, lentils, broccoli—what do they all have in common? They lower insulin levels. So now you have a carb that lowers insulin levels.

Dr. Masley: Low glycemic load, which is very similar with what we see in Japan, too.

Dr. Sinatra: Right. And think of the Pacific Rim. They've got kiwi fruit. Kiwi is awesome. It's a prebiotic. And you know by now this whole stuff about gut microbiota and the whole microbiome, let's face it. Ninety percent of your immune system is in your intestines.

So now you can take something like predigested foods like fermented tofu or something or kiwifruit that acts like a prebiotic, now you're giving energy to your probiotics. And whenever you give energy to the gut or when you're healing your guts, you're improving the immune system. So it makes sense to do a Pan Asian Modified Mediterranean diet with some of the foods I suggested.

Dr. Masley: I love it. That's how I love to eat, too. And those are the flavors I like, too, because the food tastes fantastic. So earthing. We don't want to miss earthing. I know for you you've got a passion for it. And you've touched on it some. But give me the connection between Earthing and a little bit more on heart disease and how we can use earthing to prevent heart disease.

Dr. Sinatra: First of all, you see my shoes, Steve? Leather soles. Let me see your shoes. Are you leather or rubber? You're rubber!

Dr. Masley: I'm rubber. But I go barefoot as much as possible. So I'm barefoot as much as possible.

Dr. Sinatra: That's right. In fact, were both in St. Petersburg. And yesterday I went to St. Pete Beach.

I walked the beach two days ago at De Soto. And I like to walk the beach for an hour. And I like to walk it right on the rim where the water comes in where the sand is so you have a wet foot because now you're going to conduct this energy of the earth. I call it the shoe in energy. You actually can measure it. It's like 7.83 hertz. And it's mother earth energy.

And what it is, Steve, it's an electrical energy because if you look at the Earth, it struck by lightning thousands of times a minute, particularly around the equator. And with all these lightning strikes and beginning solar flares, that sort of not a good thing of radiation. But it still energizes the Earth's electrons, except we've got to keep the solar flares down. We don't want big solar flares because then it's too much.

But if you look at what's in the Earth's surface, these electrons, you walk barefoot, basically the K-1 point of the foot is just below the big toe. It's an acupuncture point. And it goes all the way up the body, all the way up the spine, around the head into your tongue. So when you're walking barefoot, you have a channel of energy that's soaking up electrons, hopefully minerals. Again, the skin absorbs everything.

So when you're walking barefoot, now you are absorbing all these electron donors. It's like taking handfuls of CoQ10 or magnesium basically. Now you're getting all these electrons that are going to help to neutralize positive charge free radicals in the body. There are a few negative charged free radicals. But most of them are of positive charge. So now we're going to neutralize free radicals.

And what grounding really does is it puts the fires out of inflammation. It puts them out. That's why diabetics always get better. Multiple sclerosis

gets better. Lyme disease patients get better because when you bring down the bar of inflammation, the organism is going in the right direction of healing. So earthing is incredible.

And the research that I did on earthing...Because I was a disbeliever. I said, "This is too good to be true." So I did two forms of research. I did one on heart rate variability because if you look at earthing, what it does it drives a parasympathetic nervous system up. And it drives the sympathetic down. So it puts the autonomic nervous system at the balance.

And the reason why we found this out is because when the cortisol studies were done on people who were sleeping grounded, the cortisol came in a more what we call homeostasis. That's the word.

Dr. Masley: Balanced.

Dr. Sinatra: So the body is more in balance. Then we realized through lie detector tests and skin conductants that grounding lowers the sympathetic charge. And we're all upset today. We're all worried about terrorism. We're worried about economics. We're worried about politics. We're waiting for the other shoe to drop.

So when you earth and when you ground, you literally bring up the parasympathetic, just like the yoga in the breathing, drive down the sympathetic. That is a measure of heart rate variability. So what we did is we took all these volunteers and we realized that two hours of grounding increased heart rate variability by 277%. I was just blown away. I was blown away.

And we also showed that grounding also thinned the blood, meaning that whenever you do ground and you bring in all these electrons to the table, you are literally

taking your blood, which, from all the electromagnetics, the Wi-Fi, the cordless phone, the cellular phone, the cell phone towers, all this electromagnetics we found clot the blood like insecticides and pesticides and trans fats. This was in your book. You talk about it. And sugar. This all makes the blood thick. What we found is that earthing thins the blood. And blood viscosity is really the major risk factor of cardiovascular disease.

So we showed that earthing, not only does it support sympathetic and parasympathetic heart rate variability, but it also thins the blood. So as a cardiologist, I said, "My gosh. That's incredible." When you do that, you're enhancing cardiovascular health. So that's why I incorporate earthing and grounding into my 6-point program of PAMM diet, mind-body, targeted nutraceuticals, metabolic cardiology. And I add grounding to it because it's just [inaudible].

Dr. Masley: And your results have been incredible.

Dr. Sinatra: Oh, yeah, great. They have been. They really have been. So I'm a big proponent of grounding. And the reason I wear leather shoes is because I want to be grounded all the time. Now, remember, our listeners need to know this. You can ground on the beach. That's best. Plus you're getting vitamin D.

Dr. Masley: And when you walk, you're generating current, too.

Dr. Sinatra: Yes. And you're also moving lymph in your thoracic ducts.

Dr. Masley: Right. So when you're walking, you're actually enhancing the grounding process compared to just I would think sitting.

Dr. Sinatra: And the detox process,

as well. So I like that. I like it on grass. Grass is good. Brick is good. Concrete is good. Remember, when you're walking on asphalt that's man-made or wood, you're not going to ground.

Dr. Masley: It's got to be a natural surface.

Dr. Sinatra: Slate is good. Tile is good.

Dr. Masley: And barefoot you're saying is best.

Dr. Sinatra: Oh, yeah. And if you live in the first floor of a home and you also have a tile floor or a concrete floor, you're connected. When I go to my friends house here, I tested his house. I always take my shoes off anyway when I walk into his house. But I say, "Listen, Fred, can we go to your house? Because I know I'm grounded the whole time I'm here." And that's pretty cool. Grounding works.

Dr. Masley: So lastly, we were talking before we started about testing. My bias is I love measuring arterial plaque. Are we growing plaque? Can you give me some of your thoughts on carotid IMT testing as a measure of measuring arterial plaque growth?

Dr. Sinatra: Yeah, I actually think it's the best noninvasive test in cardiology. I actually was doing this myself 15 years ago. And I think I was the first one in Connecticut to do this because we had a diagnostic ultrasound there, a very good ultrasound. And basically our technician was measuring the carotids.

And we were sending them out to California to get read because there was only a few readers.

Dr. Masley: With Barth Jacque.

Dr. Sinatra: Yes. He was in the

Netherlands, right? He was the first reader. He was the first reader. And he would read in the form of ABCD. And I really believe it. I think it's great. In fact, we should tell our listeners, I had one in your office today. I believe it can so much that we used your technology. And I was delighted to see that was a few years younger than my stated age. That was good.

Dr. Masley: Many years, many years.

Dr. Sinatra: Well, you said 20. But I'll take five or 10. That's really good. But the 20 sounded good.

Dr. Masley: Twenty years younger, I think that's just a reflection of how well what you've offered for your program for your patience really works. 20 years younger.

Dr. Sinatra: It is a measure. And the IMT is a measure, too. The IMT is the best measure. I like the EndoPAT test. I think that's a good test that you may want to consider. Any noninvasive test that can show endothelial function is really where it's all about. And I believe in the IMT.

And remember in the enhanced study when they took to cholesterol drugs and they used IMT. So even the researchers back to 2007 realized that IMT was a great indicator of cardiovascular disease. But that study sort of backfired.

Dr. Masley: All right. Well, we've got to wrap up here. But I want to make sure people know how to get more information. You've shared so much. Some people may want to listen to this again because you have so much to share with our listeners today. How can people get more of your information?

Dr. Sinatra: Well, if some people are confused about my information and one more video time, they can

go to my informational website. That's HeartMDInstitute.com. And there's a lot of information on there. HeartMDInstitute.com. I'll be interviewing you probably in the next few months. But that's a great website. We have lots of hits on that. And it's just information.

Now, if people want solutions, if they want vitamins and minerals, omega-3s, CoQ10, Omega Q Plus, then it's DrSinatra.com. But that's a commercial website. We want to put that out.

Dr. Masley: DrSinatra.com.

Dr. Sinatra: I am compensated on that website.

Dr. Masley: But it's still great information.

Dr. Sinatra: There's a ton of information on there. Oh, my God. You could spend days on the website. So that's a good website with a lot of good streaming video, as well.

Dr. Masley: I love some of the points you made about the father of metabolic cardiology, but really some of the key things you talk about like add olive oil. Yes, absolutely, we should do that. I love the PAMM Diet, a modified Mediterranean with this pan Asian diet and bringing that fusion together for flavor and health.

The grounding information, I think you're one of the leaders on that and how important that is. And I really like that idea of heart rate variability as a way of measuring

your parasympathetic tone, that we have a healthy nervous system interacting with our heart. So it's so terrific to get the chance to talk to you today.

