



## Ep. 39 Energy Gainers and Energy Drainers... is Your “Battery” Charging or Depleting with Brian Stenzler, FNLP, and Evan H. Hirsch, MD

Evan H. Hirsch, MD 0:00

Hello and welcome to the FIX YOUR FATIGUE podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome. Hey, everybody, welcome back to the FIX YOUR FATIGUE Podcast. I'm so glad that you're here with me today, because today we're going to be talking with my good friend, Brian Sandler. And he is a chiropractor. And let's learn a little bit about Brian. So he's been helping parents raise healthy children since 1998, when he received his doctor of chiropractic degree with honors in clinical excellence and a master's in sports health science in 1999, both from life University. He is a certified Ultimate Life tool facilitator and corporate consultant and uses that tool along with his formal education and 23 plus years of clinical experience to help families create more health, happiness, and stronger relationships. He has served his profession in numerous roles, including President of the California Chiropractic Association from 2014 to 2016. Aside from participating on the wellness team for the USGA, where he takes care of the professional golfers caddies, and volunteers at the US Open Championship tournaments each year, super cool. He works with hundreds of families in his three dream, Dr. E a m wellness centers that are filled with newborns, toddlers, teenagers, and their parents, too. So I'm super excited to talk about your new book and to talk about this dream protocol that you've created, and especially about how it relates to energy. So the title for today is energy gainers and energy drainers. Is your battery charging or depleting? So Dr. Bryan, thanks so much for joining me today.

Brian Stenzler, DC 2:09

Thanks for having me. Dr. Hurst. I've been looking forward to this. So I

Evan H. Hirsch, MD 2:13

always like to hear about where people are coming from. So you know, how did you get on this path? Why chiropractic? Why being a doctor?

Brian Stenzler, DC 2:22

Yeah, so I never thought that I'd be a doctor, certainly not a chiropractor. When I was growing up, I thought I was going to be a movie producer. I wanted to move from New York where I grew up to Hollywood and make movies and TV shows. And that was the plan and didn't quite work out that way. As I was graduating high school realized I was really paying for college myself and could only afford to go to a state school in New York, one of the Sunnys you familiar with those, of course, being from New Jersey, none of the state schools in New York actually had a film program, one of them had a theater program. So that's the school I went to, did that for about six months and not enjoyed at all, not going to get like theater, just I did not connect with the whole world, the whole environment. My Grades, were not so great. And really figured I needed to reevaluate my life and what I was going to do, I was spending a lot of my time in the gym, I was spending time my fraternity, you know, teaching them how to work out training some people. And then somebody introduced me to physical therapy. And they explained to me, you know, it's kind of like taking personal training to a whole nother level and helping people overcome all these physical issues and everything. And so I looked into and I'm like, you know, I can actually see myself being a physical therapist. So I planned on, you know, I switched all my classes from theater to pre med, and which was scary, because my sciences would never strong me when I was in high school. But I was going to do two years and then do two years at Syracuse, get my masters before they had a doctorate in physical therapy at the time. And, and at that point, you know, I became so passionate about the body in the sciences, I actually got on the good deeds list, which was a nice change. And that was pretty cool. But I wasn't so passionate about physical therapy, as I learned more about it. And my mom started dating this guy named Matt, who was a retired police officer, NYPD. And that asked me if I ever thought about being a chiropractor. And at the time, I didn't know anything about chiropractic. I thought that they would like just fake doctors or crack people's backs or whatever. I couldn't pronounce the word. So I was just like, No, I never thought about being a chiropractor. And he goes, Well, I don't know too much about it either. But my son Steve just started chiropractic college over life in Marietta, Georgia, outside of Atlanta, and I've never seen him so happy, so passionate, so motivated and everything else, I think you should talk to him. Okay, I'll talk to him. So I start giving Steve calls. And he starts talking to me all about the body's infinite wisdom, natural healing, not using drugs and surgery to overcome ailments and using the body for this and everything else. And it just, it's so aligned with my beliefs and my philosophy in life. I mean, I was somebody that never really did drugs push or prescribed. You know, I always treated my body like a temple. I didn't drink alcohol. I was eating salads before salads or even an entree, you know, I basically go to a restaurant ask for like three side salads and throw some chicken on it. So I'm this is back in the 80s and early 90s. So I mean, I always treat my body, right. So this whole chiropractic thing, it made sense to me. And then Steve's dad net and my mom are engaged to marry. And I was going to meet Steve for the first time at our parents wedding. And Steve was he planned that whole week because he was gonna be off from school during winter break, and to take me around to different chiropractic offices to introduce me to the profession. day and a half before the wedding now suddenly drops dead.

