



The 6 Steps to Supercharging Your Brain

Guest: Dr. Ryan Wohlfert

Niki Gratrix: Hello everybody and welcome back to the Trauma and Mind Body Super Conference. I am truly excited today with our guest, Dr. Ryan Wohlfert who is the co-founder of Total Health Spine and Nutrition and founder of TotalHealthSpine.com. Love the name of that website. Dr. Ryan, welcome on board.

Dr. Ryan Wohlfert: Well, thank you for having me, Niki. This is going to be great.

Niki Gratrix: Yes, super. I'm super excited because you have, I've noticed you have been truly focused on brain health.

You've been doing a lot of work running big masterclasses and Summits and interviewing many, many world leading experts on brain health. And on this Summit, we have different groups of people, but what are the groups are people who've had emotional trauma and they're doing, say, a lot of psychology work, and haven't actually realized that many of their mental health symptoms could also be addressed more physiologically, and not just with medical drugs.

So that's where I wanted you to focus, but maybe you can also share a little bit about how you got into focusing on brain health as well.

Dr. Ryan Wohlfert: Yeah, I'm sure we'll get into that as we go through, especially the actionable steps that I put together just based on my life and then my thousands of patients and clients that I've been working with over the last 20 years. And I just realized that because I mean, I'm trained as a chiropractor and it's exactly 20 years since I've graduated from chiropractic colleges. I was in a different interview earlier this week or last week and I'm like, man it's April, that's right it's been 20 years.

I have a love of health and especially the brain. Ever since I was a kid and younger and that's what led me down this path as well. But then also different challenges and struggles along the way and just how I could impact my health and my family's health. But the first question that you asked, like how emotional stress impacts your brain physically? And that's a great question, because we feel these emotional stresses where we have these traumas in our lives.

Even though it might not even be a physical trauma, but a lot of time it's a mental trauma. That leads to a cascade of events chronically on our brain, changing the physiology and the biochemistry of it. And we're actually doing a Leaky Brain Summit, it's called, with my colleague and friend, Elena Villanueva, and we talk about this.

The mental health field is one of them, I think it's the only health field that just is purely on symptoms and not really on any data or any medically driven data. So I feel like one of the biggest dangers that people have, we'll get into this, it's almost like what I give the solution, you'll see how emotional stress and emotional trauma ties into the chemical and the physiological changes that we see in the brain.

But just from a purely standpoint of, OK, we have anxiety or we have depression, we experience something that leads to that. And then now every thought, every experience that we have ties into creating these different interactions between the neurons and between the neurotransmitters and the cells and depletes some neurotransmitters, increases some hormones, decreases other hormones. And it's, I want to say crazy how that works, I say that not obviously crazy, but we don't think about that because we can't see it.

It's all within our brain, within our body and we have these mental traumas or emotional stresses and we go to the doctor. I think that's one of the biggest dangers is we want answers. But then we, like you said, we go towards the medical route, which can be helpful in the short term, but chronically it leads to more and more issues, more dependence on drugs because one leads to the other. I mean, 70 percent of Americans run at least one medication and over 20 percent are on five or more. The most common after antibiotics are anti-depressants. So that's telling us there is a huge problem there and I think that's the biggest danger that can happen, is it leads down that path into that cycle of disease and dependence.

So, I mean, that's why this Summit is so awesome. That's why our leaky brain Summit is so awesome, because we tie in together the emotional trauma and I don't even like using that word because trauma says it could be a bad thing. But I've had trauma, what I would call a trauma in my life or setbacks or challenges, which looking back, it's like, man, I'm glad that happened.

Niki Gratrix: Yes. Sometimes it's post-traumatic growth triggered by trauma, absolutely. And the good news is the impact of emotional trauma on the brain and the body can be reversed. So that's the beauty of it and we can do this. So we're going to focus on more of the physiological things that you can do. I would love to hear your tips, how many tips that you have that exclude, not some of the pure psychology stuff, we're covering that elsewhere and obviously not drug interventions.

So what do you do? What are your top tips?

Dr. Ryan Wohlfert: Well, I'm probably going to give a few psychological tips, but, just because they're so important. And because it's included in what I call my six pack of healthy longevity, six things.