So if you enjoyed this interview today and you want to add it to your library, you'd like to listen to it again or you've missed one of our other presentations and would like to be able to download and watch it online, then please click on the banner below on your website. This is going to give you access to fantastic experts like Dr. Sinatra here today experts so you can optimize your health. Thank you again for joining us and joining the Healthy Heart Summit. I'm Dr. Steven Masley. And I wish you the very best of health.



Dr. Davidson: Hello, this is Dr. Jay Davidson from DrJayDavidson.com.

I'm excited to welcome you to this very special segment of The Chronic Lyme Disease Summit. According to the CDC, there are more people affected with Lyme disease each year than breast cancer. Today my special guest is Dean Martens. And we're going to explore energy medicine, energy supplementation, and just energy in general.

But before we do a little bit about Dean. Dean Martens came from corporate America where he got scientifically incurably ill with RA, rheumatoid arthritis. He healed himself through natural laws, through what became part of the solution, by creating the Herbs of Light, Living Food herbal liquid extracts, and teaching people the laws of nature. He studied energetic systems with Barbara Brennan, at her Healing Institute in Long Island, New York. He also became a clinical herbalist from the Southwest School of Botanical Medicine with Michael Moore.

He applied energetic processes to energize the liquid extracts with the Electron 5 water mock by Ellis etcetera. And he's also produced the private labeled energized herbal liquid extracts from the Edgar Cayce product line in Virginia Beach, Virginia.

Energy Medicine

Jay Davidson, DC, PScD and Dean Martens, CH

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He gave his first health lecture ever to the Marine Corps at Camp Lejeune Marine Base, in Jacksonville, North Carolina. He was featured in ABC's The Truth About Herbal Medicine program about the efficacy of herbs. He's also had the Waves of Wellness, NBC affiliate radio show. And he has lectured not only in the US, but internationally. And has also been featured on many radio and TV shows.

Dean, I want to welcome you to The Chronic Lyme Disease Summit.

Dean: Dr. Jay, it's a pleasure to be here with you. I've heard many wonderful things about you. Let's see if we can help some people.

Dr. Davidson: Absolutely. Well, we had a mutual colleague connect us. And I want to drive right in and ask you, what started your passion for health?

Dean: Well, it's been quite a life and quite a story. My passion came from, coming from corporate America, becoming an electrical contractor, loved the energy up in Chicago. Came down to Miami, became a stock broker. Eventually became a partner and principal at Raymond James. Eventually started also running Paine Webber branch on Brickle.

That, I found did not have the most amount of integrity. I had a real problem in regard to allowing myself to keep doing that. I started getting the bleeding ulcers. I started getting many other things. But the

RA or the rheumatoid arthritis started to deform my hand so badly I could no longer hold the golf club. And of course that was a horrible time in my life.

The ability of maintaining my position within the investment arena seemed at first to be very important to me. Later it became much less important, especially because of the fact I was getting so ill. I decided to leave the investment arena. AT&T gave me an offer I couldn't refuse. And I was still into, what we used to call success.

And I went aboard and took care of the marketing for their leasing of equipment. Back then they had NMRs, they're now MRIs. And there was so much money Dr. Jay, it was very attractive. The problem was it was political and so depressing actually, that I became much more diseased, with the rheumatoid, with all the inflammatory conditions in my body. And at the same time, I said what am I going to do about this?

I finally decided, and I said I've got to get my health back because pain and fear is a wonderful communication. When you have enough of it, you know you've been challenged enough. So, I decided to get my health back. And I went to those experts. John Hopkins, Mayo Clinic, some of the finest expert doctors in the United States. And they all said, "Dean Martens, you have two scientifically incurable diseases. We can help you with the pain, but there is nothing we can

do in regard to getting your health back.”

So, what I decided to do is the first thing was, I decided not to study what they studied. Why? Because it didn't work. In other words, for me to get my health back, I had to go much, much higher areas. I decided to do that. I asked for guidance. I studied, gosh, Jesus, Buddha, Hippocrates, and Plato, Ann Wigmore, Viktoras Kulvinskis, many, many people, all the way down. Barbara Brennan, as you mentioned, many other folks. And I got to truly understand what health is, relative to natural law, relative to nature. And I studied utilizing it.

Gosh, I fasted for 26 days. Now, the fast was a water fast. This was a total rest. The idea of it is, the first time I fasted, the second day I quit because when you fast truly, you're not allowing the metabolic activity to use up all of the energies. And so those energies are now doing its major job that the body needs, which is that of cleansing, of throwing all of this so-called junk we have in the body that we put in.

So, the second day I started, the first time I quit. I went back to the books. I learned much more. This is about, gosh, 28 years ago. I found I truly started to understand it. I then took a fast. I went 26 days. It was just amazing.

Water, air, and I urinated. And the idea of after 26 days, I broke it, correctly. I then went on live, raw food, energized food.

In other words, we have to make sure that we're putting great fuel in. The fuel I was putting in before was, gosh, mostly all dead. It was all cooked meats, and dairies, caffeine, sugars, alcohols, the normal daily diet for corporate America professionals. And now I was totally the other extreme. Thank God, I was able to do that.

And eventually, my gosh, my deformation started coming out of my hands. My ulcers started healing almost immediately. And, in fact, all of my diseases left my body. I then also got all my health back, which are two different things. But the idea of it, doc, is it created such a passion for me that I decided what I had to do was be a part of the solution. Previously I had certainly been a part of the problem.

Now I understood the idea of nature, what we should do. In fact, all wild animals, which I studied also, most all wild animals are live feeders. In other words, the food that they eat is raw, it's live. When it kills some prey, it will go and eat that particular animal's blood and muscle. But when the energy is totally out of it, it leaves it alone. And it leaves it for the vultures and scavengers.

Now the idea is, once we start to find out, especially in quantum now, and unified physics, for those people that are interested in this, there is a gentleman by the name of Nassim Haramein, of the Resonance Academy, that now is allowing us to understand what this energetics is all about, what this vacuum, and space, and air, and things we call nothing, no-thing, because we don't have any mass what it's all about.

When we start to understand that this particular space creates all of the mass in regard to all of the physics that they now understand, and we start to understand that we are part of all of this, in other words, the energetics, the spark, the stimulus from, what many of us people call God or the Creator, or Source, is all available in its understanding now for the brain. Not just the spiritual aspect of the subjective consciousness, both sides now.

So, in understanding that, gosh, we are part of nature, let's go and assist other people in understanding that, because, folks, Harvard, Yale, Duke, all the way down, do not teach this information. It's an understanding that has been way, way too long in being understood by the normal person.

When we start to understand how magical we are, it's absolutely amazing that we can now know what we are about. Now, I'm not going to get into too many of those things because we, first off, just don't have the time. But the understanding of looking into those areas of first, a talk I have on the YouTube called, Taking Responsibility, please look at that.

The next thing would be, a talk by a beautiful, spiritual teacher, which, his name is Matt Kahn, and put on YouTube the word breath, Matt Kahn. Now we start to understand that the god consciousness comes right through the air in our breath, in our breathing, what we fill our self up with, what energetics we are made of. It's absolutely the next step in where we're going in regard to understanding.

The next idea is I got myself involved with people that are actually called Breatharians. I knew about this 15-20 years ago. Didn't really think too much about it. But I could feel it. There is a beautiful lady called Jasmuheen, who is a tremendous teacher of people utilizing breath and pranic, qi, chi. These things are all the way back in the Vedas. They've been in basically every theological aspect in life.

Go check out these people, Jasmuheen, and Akahi, and Camila, who had the first pregnancy without eating any energetic food from animals or from plants, just the energy themselves. Now, when you start to understand that these

things are available, first, I had a very hard time believing it. Second, I didn't really understand it.

When you finally know that it's here, you'll have a brand new life to look at. Now, they have more than 50,000 people on this planet that now utilize energies, breath, air, a change of paradigm, a change of software, a change of belief system to understand that we already have those particular needs to make sure that we are totally okay in nature. This gets way, way out there.

There's also a gentleman, I believe he's a chiropractor, called Joe Dispensa. He has an audio book on the understanding of the change of paradigm, the change of belief. I believe it's called, You Are the Placebo, please consider getting that. It will open up new horizons, especially in the physiological, emotional, mental realms. So, when I got into all of these areas and said, my gosh, we are magic. And we want to make sure that we can assist people. And Dr. J., that started it off.

Dr. Davidson: What a story. So the Resonance Academy, Nassim, that's the tourist guy?

Dean: Yeah, Nassim Hamein has the Resonance Academy out of Hawaii. And it's absolutely amazing. He took the String Theory, Quantum Theory, and the modern physics, and he put it all together. And, doc, they're now getting the answers where they couldn't get the answers before. In other words, we're talking about free energy is now starting to be understood and all of the other things that I'm not going to discuss right now.

Dr. Davidson: Yeah. So, I've heard him referenced a few different times, even heard presentations about his work, not from him directly. But when you are looking at energy medicine and medicine

that you would consider working the best with the right type of energy in there, what do you find works the best in that realm?

Dean: The thing I would love to share first is the most important area that I can possibly share with any human being, is to allow the mind to rest. The mind, which includes the brain, the ego, the prides, all of those left brain things, is in chaos. It's in trauma. It has to go back toward balance. We've been told ever since the Vedas, that we should allow the mind to rest. When we are children, we have daydreaming which actually is allowing the mind to go back to rest. It's what was called daydreaming.