I have to start off with the number one thing is your focus and mindset. Because the mindset is, other people might be talking about this on your Summit. Mindset I believe is very misunderstood because a lot of people feel like they hear the word mindset and it's just, okay, I have to think positive. I just need to think positive. I just need to say positive affirmations. I need to have this breakthrough, aha. It's just like one time I'm just sitting there meditating or I'm sitting there breathing and all of a sudden I figure everything out.

I'm completely healthy. I'm completely happy. I know how to make money. I know how to fix everything in my life. And that's just not the case with any of those.

Because part of the mindset is in focus is this or here's what focus is. I like to boil my six pack down into one or two sentences.

So we all have unconscious stories, internal dialog, thoughts that drive our actions, behaviors and habits. So we as a society spend so much time trying to find out what action we can take and maybe taking that action to fix whatever ill us, especially with our health, with our brain.

We don't stop to consider what is driving us to that action and that's that unconscious story. That's the iceberg below the surface and it's not necessarily like diving deep, in my opinion, diving deep and finding out, why did I have this in the first place? It's just identifying and being aware that it's there and accepting that. This is driving how I feel and my expectations for my health and energy, for my happiness, for my spirituality, for my relationships and love, for my career.

So these are what's driving us and that's something I didn't learn until later in life.

Of my six pack this is probably the last one that I fully learned, which is why I teach it first, because this builds the foundation for what you're gonna be learning for the rest of time here physiologically. Because we can, I can tell you, tell the listener, the viewer.

All these are actionable, like my smoothie and give you all tips for that. And like how I incorporate exercise into my life, how I've adapted my sleep and what I've done for my sleep, how I've worked on my posture and made that healthy and I'm going to tell them that. But unless we ground it and create that healthy soil with focus and mindset. You might have some success, but is it going to be sustainable?

So that's I mean, my first part of the six pack is that focus and mindset.

So what I suggest to people is not just covering up. Let's say you have a house that's run down and it needs to completely be rebuilt, almost like torn down, something like it, completely torn down to build it back up and it's too hard to build on top of that. And that's what positive thinking and positive affirmations are. If you've already had this emotional stress, emotional trauma that's left you with so much anxiety and depression, you don't even want to get out of bed. We have to tear that down first and build it back up.

So that's what the focus part is, this first step I'll give you is just becoming aware of what you're telling yourself. We have to find out what your story is, except that it's a story and not necessarily true or it's not absolutely true. Become aware of it and you do that by just, you can do it either in silence, just sitting in silence because through this situation that we're in force us to just, not have the life that we used to.

Coronavirus, let's take that, for example, that's top of people's minds. It's not some necessarily that, that is causing the biggest problem like the actual virus. But it's now people have been and were quarantined in their house. And just like now, all those thoughts are like

flooding in and leading to this anxiety and depression. And now that maybe they're watching the news too much and Facebook and all these other social media that I do like and they're built for us to connect. But when we come to depend on that and then it seeps into our already existing story of what we expect for our lives and our beliefs, that it just snowballs and snowballs and snowballs.

So what I like people doing is just journaling.

I don't know what words to kind of, what do I say, are intimidating to people. Because I know for me, like journaling, man journaling or meditating, that's what I try to use different ones. I just sit in silence and breathe and then just write down what comes to your mind. I will say this, there have been thoughts that I've had that have been deep down where like, I can't believe I'm thinking that. And you're gonna be like, I can't write that down, what if somebody sees it? Well, one makes sure nobody sees it. But either way, everybody has these self-limiting thoughts. They do it unless we bring them to the surface they're gonna continue directing our actions, habits and behaviors and lead us not to get the results that we're gonna get through our nutrition, through our sleep, through our exercise, or other lifestyle habits. So that's number one, is your focus and mindset.

Niki Gratrix: So that's great. Love that. That's some you could almost call it mindfulness, practicing mindfulness. Start to be aware of actually what you're thinking and feeling and how that could be sabotaging what you need to do with steps two to six. Right?

Dr. Ryan Wohlfert: I love that word you use, sabotaging, its self-sabotage, that's perfect.

I'm so glad that you said that, because that's what it essentially does. And that's why we think these next six things don't work because the soil that we're trying to plant all these in is made up of rocks or made up of stone and cement, it just it's not gonna grow.

Niki Gratrix: Yeah, that's so great. And it's great because we've got lots of tools on this Summit for how you dig deep and find out what you think and feel about things, and what you then do when you've got stuff that you know you need to transmute. But always step one is you have to start by becoming aware of it.