It is the most important thing that I could possibly share because of the fact that once we allow the mind to rest, we are no longer going to the intelligence, which gets trained by this university, social, soap opera stuff. We now get trained by the truth. This is literally the case because I don't know if you've ever heard if we go without, we will not go within. In other words, we have to make sure that we start going within. Why? Because that's where the wisdom comes from. That's the inspiration.

That is the consciousness that comes through us in energetic form. That allows us to understand absolutely through the vessels of the heart, what the truth is. And when the heart talks with the brain, they now know this, your HeartMath. They both talk to each other. The brain now can itemize all of the information coming through the heart which is the wisdom. And the brain then knows what to do with it.

So, doc, if I could share and mention that meditation, calming the mind, allowing this chaos to stop, along with being focused on the breath, as we meditate. Many people use

the word meditation in regard to calming the mind. It's absolutely fine, I think it's been overused because most people just say they meditate, actually do not do that. They think it's just a cool thing to talk about. That would be my number one thing.

Dr. Davidson: Do you find that meditation was a big piece in helping you calm down from corporate America that you were in for so many years?

Dean: Doc, it was the most important thing I ever used. The most. Let me also say, it was the hardest to do. I had a harder time quitting cigarettes, quitting sugar until I started to meditate. That mind, that ego, that whole conscious part of us, that wants to take care of us, in other words, it runs because of fear. It wants to stay alive. We have to allow it to understand that we're going to keep allowing it to rest, even though it doesn't know it should. That's why, day after day, hopefully twice a day, 20 minutes or more a day, you'll go through tremendous challenge in tremendous thinking because that is part of the software. That is part of what we've been learning.

We have to think. We have to then go to a different paradigm, a different belief system. We have to start shutting it off. It is the most important thing that I have ever done. It is the most important thing for me to find out the answer of anything. Because I have to go within to truly find one.

Dr. Davidson: Coming from a guy that did a 26 day fast.

Dean: Yeah, it's something that. In fact in the Essene Gospel of Peace, that is how Jesus was talking to the masses on how to get health back. It's all about fasting. It's all about giving a total rest, for those people

who want to know that.

Dr. Davidson: So meditation, calming the mind, putting the mind to rest, you would say is number one. What else would fall into the energy medicine that works so well, that you found?

Dean: Absolutely because in meditation we are balancing the energy, in regard to the breath, that we are focusing on during the meditation. We are bringing that consciousness into the system, into us, into this house that we are in. In other words, our body is a major vehicle, and it's hour home that we are in.

Everyone thinks they are the body, which is totally incorrect. The body is made from an energy, but it's created then into an object, which is the tissues and all of the things that make it up.

We have to allow ourselves to understand we are the major energetical, spiritual soul in itself. That is within this major apartment and vehicle. Now, when we allow ourselves to fuel, actually give ourselves great food, vegetables, fruits, nuts, seeds, sprouts of lentils, grains and seeds, beautiful water, beautiful fresh juices, it is almost a guarantee that every disease we have on the planet will start to subside. Look at Dr. Lorraine Day, look at many different people. She did basically the same thing I did and got rid of all of her cancer.

Most all diseases are nothing but a communication. When we listen to the communication, we will allow ourselves to understand what we are supposed to do. What we're supposed to do is go back to natural law. Get in some exercise or movement. We've got to have the energetic movement go through us, because that is where health is, energetic movement.

We have to allow ourselves to drink the water, really good water. The idea is that we bring the water in, we let the water out, we have to make sure that we create a beautiful sewerage system. Why? To make sure that we take the toxicity out from the cells that it is coming out of, along with the residue of the food that we ate.

Plus, folks, all the junk that are in the GMO stuff, the pesticides, all of the things that we're putting into our body, we have to have a great sewerage system. Water in, water out. Beautiful fuel, beautiful foods. Allowing the mind to rest, very, very important. Now, what we're doing, energetically, is we're getting back to true homeostasis. We're getting back to a balance to make it so that the transmission and reception of all the communication within the cells of our body, within the atoms of our body...

And by the way, please consider seeing the Black Whole by Nassim Haremein. I could start talking now, but I would never stop. Please watch that and you will find out what is happening in the atoms of our body that allows us to be creative in an energetic sense.

Dr. Davidson: So, you mentioned water and obviously filtering the bad stuff out. Water obviously helps the body clear toxins. And then the water sewage system obviously is going to have that good filtering. I know that you're a big fan of Dr. Emoto. Can you talk about Dr. Emoto and water?

Dean: Dr. Emoto, I love. Dr. Emoto allows us to understand, the one thing I have mentioned in, I would say a 1000 lectures, is we have to allow ourselves to know that **ANYTHING LESS THAN A LOVING THOUGHT IS TOXIC.**

Anything less than a loving thought is toxic. One talk I had, someone

said, "Dean, how do you know that? Do you have any scientific proof on that?" I said, "No, I don't. But I can feel it."

All of a sudden Dr. Emoto comes onto the planet, scientifically, understandably, he wires plants. He hooks up wires to some plants, beautifully. And he had people come in and he had some people that came in that loved the plants, gave them beautiful words and feeling and tones. And this love literally went into the plant.

And they could see it through their analysis, through their electrical wiring. They then had other people come in that would give the plants as much disturbance, hatred, bad feelings, as they possibly could. It was amazing what they saw. They first saw that, my God, all of a sudden this was very destructive in the analyzation. It started taking the plant apart through the cellular aspects.

And then we got to Dr. Emoto taking pictures of the plants that were being loved, and of the plants that were being disliked or hated. And doc, it's the most amazing thing because you'll see pictures of the most beautiful, crystalline objects, the beauty that comes from nothing but the highest aspect of nature from these plants that are being loved. And it has to do with crystals. When they took the pictures of the plants being hated, it was a very, very bad greyish blob. There wasn't a picture that you would like to have in the same room.

So now, he had energetic, scientific proof that first, plants have consciousness, and they understand who we are and what we are, because they help us. The other aspect is they are a tremendous synergy which is the part of nature that we are to work with. In other words, when

we allow ourselves to utilize plants, they will make it so that they work beautifully within inside of our body as nourishments.

When we finally understand that the energy that goes into the plants, we don't need it from the plant anymore, we can just use the energy. But that's through this new concept of rebooting the consciousness, changing the paradigm. Those people that can do that are exceptional. The idea of Dr. Emoto has given a scientific understanding that this is now real in regard to the energetics that are within plant life. So I hope that helps out as much as I can right now.

Dr. Davidson: Yeah. I've seen Dr. Emoto's work where he has basically water where somebody prays over it, gratitude, love, and then is able to freeze it and then looks at it through a microscope and it's beautiful, like snowflakes and crystals. And then takes the same water, and has somebody basically talk hatred or anger, basically the opposite type emotion toward that. They freeze the water again, look at the microscope crystals. And it is like a spider that was on crack, trying to make a web. It's just very not pleasant type of a crystal that's formed just from simply the energetic thought.

So energy is definitely a concept I think a lot of people have a hard time wrapping their head around because you can't see it. You can feel it. Some people can feel it when they are in tune with it. But it's nice with scientists like Dr. Emoto can actually put something to where we can actually physically see it.

So, Dean, can you talk about living food, maybe living supplements, versus more of the pharmaceutical medicine, the differences in that?

Dean: When I decided to be part

of the solution, I got guided to become a herbologist. Herbalist understands the plant, the herb, the botanical, and how it works physiologically within us. The herbologist understands how to take the plant and make the medicine out of it. Well, I got guided and very attracted to the Southwest School of Botanical Medicine. There was a gentleman there by the name of Michael Moore, an amazing fellow.

And I decided and was actually guided to go there, to learn how to make real medicine, to learn how to use the laws of nature in regard to the nourishment, in regard to what Hippocrates talked about when he said, let your food be your medicine. Hippocrates used to be the teacher that all doctors had to vow to. Nowadays, they cannot vow to Hippocrates because they couldn't have their license if they did. Just look into that. That's quite amazing.

The idea of Hippocrates is an understanding that we want to make sure that we had real food and real medicine. Now, real food and medicine are two things, not just one. It's not just the synthetic molecular pharmaceutical. Real medicine is the food and the medicine that plants and the botanicals make up, that mother earth grows. She's the baker, her and the Sun.

And the idea of this, which is so profound is so applied towards Lyme disease, because Lyme disease is the hardest disease to get rid of because of its defense systems we have on the planet. If we start to understand that true medicine from a plant...And by the way, not too many of the companies in the natural industry, understand this yet. And I hope they get to learn this more and more very quickly because what is happening is this.

In a pharmaceutical, they go for design. They go for the makeup of the pathogen. When they finally have it, they put it in a vaccination or some sort of an antibiotic. And that will then go into the body and it will make it so that it looks for that specific design or makeup.

Well, doc, back in the 40s and 50s, in the hospitals, these bugs, these pathogens, which are part of nature, just like us, started to defend themselves, and they wanted to stay alive. So what they did is they started to learn how to mutate. And mutation basically is a bacterium pulling an amino on to its body. Pulling a protein onto its body, the same thing. When it does that, it changes its design. It changes what it looks like.

And so when it mutates, it has gone to such a degree now, in life on our planet today, that they are doing it so amazingly well, that no longer can the antibiotics find the pathogens. We've heard about this many, many times. The idea of it is, these bugs are using the laws of nature to defend themselves. And they are getting away with not having the synthetic pharmaceutical drug get them.

Now, what we're finding is this. If we use botanical medicine, which has not only the chemistry, just like the pharmaceutical, but also the energy, this is where the energies really start to come up again. What happens is this, when we take that energy and chemistry within that botanical medicine into our body, which has been done for thousands of years, we have that go into our body.

And let's say that that particular pathogen is mutating because it doesn't want to die. Well, we're not finding the chemistry. The botanical medicines goes and finds the energy of the pathogen from its own energy. In other words, the

energy of the botanical medicine goes in and finds the energy of the pathogen. At that particular time, it gets rid of that particular pathogen.

Now, I wish that whatever makes up education, that things could change so much, so that that could finally get into our schools. It's in our schools in Asia, in China. It's the idea that we have to use the energy that makes everything up. In fact, energy makes chemistry. If we understand that everything is made of energy, how it works, what we do with it, we know how to take care of it.

So, in regard to medicine, I would like to say, that there are 3 types of medicine. The first type is called plain and simple truth. Truth is the first medicine we have on the planet. The reason I say that is this. The thing that should acknowledge and receive and understand and get stimulated by truth, is what we call the heart, the heart vessel. It feels it. It understands it. The brain doesn't do it. The heart does. When it feels the truth and it understands how nature works, it will stimulate passion. Now, passion then creates the second medicine.

The second medicine is a change of lifestyle. Because of the education that we've just learned from the truth, when we understand that, gosh, if we do eat animal products, especially if they're cooked, along with all of these caffeine and sugars and GMOs and pesticides, and all of this stuff that's killing the human race, killing all of the animal life, we will make sure that we stop doing that.

Because once we get that passionate and we allow ourselves to change the sensuality and the addiction that makes us up, of the chocolate milkshakes that I used to love to drink, of the Chateaubriand that I used to love to eat, belugas, the McDonald's hamburger. And we stop all of that, and we eat real, live

food, our life changes. This is not maybe. This is absolutely the truth.

So now, we have number one medicine is truth. The second finest medicine and the most important is the change of lifestyle of natural law. The third, Dr. Jay, is what you and I were just talking about in regard to botanical medicine, in regard to Hippocrates, in regard to making sure that a botanical medicine not only has its chemistry, which by the way most natural companies are mostly focused on, but it also has the energy that was in the botanical when it came from its home which was mother earth.

When a botanical is pulled from mother earth, it starts losing its life force or its energy. It's kind of like taking the arm off of the body. It starts losing its energy. Where did it get it from? It got it from its body. Where did the botanical or the herb get it from? It got it from its body, mother earth. So when it comes out of that earth, that life force starts coming out.

My job in regard to getting all of my health back, was first, to share, to teach, to lecture, natural law. Dr. Jay, what happened was, when I was teaching, and I loved doing it, and I go on a lecture tour, I would find out later the people loved the conversation. They loved the talk. They'd pat me on the back, but they wouldn't change their lifestyle.

And I said, "My God, I've got to do something." That's when I asked for more guidance. And that's when I was guided into the Southwest School of Botanical Medicine. And getting into that school, Michael Moore taught us beautifully how to make the medicine, the liquid extract, how to wild-craft the plant.

The idea was after 6 months of totally learning how to make medicine, I had a problem. And the problem was, when we pulled a

plant out of mom, out of the earth, it starts losing its energy. And I said, my God, how do we get that energy back in that liquid extract to make the chemistry work? And nobody talked about that.

And finally I said to Michael, who I love very much. I said, "Mike, when we pull the plant out of the ground, I have a particular problem." He says, "Oh, my God, Martens, now what?" Because I asked so many questions. And, I said, "Mike, we pulled it out of the ground, the plant starts losing its energy, prana, qi, chi, whatever you want to call it. How do we get that energy back into the liquid extract to make all the chemistry work?"

And he looked at me and he said, Martens, will you please be quiet? And the class went up in uproar. However, that gave me the mission for the rest of my life. And my mission was how do I find out to create and make what mom made in the ground after we take it out of her? How do we get it in the chemistry and all of the energy it had within the earth?

And that started an amazing journey. I got led then to Barbara Brennan and we spun chakras up in Long Island, at her Healing Institute. And I started understanding kinetics much, much better, my own understanding of energetics much better. I then got guided to John Ellis. John Ellis had made the living water machine. Later on he changed the name to the Electron 4 and the Electron 5 Energetic Water Machine. I looked at many water machines.

They all said, "We are energized." But there was only one machine I found that truly was. All the others had the marketing but it wasn't truthful.

John had done something with this particular water machine which

changed the ratio of the particular chemistries in the water, so that the surface tension was much, much less. And if the surface tension was much less, it would allow for more permeability through the cells within the body.

So we used that water, which was also filled with a tremendous amount of electrons. And electrons is used to pare back the electron that comes out of an atom that makes it become a free radical. And the idea of that, it will pare back that atom and make it so it no longer is out of balance. Now we are getting rid of free radicals, which bomb the body and create the inflammation.

So, Dr. Jay, in regard to the energetics that I found was needed, in regard to medicine, it was quite a journey. The water was the major issue in regard to the extract itself. And let me share this, which I love. Right at that moment in life, I started studying Edgar Cayce around 1971-72. I just loved him. I had tremendous respect. He was one of the finest healers on the planet.

And right at that moment, out of Virginia Beach, Virginia, the heritage, had two lady scientists that worked in their lab that decided they needed to find a laboratory that could produce the energized herbal products that Cayce always talked about.

And they started going to the finest companies in the world. They went to Gaia, and Herbfarm, Eclectic, Herbs Etc.. All these companies were great herbal companies. And they were asking them about the idea of them producing an extract that had the energy needed, that Cayce talked about.

Anyway, they heard about this new guy out on the block, Dean Martens, he was putting energies

in. And they called me up and they said, "Dean, would you possibly said your products up?" which I did very happily. A few weeks later, doc, I got the most wonderful phone call of my life. And it were these ladies who worked with the Edgar Cayce products.

They said, "Dean Martens, would Herbs of Light"—which was the name of my brand new company—"would Herbs of Light be the laboratory to do the Edgar Cayce private label liquid extract products?"

Well, I have to share, my ego went crazy. My energy was just amazing. But then my heart started really coming out. And it started really feeling what was going on. And that was the beginning of me understanding true living medicine. And that's when I said, okay, let's do something with this company. And that's how the company started. And it's just been quite a wonderful experience. It's been quite magical.

Dr. Davidson: So, I definitely want you, before we finish this interview, I definitely want you to hit on Lyme protocol. What specifically helped you and what's helped so many other people that have suffered with Lyme? And what have you found to be really effective?

Dean: Well, I found out that I was being asked for a Lyme protocol by clinics who's waiting rooms were filling up with Lyme people. I started focusing on it. And then one morning I woke up, and I looked down at my thigh, my leg, and I said, my god, there's a bull's eye.

And, Dr. Jay, I was actually happy. Because I said, here we go again. I get to really focus on this Lyme disease. I called Charlie, the head of this one clinic. I said, Charlie, "I got a bull's eye." And he thought I was a bit crazy, which of course I am, definitely not your norm. And

I started really focusing, just like I did with the rheumatoid arthritis deformities. I said, "What do we do to assist all these people getting Lyme?"

And the first thing which I knew we had to do, we had to listen to the truth. We had to change the lifestyle. And no matter what anybody said, at that particular time, I know I was about 60% to 70% raw or live in my food. I made sure I went to 90% to 100% live food because we've got to do the best we possibly can. And if people are starting at 10%, if they get to 20 or 30, that's great. But we have to go on this journey of making it so that our lifestyle, which is the most important, gets handled so wonderfully that it says, thank you for everything we're doing for it.

Now, I get into botanical medicine. And I look and got guided quite dramatically into making sure that we had the herbal supplements. The FDA wants us to call it supplements instead of medicine when Hippocrates called it medicine. We have to make sure that we allow the body to receive great health botanically, the three major areas. We have to make sure that we help the body cleanse. In other words, throw out all the junk by allowing the liver to work much better, by allowing the lymph to drain all of this toxic debris that we've got inside.

And so initially I produced the female and male health support. Actually it was the blood lymph which was the name of that particular product initially, which helped the blood and the lymph cleanse. That was the number one thing. The next thing that we went into was making sure that we had a rebuilding of energies, a rebuilding and rebalancing of the energetics that makes the body work.

And we did on that when we

received from myself, the blend that created Energy Assist blend. That allowed much more energies to become balanced, to be utilized, and to stimulate those activities in the body, that made the body work. So now we have cleansing, now we have energies that make the body work.

Then we have to go and make it so that the finest military that we have on this planet, which by the way is the immune system...I say it's the finest because of the fact it's driven from wisdom. All the other militaries are driven from intelligence. And they're not doing really well out there, as everyone can tell. If we can go and make it so, all of those white blood cells start to rebuild, start to get their feeling, start to get the wisdom, the reasoning, everything that they are about, everything that they deal with, in regard to their DNA, we're going to start having a fantastic, the best antibiotic, the finest defense, of anything we have on the planet.