So mindfulness step one, you gotta start somewhere. So that's great. Love it. All right, step two, we're raring to go.

Dr. Ryan Wohlfert: And I know. Again, I want you guys all to know listening to this. These are steps, but there it's not like you have to do one or the other or step one and then go to the next one. These are all they're done concurrently and you'll also notice they're all Fs. So I can remember them easier too and you can remember, except for one which we'll get to. So food, all right.

So food is the next part of the six pack. Food, nutrition, detoxification, your fuel that you're putting into your body. Because we're all, most of us are deficient in certain nutrients and food provides the raw material with which our brain is built.

The cells of our brain, our body cells, every cell tissue and organ needs these raw materials and if we use shoddy materials, then it's not going to sustain, it's not going to live a long time. And for me, I want to live, I say this to a 105 minimum, like be alive and living with my wife. So I say that because I want to be married to her for 75 years, that puts me at 105, that puts her at 103 and thankfully we're onboard with all this doing. So food, one of the best ways I feel that people can help upgrade their brain is through what I call brain energy shakes and smoothies. And I will put, I'll put my smoothie and shake on par with anybody's as far as health goes with it. Because I use seven things or seven steps, so I use greens in my smoothies.

And again, if you're just starting off, you don't have to do this all in one. But again, it's all playing around figuring out what works for you. I've gone through like three or four different types of blenders. Work my way up to the Vitamix, a nice, powerful blender. So some type of greens could be dark, leafy greens could even be like iceberg lettuce or romaine lettuce, spinach, collard greens. It gives you the opportunity to get these nutrients into your body and then expose your gut microbiome to all these different types.

So then you don't develop sensitivities by eating the same thing over and over again. And a lot of times people don't maybe eat Swiss chard in their salad, but they can put it in their smoothie, so you're still getting the benefit of that. Chlorophyll, other brain building ingredients in greens especially, but then we have healthy fats like avocado, walnuts, hemp seeds, flax seeds, chia seeds. These are all great brain building supplements, I shouldn't say supplements, healthy fats. So that's two. Number three is to get fruits and vegetables. So even though we put greens in there I put more vegetables in there. A lot of times I just use frozen because then, frozen broccoli or beans and sometimes I even put in there, cauliflower.

Niki Gratrix: Red berries or do you stick with green?

Dr. Ryan Wohlfert: Well, I don't have it here, but yep, I put those in there blueberries, blackberries, raspberries. So yeah, that's part of the fruit one. And then number five as I usually use some type of protein, but it just depends on what type of healthy fats I'm using. Like chia seeds, hemp seeds have some protein in there. But I will use some type of or my liquid. So that's number six. The sixth part of the superhuman brain shake is a liquid. So I've been using bone broth lately.

Niki Gratrix: Wow. OK.

Dr. Ryan Wohlfert: Because it's relatively tasteless when you put all the other stuff in there. But I'm getting the benefit of all the spices and ingredients in the bone broth.

Niki Gratrix: OK, this is I'm getting hungry.

Dr. Ryan Wohlfert: And then the last secret ingredient, I don't say secret because I'm giving it to you, spices and herbs, putting different, like mint that gives it such a good taste, just some fresh mint. Or if you don't have fresh herbs, I might use some oregano. I don't use that too much as that can overpower it.

But as far as spices, turmeric and you could either do this ground or the root. Ginger, same thing and cinnamon. Ceylon cinnamon gives a really good taste to it while lowering the blood sugar or stabilizing, I should say stabilizing the blood sugar, which that's been shown hugely.

Spiking the blood sugar is so detrimental to the brain, leading to more inflammation, neural inflammation and harder to think, decreasing your memory, giving you brain fog. So yes, that is my biggest tip, actionable tip for food, fuel and nutrition, because that brain energy shakes right there, just like it says, build your brain. And I know you're a fan of energy, Niki, so it helps give you that abundant energy.

Niki Gratrix: I love those first two. If people start to just do what you're saying, just start to do these things that they will as it starts to build it, they will change their life's if they've not been doing this so far. I love that this is a really practical focused interview, it's wonderful. I'm going to go and make that after this, it sounds great, going to change up my regime a bit. So lovely. Love it so far.