I did this with the formula of Immune Booster. For those folks that want to know all of what's inside, please look at the protocol and go through all of that, because it would take me a little bit too much right now to do that. But now we have the immune booster. We have also the female balance and the male balance because we have to make it so that the hormones get back into balance. Because of the fact that makes it so the communication, and those parts of the body start working well.

So now we have four blends. We have the Blood Lymph for cleansing. We have the Endless Energy for the rebuilding of the energies. We have the Female and Male Balance itself, that help the hormones rebuild and rebalance. And we have the Immune Booster to rebuild that beautiful, fabulous immune system.

So, now we've helped the body with what the body has to have, those parts, those energies, those mechanisms, that have to work well. Now we're going to go directly from there to going directly to the bug.

Going directly to the bug, number one, we produced now what is called the Vector Health. Vector is any insect that bites. And now all insects that bite now have some of this particular Lyme, the Borrelia, the Babesia, the Bartonella, all of them, 6 or 7 of them.

This will limit and reduce the capability of the spirochetes in vortexing those bacteria through membranes. Works beautifully. It slows down or it totally stops those particular little vortexing animals. By the way, it's the same little animal that took syphilis into the body. So, the people or the consciousness that figured out this should be taking the Lyme in did one heck of a job.

Next thing we did, is we had to get to those bugs, those bacteria, that defended themselves so well that they mutated, what I was discussing before. They could change their looks so that all the antibiotics from the pharmaceutical, could not find them. Well, we found out how to do it.

And ultimately, it is called the systemic health blend. This particular blend also takes care of MRSA. I was taught that from people that had MRSA. The idea of it is, it will go into the body and find as many through the energies of what it has, from the botanical, find those particular pathogens that have mutated, have defended themselves and still will get annihilated and taken care of. So the systemic blend has been one of the major, major herbal properties, herbal blends for the particular Lyme problem.

The next idea didn't come to me until I found out that I wasn't getting all of my symptoms taken care of...My symptoms were that of fight or flight, the neurological system, and also numbness going up from the feet all the way up the legs. I brought it all the way down to the bottoms of the feet, but I couldn't get rid of it.

I then read, and heard, and felt about those salts we have on the planet. And in fact they had a couple of things said on the internet about salt. It finally came to me that I was supposed to really look into salt. For those folks that really want to know about this, go to YouTube and search my name, Dean Martens and then put in water and salts. And you will hear all about the medicines, the aspect of Lyme disease with the medicines, and then all about the salt and why I produced the first company to ever encapsulate salts the first time in the world.

I found out that it had to Himalayan crystal salt because the sea salt was polluted. Over 60-70 years of junk being thrown into the water, from the industrialized countries. So we had to go to the Himalayas, it had to be a mine that did not use dynamite, which we could only find one mine. The dynamite created the heat which stopped the crystal which was the electrolyte, which was part of the salt that transmitted the energies of why it is so efficacious, why it has efficacy. In other words, salts has two things. Salt is an amazing antibiotic. In the 1800s it took care of cholera, it took care of many of the irreversible diseases, so called. Salt took care of it. That when we had great salts on the land.

Now we have to understand that salt is an antibiotic, if you can get great salt. It also is the major energetics because of the electrolytes being transmitted into

the nervous tissue of all cells. In other words, life formed on the planet because of the plankton, which is the chemistry, the energy, which was all of the salts, 84 of the mineral salts in the ocean, and water.

Those 3 things makeup the human body: water, chemistry, and energy. That's where the single cell and the double cell, all the way up, of life started on the planet. We go, oh, my gosh, what if we get that salt back inside of our body?

Well, please listen to all that information, when you get in deep trouble, you go to an emergency room in a hospital.

What is the first thing that has to be done in an emergency room? An IV of saline solution in regard to making sure that the Indians, when they utilize animal products for their meats, how did they preserve the animal products? And by the way, those meats, they absolutely had a beautiful discussion with, before the meat became their food. I won't go into that more than that. But the idea is, they used salt to preserve the meat, which took care of all of the bacteria that would go on the meat.

So you look back in regard to what salts, true salts, that are dramatically transfixed with energies can do for all the pathogens, along with all of the energies that our particular nervous system, the nervous tissue of every cell we have, very, very important, we've got to have, if you listen especially to Dr. Batmanghelidj, he wrote the book, *Your Body's Many Cries for Water*. You listen to that information and Dr. Batman, we called him Dr. Batman, I had him on

my radio show ones. And he said, "Dean, if we don't have the salts that are great salts in the blood, we will not get the oxygen past the sodium potassium pump of the cell, to allow the cell to make the ATP, the mitochondria to make ATP." And I said, "Well, my gosh, they must be using lousy salts in the processed foods." And he said. "Yes. And that's why people do not have energy today."

So, please understand the magnificence, the magic, of the salts. Now, salts is plural. It's the mineral salts. And it's the sodium chloride that still has the bonding between the sodium and the chloride. Table salt is a poison. Heated 12 to 1500 degrees, the bonding is no longer there, and it makes it so that they also put the fluorides and the chemicalized iodide in. And it really is bad for the body. Get real salts. Get great water, make sure you get great fuel, and you will have a great start and a whole journey relative to the Lyme.

Let me mention some ideas that I also suggest people look at that particular protocol and consider the idea of vitamin C, large amounts of vitamin C. Liposomal vitamin C. Look at Linus Pauling's work on the internet, on the YouTube, on Google. Make sure that we understand that in a Rife machine, we should use a beam ray, it's a light that shines its energies when you're sleeping because we need about 3 hours of this particular light, or energy, to make it really work. Fifteen minutes or 30 minutes a week is not going to do it.

In regard to the pulsing, or the energetics, or the resonance from mother earth, from our mother, that made our body. Please

consider getting a grounding or what they would call earthing sheet. Then make sure that you consider two things, PK protocol, Patricia Kane protocol. And also, MMS by Jim Humble.

The only other thing that I can say, Dr. Jay, is it's a pleasure working with you. I'm very, very happy and respectful that you're doing this work. We have to work together to help people.

Dr. Davidson: Well, I want to thank you Dean so much, for passing on what you understand about energy medicine and things that you've developed, talking about drain the lymph and the blood, focusing on energy, the liver, immune system, vector, looking at salt. I think those are all important things to look at. So I really want to thank you for taking time to be on this Chronic Lyme Disease Summit.

Dean: It has been my pleasure.

Dr. Davidson: Well, as you've heard from Dean Martens, there is energy to consider in the restoration of your health. And it's important with Lyme disease and other mysterious illnesses that we look at the body as a whole, holistically and Lyme is more than just a tick bite.

So, definitely take this life saving, life transforming information home with you by clicking on the banner beside or below and definitely share this with your friends, family and loved ones. And don't forget to visit Dean Martens. His website you can get to him at is, HerbsOfLight.com. You will not be disappointed. Maximum blessings. This is Dr. J. Davidson.



Demystifying Energy Medicine

Alicia Lynn Diaz, MA, AHP and Matt Kreinheder, DC, LAC

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Alicia: Welcome, everyone! Alicia Lynn here, from AliciaLynnDiaz.com. And I'm so excited to welcome you to this special episode of The Soul of Healing Summit, because today we're talking with Dr. Matt Kreinheder.

Now, as you know, I felt really called to put this summit together to help you harness the power of your mind, emotions, and spirit, the more subtle aspects of healing. And today, Dr. Matt's going to be sharing with us on the topic of Demystifying Energy Medicine.

So for those of you who don't yet know Dr. Matt, he's a transformational healer, speaker, and coach. And he has a doctorate in chiropractic. And he'll tell you more about the chiropractic technique that he uses. And he also has a master's degree in acupuncture. And he has professionally written for publications all over the globe. He's really steeped in the science and merging the science and spirituality in relation to healing.

Dr. Matt writes and teaches on a technique called Network Spinal Analysis, which he'll teach us a little bit more about. And it bridges the world of health and personal development. And it's endorsed by and used by such notables as Tony Robbins and Deepak Chopra.

So welcome, Dr. Matt! Such an honor to have you here today!

Dr. Matt: Oh, thank you so much! I'm really honored to be here with you. And I've been looking at the list of some of the people you have on the summit. And it's amazing. And just really appreciate the opportunity to be among greats and among someone who's brought greats together. So thank you so much!

Alicia: Thank you. Well, you are one of the greats. And I'd love to just start off today with understanding a little bit more about your path and how you wove energy as a technique into the physical/mental/emotional/spiritual healing.

Dr. Matt: Yeah. Yeah. Absolutely. So my journey has always been the spiritual journey. Ever since I can remember, it's always been just this race and intensity and fire to understand how the world works, how this universe is put together, what life is all about. What we're doing here in these bodies in this lifetime. And it's a really interesting quest. And it led me through a couple of different seasons of my life.

But ultimately, after my undergraduate degrees—I had degrees in business and one in music—I was running multimillion-dollar music stores, and ultimately unfulfilled. So I decided I wanted to go back and do some more

schooling. And when I started to look into doctorate programs, medical programs, acupuncture, a whole bunch of different things, I started to study chiropractic.

And the base philosophies of chiropractic is if you take all the undue influences and stresses of the body, it just gets back to doing what it's supposed to do, which is being healthy. And when you let the energy flow through the body the way it's supposed to, it can be healthy on its own.

So I fell in love with that. And I decided to go back to school. I got a master's in acupuncture and a doctorate in chiropractic. And I really started going into the deep dive of finding three things that were my primary criteria. I wanted a way to help people. I wanted to be able to make a nice living. And then I was looking for, what I called at the time, "a practical application for exploring metaphysics."

So I was looking for a profession in which I could really explore this deep question of, "How does this place work? How does the universe all come together?" And what I came to realize was that when people are sick, when people are ill, when they have diseases, when all these things are going on in their life, that's really one great place to understand how the universe is not working the way that we would love to.

And it's really teaching us, and my clients and all these people who have these conditions, some of the laws of the universe and how healing and growth and transformation and evolution happen. So it's just a really perfect little laboratory for understanding how all of these things happen. And that's how I jumped into this whole process. And I absolutely love it.

Alicia: Awesome. And it's so true, right. Like illness or the challenges that we face in life, in general, end up creating an opening. They create like the energy builds up. And it's like we have to do something about it. So it creates this passion inside or this fire inside to go after that thing. And so that's really, you really just spoke to one of the reasons why we're all here together and why all of you that are listening are here with us in this conversation.

So could you define...I want to understand what energy is. And also understand, like you mentioned metaphysics. And I think it would be really important to bring in how you see that in terms of somehow defining what metaphysics is because I think a lot of people sometimes hear that and they think it's this "out there thing" that they don't—

Dr. Matt: Yeah. Yeah. Totally. That's such a good question. Such an important question. So I actually don't like the term energy at all because it's really confusing. And people get a really cloudy and muddy understanding of what's happening when they use the term energy. Is it the same energy that's flowing through our wall sockets? Is it the energy of the sun? What is it?

And it's such a vague term in our language that it's really become confusing. And that's why a lot of people put it in that woo-woo category because they just don't have a great definition for what it

is. So I'm really careful with the use of that word. And that's the word we've ended up using.

So when I talk about energy, really what I'm talking about is a sensation in the body. There's an experience of having a physical sensation in your body or in the area close to your body that feels like heat. It feels like a movement, like an activation, like a tingling. There's something happening. And there's also this sense that there's a new type of awareness and consciousness maybe even that comes with it. And as we become more aware of our bodies, we notice that this energy is happening all the time.

For most of you, you could probably just check into your body right now and just, if you're really clear and aware, notice that there's energy somewhere.

And it doesn't have to be a big, crazy thing. It doesn't have to be a breakthrough thing. Our body runs on energy. And so it's really simple. And it doesn't have to get more complicated than that. And it can get more complexed than that and more rich than that. But just as a beginning, that's a great place to start.

And metaphysics, when we strip the word apart, really we have meta and we have physics, right and meta means above. And physics means the laws of the universe, the laws of how things work. How when two things that bump into each other, how they bounce off. So when you look at it from above the physics, really it's how do the Granger Laws of the Universe work. And I look at it in this healing context, as really how do the dynamics of being in a body, being in a life, being a human being really work? And if we study those, how can we use them for our benefit and for our evolution and our maturation?

Alicia: Yeah, that's such a much more simple way to look at it, right. And yet, it can be simplified and we can also go into a lot of detail. And it's like one of the questions that comes up for me that might be coming up for audiences, like I can relate to a sensation in my body or a movement of energy or like tingling sensations, things like that.

And I also have an idea that energy, there's biological energy that like when I eat food it gives me energy. When I'm hungry, my energy's depleted, right. But there's also like there's an energy in a room. When I go into a hospital versus when I go into a gym, there's a total different feeling associated with that. So are there different types of energy?

Dr. Matt: Yeah. Totally. So there's a couple different things that we're talking about here. There's the energies of the body and of the life experience. So those energies are physical, emotional, mental, and spiritual. And you're exactly right. When we eat something, our body has this magical process that it knows how to do to take this raw food stuff and turn it into energy, which is mind boggling, if you really think about it, and the miracle of the body.

And so yeah, there's this bioenergy that strips the food apart and makes ATP in the cells and helps us stay aware and stay conscious and send glucose to the brain and send fats to the liver and all the magical things that it does.

There's emotional energy. So when you feel anger and you feel that heat rise up inside of you or you feel sad and you want to shrink down or you feel excited and you want to expand, all of those things are emotional energy.

There's a thought energy that helps us stay focused. And then there's spiritual energy that helps us

transcend and surrender. So those are all the personal experience energies.

And then when you were mentioning about when you walk into a room, that's really the energy of a field. So if you look at...A lot of science right now, there's a lot of research on field. And they are very easily perceived. When you walk into a room where someone's having an emotional experience, if you're clued in at all, you're going to notice that. And it's because it changes how the field is operating. And these fields do have actual measurable effects. They're not just woo-woo things that pseudoscientists are talking about. And they do have an impact on us.

So there's a lot of value in looking at these fields and understanding that there is energy happening around us. And it's not just in our brain. It's not just something that we're making up. And we are sensitive to that. And it's an important part of the healing experience for a lot of people to recognize that if they want to be in control or at least in conversation with their energy and how to appropriately feel and use their energy, then they also need to be paying attention to their environment because your environment is having a big impact on the energy they're feeling and experiencing. And there sometimes needs to be a reconciliation between what's my emotion? What's someone else's emotion? Or how do I more appropriately and responsibly be in environments that can help me heal?

Alicia: Yeah, that's a powerful perspective. And I know you're going to share more with us how to do that. But I want to understand first, before we transition into that, is one of the things that I know you teach is that every injury or illness is a call for more energy. So what do you mean by that? And why

is energy critical to our healing journey?

Dr. Matt: Yeah. Yeah. So this is a little bit of an advanced concept. And I'm really glad that you asked because it's really important. And I know that all of your watchers are geniuses, so we don't need to be concerned that they're not going to get it. But let me just unpack it a little bit.

Alicia: Great.

Dr. Matt: So when someone is just rolling through life in the day to day and in a process of just putting one foot in front of the other, there always seems to be this thing that shows up and messes it up, right. And there always seems to be this car accident or this illness or getting fired from a job. And really, part of the reason that happens is life is designed to help us evolve and to help us change. And part of the way that that system, we were talking about the metaphysics before, how that happens is stability and instability in life.

So when you're just plotting along, you're going to your 9 to 5, everything's pretty okay, there's actually too much stability in your life. And you're not growing. You're not changing. You're not evolving. And if you're not on your own path of helping your system change and evolve, the universe has to bring some instability in order to force that.

And what happens for most, that I've seen, is that there's a knock on the door. And that knock on the door is this little thing that says, "Hey, I think it's time for some change. You need to start paying attention to this part of your life." Maybe it's the emotions. Maybe it's these beliefs that aren't serving you anymore. And most people ignore that. They just power through.

And then there's a little bit of a harder knock on the door saying, "Oh, no, you really actually have to pay attention." And that may be something that's even a little bit more painful. But we tough it out and we tough through.

And then finally, the universe, God, the field, whatever your language is, says "Oh, no, this is actually a lesson you got to learn, so we're going to put you down and out. That's exactly right. We're going to knock you over the head and give you a message so that you learn, "Hey, it's time to pay attention to this thing that you've been hiding from. And you can't hide from it anymore. And I know this is uncomfortable right now because you missed it the first couple of times I tried to let you know. So you feel like you're suffering and you feel like it's unfair, but really, we're just trying to help you evolve."

And all the things that are happening in life are really, I find a lot of times, just that process of maturation and evolution that have been delayed and put off because they felt scary and felt uncomfortable. So now, we have this glorious, awful, uncomfortable opportunity to really look this thing straight in the eye and say, "What would happen if this pain, this illness, this disease was really serving me? How would I be able to look at it? What would be different in the way I was experiencing it if I just knew that it was showing up to teach me a lesson and there was something new for me to learn and something I was growing into in a new version of me that was calling?"

So I see that happen quite a bit. And I think that that's one of those ways that we just start to see energy playing a big role in the way that we have to look at our healing process.

Alicia: Wow! Yeah, do you have any just stories or examples from your practice just to help our viewers self-relate their situation into, "What would that actually look like for this challenging situation to be a gift or to hold a lesson? And how can I move with it or get over that hump?"

Dr. Matt: Totally! Totally! Absolutely! So I'll give a really simple one. There's all kinds of lessons that I see people go through and practice. But I'll give you a very concrete one that's easy to see.

I have seen it over and over that when someone comes in with low back pain, which is like the most common thing anyone ever sees, really almost all types of healthcare practitioners and medical practitioners for, that this is the typical story. "So yeah, it's been sore for a while, but then, it gets better. You know, I take a shower, I have a beer, or it just kind of goes away. And it's on and off pain. And then about, you know, six months ago, I threw my back out." For whatever that means because if we could actually throw our back out, that would be a pretty bad thing, right.

So, "Yeah, I threw my back out. And yeah, I was on my back for a day or two. And then it got good enough that I could go back to work. And I kind of forgot about it and didn't do anything about it. And then two months ago, I threw my back out again. And it was pretty bad that time. I was actually in bed for like four days. But then it just kind of got better again and I just figured it was going to be okay. And then two months ago or two weeks ago, I blew a disc.

And now, I'm laid up. I'm in pain. Either, I have to have surgery or I'm going to have this pain for the next six months as I rehab it."