Dr. Ryan Wohlfert: And that's the big thing, I'll say one last thing about that before I go into the third part of a six pack, is change it up. Don't use the same things, same ingredients, I mean, you don't have to change it up every smoothie.

But I would say every week or two at least, because you don't want to create these sensitivities to certain things because you're eating too many of them. So that's one thing and if you're just starting off with this, maybe if you like a little bit sweeter, you could maybe use a little bit more fruit.

And also, what I put a lot in mine is cacao powder, not cocoa powder, but cacao powder. Because that's another like a huge nutrient, almost super food and it gives you that chocolaty taste, too. So I put that in my smoothie, my wife's and I make for my three daughters as well.

So that's one thing that you can do there.

So now going to the next one is fitness. And I'm giving food and fitness here, because when people want to stay healthy, they want to help their brain, have more energy, have more longevity they think I got a workout, I got to eat better, but that's why it's a six pack and not a two pack. So fitness as far as brain health goes, so fitness is fitness movement and exercise.

Again, it's those three, sometimes people think of fitness as, all right I have to exercise five times a week for 30 to 45 minutes and I have to be completely dead after as far as just worn out. And that's good I want people to do that. But studies have shown just doing that is not going to help your overall brain health or it's not going to give you that healthy longevity that you might think it would. Because if you're still sitting out eight hours a day, it's not should I say counteracting that eight hours.

So that's why it's fitness, movement and exercise. Because incorporating daily movement or movement daily and regularly into your life.

That's what I love showing people how to do, you mentioned one of my websites is upgraded parents dot com because I work with a lot of parents. I know that one of my goals is just to take care of myself. I want to show other parents how to do that, too. Because we put our health on the backburner as we take care of other people. And then it continues a cycle of well, now the parents' health breaks down, now the kids have to take care of them, and that's why I got into brain health and just health in general too. Because I saw how my grandparents went through dementia and my parents having to take care of them. And that made the biggest impact on me and I'm like, well, I want to break this cycle for my kids. I want to be with them, not here like them taking care of me.

So anyway, fitness, we want to get those 30 to 45 minutes. But even if you can't do that right off the bat, because we have these mental, that's why we talk about focus first. Because what do people say about exercise?

Oh, it's so hard, it's so hard to do.

So let's make it easier, let's make you want to do it. And you had mentioned too, just starting it and it cascades into these other things like you want to keep going because you feel better.

So here's what you can do, one thing I love when people are starting off is a 5 minute compromise or even 10 minutes. So let's say you start, you don't feel like doing it and I've been there. Niki, I'm sure you've been.

Niki Gratrix: No, I always do it. Yes. I'm like? How do I get over the sedentary piece? Yes. Go for it.

Dr. Ryan Wohlfert: Yeah. But it gets less and less because I'm thinking man I can't wait for my workout today. But a 5 minute compromise, start to work out and if after 5 minutes, put the timer on you don't feel like going, then stop. If you do, stop, don't beat yourself up about it, that's the key. Let's say this, you could even do this, I've heard and instructed people to do this.

If you go to the gym or whatever you workout, set a timer for 10 minutes and go for 10 minutes and I don't care if you want to keep going more, you have to stop at 10 minutes. So what that does is that creates that like, oh, my God, that wants to, rather than to say, it's hard. It's like I want to workout.

Niki Gratrix: Total reverse psychology, that's great.

Dr. Ryan Wohlfert: So that's more of a tip to get you wanting to exercise and like just getting 10, 20 minute workouts in. But let's say you're so busy that you can't do it. You can't even do like 15 minutes or a half hour, three times a week.

Well, now, what I wanted to do is first thing in the morning for 2 minutes, you're going to just do some jumping jacks or you're gonna do some air squats. Just to get the blood oxygen moving and getting up to your brain so you can think pushups, burpees, up downs, jump rope, whatever it is, just do it for a couple minutes.

I call my mini morning workout or mini morning routine and I add in some mobility exercises for 5 to 6 minutes. So, again, this takes less than 10 minutes, so I also incorporate movement into my day.

So I'm doing this interview from a standing desk. So like my legs are out, I've been standing for like 10 minutes, I'm marching here, so if I disappear I'm doing some squats.

At work after I wash my hands we have this hand dryer so I'll do squats while my hands are under the hand dryer until that goes off. It's just these little things. So go through your day.

See, okay maybe I'm mowing the lawn and I'm sitting on a ride on a mower. Well, maybe I'll use the push mower a little bit more. Just those simple tips to incorporate in your day. So fitness, we've got to focus, we got food, we got fitness and now the next one. Which I believe is the least talked about and one of the most important from what the research shows on your longevity and how long your health span is, is what I call function. Because here's why, because your function.

So health and disease, especially brain health, is directed by your spine and posture. Now, if you know that, but I should say this, it is directly impacted by your spine and posture. And why do I call it a function? It's because your function comes from your brain. All that energy goes down through the spinal cord, inside your spine, out through every cell, tissue or cell, out through the nerves to every cell tissue and organ.

So now these organs and cells and tissues, they need those signals that communicate from the brain to tell what to do. And then for those cells to send those signals back up to the brain, giving information about what's going on, and telling the brain what's happening so it can alter and they play off each other like this. It's a conductor of the symphony. So the research shows and why do I call it function, spine and posture. So again, that's the fourth one. Your spine dictates your function because it dictates your structure, your spine gives you your structure.

So, yes, most of us have heard and seen, OK, a slump posture is not good, innately we know that's not a healthy posture. Well, research backs it up like in Spine Journal, American Journal of Pain Management they've talked about this where, so everything from pain, headache, mood, depression, anxiety, blood pressure, all these physiological things are directly affected by your posture.

Niki Gratrix: Fascinating.

Dr. Ryan Wohlfert: Just like your blood pressure and your different blood markers. They need certain levels or there's a range that's quote unquote, healthy, it's the same thing with the spine.

When you're in this hunched posture, head forward, that hyperkyphosis that we see all too many people have. That's been shown to take up to 15 years off of your life.

Niki Gratrix: Wow. And you're probably depressed along the way.

Dr. Ryan Wohlfert: Well, yeah. Well think about it because it zaps your energy. What do people say, "well it sucks getting old. Don't get old." Which again goes back to that focus and mindset, so yes, these things. S

o in that posture, we're deficient of that nervous system energy to keep our body going. When we're deficient of oxygen we're not breathing as full. Because I mean, they can do this as a test as slumped forward, take a deep breath in and then sit up. I want to say don't force it back, but just sit in a comfortable posture with your head up over your shoulders.

Take a breath in and you'll notice how much easier it is to do that. So if we do that time after time after time, decreasing oxygen goes to our brain. Well, now that leads to more inflammation of the brain because oxygen helps to oxygenate your cells and tissues. And of course, I want to say, of course, but of course it can lead to brain fog, you're not getting the oxygen, anxiety, depression.

That's why your spine is so important and most people listening to this, they probably maybe heard something about that, but didn't really understand why. So one tip I will give you for this is so Niki, what posture do people get in nowadays when they're looking at their phones or computer?

Niki Gratrix: Slumped.

Dr. Ryan Wohlfert: So all I want you to do. Okay I got my phone on airplane mode right here. Just lift it up in front of your chest, I'll turn to the sides so you can see and you can't see me from here. But most people have it down in their laps.

Niki Gratrix: Yes.

Dr. Ryan Wohlfert: Right. Have it down in their laps and it's conducive to creating that horrible posture that's affecting your function, affecting your oxygen, affecting your brain, decrease its activity.

So you don't have to lift it up right there on your face, you can, that's fine. But I would say just your chest level will increase and improve your posture just by doing that. Not just one time and that goes for all of these.

There's no big breakthrough moments as far as you're completely there, the journey is done. It's just these little things that we incorporate.

Niki Gratrix: Loving it. Loving this, great stuff so important. I mean you, there's yoga, you can use yoga and Feldenkrais and body movement and posture to resolve trauma and exercise rebuilds brain cells so you're absolutely spot on, it's brilliant.

Dr. Ryan Wohlfert: Even I mean, exercise, if we want to go back to that, into the science of how it increases, called BDNF, brain derived neurotrophic factor, which increases neurogenesis, new nerve cell formation and also protects healthy brain cells. So that one thing right there, if people like science.

Niki Gratrix: Yeah. Exercise is good, structure and posture, that was number four.