And so there's this natural

progression that people go through where the body's just trying to give these messages of, "Slow down. Pay attention. What are you not experiencing? What are you not willing to be with in your body?"

And it's interesting. The largest research study ever done on low back pain said that there was no correlation with findings on x-rays or any statistical lab test with low back pain. The number one correlation, especially with men and low back pain, is dissatisfaction at work.

So we have all these emotional and mental things going on in our body and they manifest this pain to try to give us messages. And I've heard it over and over that when people actually lay down and listen to their body, or they get laid up in bed and they have to take two weeks off from work, they have this deep realization of, "Oh, man, I really don't like my job." Or, "Oh, man, this relationship I'm in is really stressing me out more than I realized." Or, "What's going on with the kids or mom and dad, all this stuff is really affecting me.

And I've just been plowing through and my body couldn't handle it and I was stuffing the emotions, or operating from beliefs that weren't helping or weren't serving. Something's got to change."

And it wasn't until their body forced them into a situation where they had to look at it that they really had the opportunity to receive the gift of time or receive the gift of a new message. And now, they have a choice. Either, they can stick their head back in the sand and do what they've always been doing, or they can say, "I'm really choosing to have it be different." And their life can take a new trajectory. And that's really exciting.

Alicia: Wow! Yeah, beautifully

illustrated and fascinating statistics. Like, that's just insane.

Dr. Matt: Yeah. Yeah. Yeah, it's amazing. And that's why, for me, every time I talk to someone who has low back pain or headaches or anxiety or depression or anything, I never take it at face value. It's never the thing that's the thing. It's always not your body that's in pain, it's your life that's in pain.

So how do we impact the physical, the emotional, the mental, and the spiritual, and get the full range context of what's going on in your life so we can really understand why the pain is showing up or the disease or the illness, the chronic condition and we have a better understanding of how to really make the changes in life and take all that pressure off your body, so we can start to heal again.

Alicia: Wow! Wow! It's not your body that's in pain, it's the life that's in pain. So it sounds like we could look at this from when the body's just whispering to us and just giving us nudges. So those of you who are listening that are maybe like health seekers and really want to hone in on the mental, emotional, spiritual aspect of maintaining and perpetuating great health, or if you're on the other end of the spectrum and you're really like dealing and struggling with something, really intense injury or illness wise, so what you're saying is that no matter where you are in that spectrum, we could probably trace back and see the more subtle signs.

But regardless, that's in the past, right. Like, now we get to look at what is showing up for me right now. And so how do we do that? How do we actually pay attention and how do we listen and how do we experience what we need to experience?

Dr. Matt: Yeah, it's such a good question. It's such a good question. And one of my mentors, my closest mentor, Donnie Epstein, always says, "Everyone's looking for an out-of-body experience. So many more people need to have an in-body experience first."

I would say the standard majority of the population, not the geniuses here you have here on your summit, but the standard population is really disconnected from their body. So when they're having these energetic experiences, they're having these little tinglings and these whispers of what's happening, they're just missing it.

So getting in touch with what's going on and then choosing to believe that you have to pay attention and recognizing that these messages and these signals are critical for you to pay attention to and you're not making it up and you're not blowing it out of proportion. And some people, yes, are going to be dramatic. But if it's truly a thing that you need to pay attention to, be honest with yourselves that these things are going on.

And when you have that thing that's sitting in your gut because you're sitting in traffic every day, hating the job that you're going to, or you're fighting with your wife or whatever it is, knowing that there's something that has to change and something that has to give, those are signs. Those are signals. And it's time to let them be felt. And this is the magic because everyone is avoiding them. How do you feel the feelings? And how do you feel the sensations? And how do you be with the experience so that you don't have to push it away?

And this is so scary for a lot of people to just be with the sensation. Because the truth of it is, especially, if it's emotion, emotion lasts for minutes to seconds, and maybe at

the most like 30 minutes. It doesn't last longer than that. Anything longer than that is really thoughts wrapped around emotions. So if there's an emotional experience that you need to have, you can just commit to letting it take over your body and cry or scream or move or shake or whatever you need to do. And then once that moves, it's done.

You'll notice that animals, a very similar nervous system, don't have prolonged emotional reactions. They have very short, responded to the moment. And then it's done. And humans can be the same way. And then we can get a new perspective. Then, the energy moves. It doesn't get stuck in our body. And things can be different. And what I've seen a lot of times with...I was doing a lot of work with people with cancer. And almost always universally, there's something stuck in the body that's a perspective, that's a story, that's an emotion that just needs the space to move.

So getting really clear with what your body's trying to tell you from a physical sensation and giving it space to move and allowing it to move is really important.

Alicia: I know one of the things that you mentioned earlier was that the range of energy that we're able to experience will also dictate how the energy moves. So you've alluded to the physical energy range and the mental energy range—the emotional energy range is what you're speaking to right now—the spiritual, all of these things. So is there a certain technique that you could recommend on how to widen the range of experience in any of those categories to help it move?

Dr. Matt: Yeah, totally. So here's the deal of the way that I look at that. And this is again, a little bit of a type of a concept that people don't usually think about. So I see illness

and disease as existing in a certain range of energy and in a certain range of being. And it attaches to a person who is existing in that certain range of how they're being.

So when you have an illness, that's based on a certain physical range of expression, a certain emotional range of expression—and the energy that's tied to that—a certain emotional or mental range and the energy tied with that, and your spiritual beliefs.

So if there's not enough energy in the system, like we said before—we need more energy—part of the way that we can do that is build more flexibility into all of these different things. So how can you move your body in a new way?

Maybe, it's more exercise. Maybe, it's dance. Maybe, it's going out and hiking. Maybe, it's doing less movement. Maybe, it's meditation. There's a number of different things that we can start to do to use energy in our body in a new way. But if we're trying something different, the nervous system loves novelty so it can have a new experience and try on something new.

With emotions, it's really interesting. What I recommend for people is usually they have like four or five emotions that they do all the time. So they'll do a little bit of anger. And they'll get frustrated and they'll complain. They'll do a little bit of sadness. They'll do a little bit of happiness. And they'll do a few other things. But they won't do that much. They're not going to do big excitement or ecstasy. And they're not going to do despair. And they're not going to do terror. Or they're not going to do joy and passion and these big experiences. And there's a lot of energy in those experiences. But they feel too scary.

So what if every day for a week,

you tried on two new emotions. What if tomorrow, you tried frisky and you tried joyful, if those aren't emotions that you usually do, and you just practice those? What you're going to find is that they're really uncomfortable because you're not used to doing them and you're going to think that other people are judging you. And that when you do it and afterwards, you're going to have a whole new experience of what it's like to be you.

So that's a really cool exercise I recommend that you try is make a list of 60 different emotions that you can use and try. And then every day for a month, try two different emotions. It's a really cool practice.

And then with the mind, looking at all your thoughts and beliefs. And if you tried on a new belief, if you're running on a belief that says that this illness is bad, what would it be like to try and believe that this illness is serving me?

And practice that belief. If you had to prove to yourself that that belief was true, how would you go about doing that?

And ultimately, I'm not looking for people to buy into a new set of beliefs because all beliefs are holding us back in some way, but really to get some flexibility in the way that they're thinking about it. Because if you're really stuck in a certain perspective, it's going to hold you back.

And then spiritually, open yourself up to new experiences. How do you add more devotion? How do you add more surrender? How do you add more love to your spiritual experience? How do you be unconditionally experiencing the divine? And that is a whole conversation, as you know, unto itself, and massive healing energy and power there.

Alicia: Wow! These are such great practices. Thank you!

Dr. Matt: Yeah. Absolutely.

Alicia: One thing that just stood out to me was you said, "All beliefs are holding us back in some way." So can you say more about that because that's a little bit of a bold statement that you just snuck in there?

Dr. Matt: Yeah. [Both laugh]. So is it okay if I go a little deeper with you and your audience?

Alicia: Please! By all means.

Dr. Matt: Awesome! So what I've seen is that when people are going through a healing process and a spiritual journey, that the beliefs that they hold really attach to a persona. And the persona is part of how they identify who they are.

And remember, we said earlier on that the fundamental process that we're going through in this life is really healing and changing, growing and evolving. And when you have a belief that's stuck to a persona, it really makes things concretized. It makes things harden and makes things lock into place. And we lose our flexibility and our malleability and we get locked into a specific version of who we are. And we can't change and we can't grow.

So when you hang on to a belief for too long...Beliefs are fine. And they serve us for a while. And then they need to be transcended. So the ultimate experience that I believe, from a spiritual experience and spiritual perspective that people have, is going to a place where they merge in to oneness. They merge into the absolute. They have connection with God or the divine or universe or whatever it is.

And from that place, it's really you understand the nature of paradox

and you understand the nature of transcending any dualistic belief. So inherently, from most people's perspective, beliefs are dualistic. And there has to be something that balances them out. So if you hold only one side of a belief, you're always going to be beholden to the other sides. It's always going to be there hanging out.

So when I say that beliefs hold us back, they're useful as long as they're useful. And they are useful for a while. But if we get stuck in a belief, then we can't change. We can't grow. And the universe has to let us know, "Mmm, time to transcend that," and potentially, even have a more spiritual experience. And most of the people, I would bet, on the summit are actually looking for that.