Dr. Ryan Wohlfert: So now if we want our body to recover, then we have to make sure we get adequate and quality neuro regenerative sleep. So sleep you'll notice, I call it refresh because that's the F word for sleep, because I can't find an F word or I haven't been able to find an F word yet for sleep. So that's why it's a small R, small E, capital F.

So in research over and over again showing how, this is where your brain actually recovers and in lack of a better image, it drains. We drain the glymphatic system, which is part of our immune system, which helps to decrease the inflammation around the brain. And I'm not sure what you think, Niki, I mean, you're an energy expert, so you know that. I don't think people are getting enough one quantity of sleep, but then now you double that with lack of quality of sleep. Because we're not sleeping in a dark room.

We're having our phone right next to our heads. We are sleeping with T.V.'s in the room. All these things that are disrupting our sleep, we're maybe not having like a cave where it's just nice and quiet and cool, like 68 degrees at the most.

Just so that this is where our bodies and our brains, it gets the neural regeneration, gets the regenerative recovery, recuperative effects happening, releases good healthy neurotransmitters, resets our hormones. So we're staying up too late, getting up too late, especially now.

Again, we're doing it at the time where people can't go outside or people can't go to work, I should say and they're getting outside of a normal routine. That's my best or normal sleep routine, I'll say normal refresh and sleep routine. So if we're doing, if we're eating our foods, if we are getting the exercise and let's say you are one of those and I do like 30 to 45 minute workouts four or five times a week, depending on what your goals are. And if you're a certain age, it's not all about age. But if we're in the 40s, 50s, 60s and we're working out like a madman or mad woman doing all CrossFit, we're not allowing our body and our brain to recover, it's going to continue breaking us down.

We're going to start getting even more anxious. Like I'm doing all this workout, I'm eating so well, I'm watching my posture, why am I still not losing weight? Or physiologically, why am I still feeling like crap? Why am I still sad? Everybody says, if I do this, then I'll be happy, I'll be able to think clearer. And you will, but if we don't have the sleep to recover. And I will say this, I know if I miss a night's sleep or even two, let's say you like, get four or five, six hours for some reason, travel or just, I don't know.

Because it's happened where I just wake up at three o'clock in the morning, I can't get back to sleep. Maybe one day I'll be fine, but if I do that consistently, I'm not going to be able to think, I'm not going to be able to do these interviews with a clear, coherent mind. So then what you might do, the listener as you might reach for more coffee and coffee and caffeine, energy drinks, middle to the end of the day to keep you going. And then again, that creates a cycle where now you can't sleep that night.

And now you think, I've heard this way too many times. I don't need to sleep, I only need four or six hours. And yet they have ten different health issues on 20 different medications

because quote, unquote, that's become their new normal. It's not normal, it's common for them. But they can't remember what it should feel like because it's been so long because they are dependent on these unnatural and external measures to keep them going.

Niki Gratrix: Yeah. Now I couldn't agree more. It's hard to overestimate how important that one point that you just make with sleep. I think after, I've been in clinical practice for about 15 years. I've worked many years with chronic fatigue clients and patients, and I discovered the circadian rhythm sleep recommendations sort of quite late on in the game. But we were all over some of the dietary stuff and we had a psychology division.

But when we just make and there are these simple things that change your life, like just go to bed earlier, maybe get the blue blocking glasses, maybe get bright sunshine the first thing in the morning, maybe don't eat maybe two or three hours before bed. These sort of things, the timing of light versus timing of food eating.

It's simple steps that are practical that people can do at home. And if you do them and with the other things that you're saying, well, you'll be a different person. This, what you're saying will change people's lives if they just do them. So just to backup there, that was one of the circadian rhythm, sleep support which I talk about as circadian rhythm.

It's one of the top possible things that you could do. I think we can't talk about enough on the Summit because it helps, its mental health, it's anxiety, depression, diabetes. I mean, everything, all the major chronic complex illnesses, and it's Harvard research on sleep. So you're absolutely on track, it's great.

Dr. Ryan Wohlfert: It's just I mean, it's researched, but it's I mean, I don't say it's common sense, but sometimes common sense isn't common anymore.

Niki Gratrix: Yes, that's so true.

Dr. Ryan Wohlfert: Niki, what you're saying too, is it doesn't even have to be expensive. So go outside early between 6:00 and 8:30 and even if it's not sunny, like I'm in Michigan and it's cloudy right now, even going outside in the clouds it still resets the hormones to, now okay, my circadian clock is reset.

Now, I know when 10:00 hits that it's time to wind down even before that, winding down. But I know 10:00 is between 10:00 and 10:30 as my bedtime. And I'll read and I've created routines for myself and other people on how to wind down. Because the listener might be, like I can't look at my phone or watch TV an hour before bed.

I get rid of my phone an hour or two before bed, I'll still watch some TV because that helps, too. Again, I like it, it relaxes me but guess what? I got these blue blocking glasses. If I'm on my computer, but even then after 9:00 for me, I shut off the computer. But if I am for some reason, I have my glasses on. On my phone if for some reason I have to check that it just automatically comes on that red light for my eyes, twilight, there's a flux for other people.

Niki Gratrix: Awesome. Love it.

Dr. Ryan Wohlfert: All right. So the sixth one is, it's called faith.

Faith and spirituality and purpose. Now people hear the word faith and again, that can be intimidating, like, oh, religion. And it doesn't have to be religion, it can be, for me it is. It could be just a sense, I should say this, faith is a belief in the unseen, is knowing that you have faith that there's a reason for whatever is going on in your life.

There's a reason for your health. There's a reason this has happened. You might not see it yet, but if you keep your heart, your eyes, your ears open, then you will more than likely see it. But if you keep, and this goes back to the first one to focus and mindset, if you keep saying, no, no, no, there's nothing good, there's nothing good out of this, you're gonna keep finding that.

Finding your faith and purpose, what is your purpose?
What do you want to do in your life?
Why do you want to be healthy?
And then spirituality is even, it's more broad.

Again, it doesn't mean religion. It means it's like a journey to find yourself or the journey to understand yourself. And again, even circles back to that focus. That's why my book and my six pack with two more intangible things, I should say. And then in the middle, you had said, if we just do these simple tips, you're right. But what stops us from doing it is our mindset and our belief a lot of times it's not worth it. I've gone through that, where it's like, is this even helping somebody? I don't know, are they even going to do it? And again, it goes back to that.

That's why I want to start with the focus, end with the faith, because we want to have a belief in the unseen. So that even goes back, like you mentioned, meditation and just dial back into what we're connected to. And it can be religion or a higher power, higher source, our purpose. Just dialing into that, whenever we feel like this low energy, we feel the sadness, we feel this depression. But I leave it to the end because I like to say the end of this talk.

We combine this together in the different programs that I have and different coaching that I do. But yes, that's the six pack right there. So focus, food, fitness, function, refresh and faith. And I'm just going to end here with this one and then I'll give it to you there.

If you are a go getter and you want an eight pack. So the seventh one is family, which again. Family is integral, by family I mean, this social interaction community, we know how important that is with, again our health longevity, and our brain, and our especially emotions. And the last thing is fun. So there's two more F words. Have fun.

Niki Gratrix: Oh, I love that. I love that. I'd love the last one. I got tingles when you said about faith, that speaks so much to what else is on the Summit as well.

That was amazing, you've brought together, you could have whole Summits on each one of those things. But that was lovely to give people practical steps to start to actually bring that stuff into their life now, don't wait, start straightaway and here's how you can do it.

You've made it simple and you've broken it down and you've covered mind, body, spirit. That's amazing.

Dr. Ryan Wohlfert: I appreciate that.

Niki Gratrix: Thank you so much Dr. Ryan. How can people, I'm sure people will love to know more about you and where they could maybe work with you?

And maybe any events that you've got coming up, please share.

Dr. Ryan Wohlfert: Sure. So I have come up, it's called the Leaky Brain Summit, which again, along with yours, Niki, if people listen to these and get them and own them, and just listen to them over and over again. Like a small investment it's gonna be huge. So that launches soon and then also to find me, Facebook [@DrWohlfert](#) and at [TotalHealthSpine.com](#) those are the places to reach me.

See the different programs that we have and you can work with me from anywhere in the world. So that's the cool part about this.

Niki Gratrix: That's brilliant, thank you so much Dr. Ryan, it's been awesome. I totally loved this interview and I think people will get a lot out of it and I hope you get a lot out of it as well, people follow up with you.

So looking forward to your Summit as well, I'm sure I'll be helping to support that too. So lovely. Take care everyone for now and see you in the next episode.