Alicia: Okay. Really good. Yeah, I get that.

Dr. Matt: Awesome!

Alicia: All right, Dr. Matt, well, this is really super empowering information so far. Thank you. And I know you have such a depth of wisdom and knowledge around this topic. So what other things do you want to share with us around demystifying this so-called energy medicine?

Dr. Matt: Yeah. Thanks. One other thing that I think is really super useful and valuable for people to understand, and it's one thing that I see catch people up all the time, and that is that "energy medicine," has been around for thousands and thousands and thousands of years. And people are always asking, "Is it okay? Should I believe in it? Is it something that can actually help? Is it useful? Is it powerful?"

These are the wrong questions to ask from my perspective. We've gotten really tied up in this medical model and really tied up in this

linear, reductionistic, mechanistic perspective on how the body works. So we, in this age, look at our bodies as machines. You're not a machine. You're a spirit inside this bio-energetic, physical thing. It's not mechanistic at all. And it's impacted by energy. It's impacted by your environment.

And acupuncture, Ayurveda, all these classical systems, knew this. It's not new news. So if you're thinking, "Should I try it? Is it worth it?" Just recognize that it's only the past couple hundred years that people got really skeptical that energy medicine isn't a thing or it doesn't work or that they're making it up because they got so stuck in their heads.

And so if you're looking at this as a way that you might be able to make a shift, I've seen... One of my favorite groups of people to work with is people who have been everywhere and people who have tried everything. Because the type of work that I do helps them make such radical and different changes because it takes into perspective all of these things: the physical, emotional, mental, and spiritual. And there's an energetic component. It takes them outside of themselves in a way that they haven't experienced, either before or in a long time. And it unlocks certain experiences in certain parts of themselves that they just never would have had access to from more conventional roots.

So if you keep on doing what you're doing, you're going to keep on getting what you're getting. And for a lot of people, energy medicine is a new way to experience themselves, experience healing. So I would recommend ask your friends, ask people in town who you've worked with, and then just find someone who is really good and reputable and that you trust, and just do some work with them. It can be

transformative and magical and life-changing.

Alicia: Awesome! Yeah, that's a great perspective. And you know what? Not all energy medicine practices are created equal. And I was just wondering if you could speak to a little bit about network spinal analysis, the type of work that you do or one of the primary modalities that you use. It's been completely transformational in my life.

And I just want to share that with everyone. It's literally, one of the most powerful systems, very cutting-edge modern, but like just deeply integrated systems of "energy healing medicine," if you want to look at it that way. But it's a very different application than say maybe what's very common like Reiki, as an example, not to compare the two.

To be honest, I think they're completely in different categories of their own. But from our audience's standpoint, they might hear energy and be like, "Well, is that energy medicine?" So if you could give us a little bit of an understanding of the spectrum of modalities with energy medicine for people who are maybe in areas that their friends don't know about it, so they don't know how to ask or even just people who are well versed in these ideas, but maybe don't know from a practitioner with the type of expertise that you have like how to really understand it more deeply.

Dr. Matt: Yeah. Awesome. Thank you. Yeah. So when I'm looking at systems and when I'm looking at practitioners, I really separate out the two because you can have really gifted practitioners. And it doesn't really matter what they do, they're just one of those really gifted healers. And so that's one category of things.

And then you have really amazing systems. And network spinal analysis, the reason that I chose it, and I've studied a lot of systems, the reason I've chosen to do that is because it's absolutely hands down the most powerful and transformational system I've ever seen. And it integrates and really helps people use all these different parts of life. So if you have, let's say, a network practitioner near you, I recommend checking them out because I can vouch for that work, in particular.

And then some of the criteria that I really look for is how much credence or skillful conversation can the practitioner have about the work. There is depth to energy work. It's not just I'm waving my hands over you or holding feathers over your head or whatever it is. There's actual practical application and science and rigorous study that people go into when they want to become masters at this work.

So if it's something that people learned in 16 hours over the course of a weekend, that's one level of things. And I'm not making that bad or wrong. That has certain applications and it does certain things. But when people have committed hundreds and thousands of hours to their studies, you're going to get a different experience.

And really, I think the most important thing for people who have more chronic conditions or they have pain or they have diseases, recognizing that you want a real practitioner, a real person who can look under the hood of what's going on for them, get really specific and help them understand themselves in a wider context, that's valuable.

And the opposite is, "Well, come and lay on my table. And I'll just put some energy in your body." I'm

really careful about that because I always make the analogy that that's like needing to put gas in a Ferrari, right. Does that mean that the gas nozzle goes in the gas tank or in the trunk or in the window or where the windshield washer fluid goes? If gas goes in Ferrari, well, which one of those is right is the same thing as saying, "Well, if energy goes in the body, how does that work?" You need a little more specificity, I believe, if you want to see a more real functional change.

Alicia: And what is the specific? Like, if you could sum up network spinal analysis just for our audience's understanding, what is the specific use of energy in that system?

Dr. Matt: Yeah. So really, its primary focus is the nervous system. The nervous system is the master control system for the entire body. So every single cell in the body, except for the blood cells that are moving, are attached to nerves. And those nerves tell the cells to work harder, work less to reproduce, to die, what hormones to produce. So the nervous system is really the communication hub for the whole body. And it's attached. It's the brain and spinal cord going out to all the nerves, going to all the cells.

So when you have a nervous system that's not operating well, the rest of your body can't be well. When you have a nervous system that's really highly optimized, then you could have much higher level experiences in your body and, not just of health, but of high performance and high efficiency and spirituality and spiritual connectedness. All of these things are going to hinge in some way, shape or form, on how optimized your nervous system is. So NSA looks at the function of your nervous system primarily.

And then there is energetic applications that lay over the top of that, that help to really get people

in touch with what's going on in their body and to more efficiently express and experience emotions to transition beliefs and to have spiritual experiences. So like I've been saying, it works through the whole process, which is pretty important and magical. And it looks at people in this much wider context.

So people in my office come in with everything from, "I have low back pain. And I'd love to have you help me with that. And I've been everywhere and nothing's working, to, I'm a CEO and I'm a high performer. And I need my nervous system optimized, or I'm an entrepreneur. And I did \$800,000 in my business last year. And I need to do a million and a half in my business this year. And I need strategies for how to get my body and my mind and my emotions and my spirit really primed for that."

So if you fall into any of those categories, I know that's a wide description, network spinal analysis is really magical for all of that. And like Alicia Lynn said, it's endorsed by people like Tony Robbins and Deepak Chopra and really high-level performers in the space of health and personal development.

Alicia: Awesome! Thank you so much for that. I really wanted to give a plug to that system. It's been so transformational in my life. And yours, as well, I know.

Dr. Matt: Absolutely. Absolutely. And I'll just share, too. The system is amazing. And the creator of the system, one of my mentors, Donny Epstein, is hands down, the most gifted healer I've ever seen and one of the most brilliant minds I've ever encountered in my life. And what he's intuited and created and the changes that he's made in bodies, hundreds of thousands of bodies in people's lives all over the planet now is just, he's a modern master.

So if you don't know Donny Epstein, I recommend looking him up. And he's the guy that is the go-to. He's worked on vice presidents of the United States. He's worked on hedge-fund billionaires, professional athletes, and actors. So when someone's got something going on, he's one of the people that gets called. And he's just one of my heroes. So I'll plug Donny and the magical work that he's done.

Alicia: Yeah. Yeah. And any of his books, if any of you want to go deeper into this work on understanding this work and the steps to healing.

Dr. Matt: Yeah. Yeah. The 12 Stages of Healing and Healing Myths, Healing Magic, both available on Amazon, and really good reads.

Alicia: Cool. Well, thank you, Matt. So as we wrap up here, any last words of encouragement you have for our audience for those who want to reclaim their power on their healing journey?

Dr. Matt: Ah, yes! It could happen. Don't feel stuck. Commit to the process. Feel what you need to feel. Work with people who empower you. Get a support team. Gather people around you who love and support you. And you totally can do it. You can do it. It can change. It could be different. Just believe in the fact that it can be different. And then commit to the process. It's all here to teach you something. And it doesn't have to be pushed away. It can be scary, I know. But it can be different, too.

And I've just, I've seen so many bad things that look like they were going sideways, really turn around and people get their lives back, that I just know it can happen. So yeah, thank you for that opportunity. And just commit to practicing the belief that it can be better.

Alicia: So good. Thank you so much. And thank you, everyone, for joining us in this conversation. I want to encourage each of you to check out Dr. Matt's website. It's DrMattK.com. It's DrMattK.com, where you can learn more about his retreats that he leads and coaching and his office, that's here in San Diego, among many other things, his writings and his teachings. So that's DrMattK.com.

And yeah, thank you so much for being a part of The Soul of Healing Summit, such an incredible contribution you made. We appreciate you.

Dr. Matt: Well, thank you! And

thank you for creating such an epic forum for people like me who have a message to have a much wider voice to all these brilliant, beautiful souls who are here joining us and watching. I really value and appreciate that.

Alicia: Yeah, that's right. That's right. Thank you all. We send lots of love to all of you listening. And thank you for spending time with us today. This has been Dr. Matt Kreinheder and Alicia Lynn Diaz with The Soul of Healing Summit. Take care.

Dr. Matt: Ciao!



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