Brian Stenzler, DC 5:38

Ah. So, yeah, well, so a day and a half before the wedding, I'm gone. So I end up meeting Steve at his dad's funeral instead, his dad's wedding. And you talked about a turn of events, right? Oh, nothing you can imagine. And so Steve says to me when I'm giving him a hug, you know, with like adults as first time meeting in person. He says, What time should I pick you up Monday morning? It's like what? Like, I did not think wait, that was that for was still going to happen is I don't know, we're going because his passion was so big. And his purpose was so big, that he knew that when somebody gets called to this professional, something, you've got to look into it, you know, you've got to see, is there something there. And, you know, Steve, and I became best friends. I was the best man his wedding. I lived with him for two years in chiropractic school till he graduated. So he's a big fixture in my life. So his brother by choice rather than by chance. And, and it was kind of during that time, you know, that week is when I became a chiropractor, I was so sold going all the different offices and everything that was it. But Steve and I talked so much about the well what a wellness lifestyle is because his dad that when he woke up in the morning, thought he was healthy. And so he did not know he was not going to finish out that day, right. And you think about how many people don't finish off the day that they start, or they start off the day thinking they're healthy, and they get a terminal diagnosis, or they find out that something is horribly wrong. And those things shouldn't be happening to healthy people in the absence of trauma, or something just so crazy. So we know that asymptomatic people, those things happen to you could have no symptoms, but you can't be perfectly healthy. And all of a sudden, like have a body system, just stop working, something had to have been going on. And this when we start talking about you know, you've got to really understand that how you feel does not determine how you function. You know, the World Health Organization defines health as a state of complete physical, mental and social well being not merely the absence of disease or infirmity. So most people don't look at that. They think if they feel fine, but they're healthy. And so not only did I dedicate that week, my life to chiropractic, but it was towards helping people live a wellness lifestyle, way beyond what chiropractic has to offer. Unfortunately, for me, it's kind of wrapped up in the chiropractic lifestyle, like so many chiropractors themselves, do live a certain lifestyle, a lot of natural and very organic, and so on and so forth. So it just was a perfect, perfect fit for me. And that's where I integrated dream into all of this and found a place for chiropractic and it sort of which I know will talk to in your when you asked me certain questions, but that's how I got into it. I never ever thought I was gonna be a doctor, let alone a chiropractor, but I know exactly what I'm supposed to be doing exactly what I should be doing to reach the masses.

Evan H. Hirsch, MD 8:28

I love that. Yeah, thanks so much for sharing that story. That is, oftentimes it takes that kind of that kind of shift, you know, in order to push us in a particular direction. So let's talk about this Dr. E a m protocol. Tell me about it.

Brian Stenzler, DC 8:44

Yeah, so it's an acronym for the five keys to a wellness lifestyle, or the five facets of health depending on how you want to look at it. And they're not services, they're not products, what they are, are categories of living, because everything you do is going to have an impact on all five categories, which I'll explain in a moment. So D is for diet. That's everything that goes into your body, from the outside world to the inside world. It's everything you eat, drink, taste, touch, smell field here, all the movies you watch, and all the people you spend time with is just as much part of your diet as the food you consume. Right? So we think about, oh, you've got to eat the right foods, you know, to stay nutritious, but you also have to be around the right people. You've if you're around naysayers gossipers. If you're watching the news all the time, and you know you're watching horror movies, things that are not uplifting, that is going to be now nutrition for you. And you know what, that's gonna lead to fatigue. We know how the wrong diet, someone relate everything here to fix your fatigue. Because what a brilliant, you know, model of helping people here, you know, because people ask me all the time, like, how do I have so much energy? How much coffee do you drink, Brian? So don't drink coffee, just a little bit crack. Okay. I haven't had a cup of coffee and I don't know how many decades you know if I go to Greece or something, I'll have coffee because it's a fun thing, but I don't drink coffee. I don't think drugs, I don't have caffeine. I live the dream lifestyle, which as I continue to the acronym, and so like you said in the title, everything we do is either an energy trainer or an energy gainer. So everything you consume in your diet is either an energy drainer, or an energy gainer. And I know you talk to your clients and your patients all about what's gonna give them more energy and take away energy, you know, all those things. And people could read your book and learn about that. But they don't think about what they're watching on TV as being part of their diet, you know, that if they can't sleep well at night, or it makes them depressed, you know, they have bad dreams, all those things are people that are, you know, naysayers and you can't do this, get that always on people too. And that's gonna make them more fatigued. So your diet has to be very nutritious, all in all, in order to help stay nice and energetic. Right?

Evan H. Hirsch, MD 10:48

Yeah, I think that's brilliant. You know, oftentimes, I'll talk about, hey, we're, we're focused on putting good food in our mouth. But we also have to be putting good thoughts in our brains, right? And so you're really talking more about the environment? And how every single choice that we make has ramifications, right? And so and so they can that can be a little bit exhausting. But I so So then, if somebody is like, oh, my gosh, but there's so much that you're talking about in terms of all of those things. How do I go about and we'll come back to the acronym in a minute. But how do I go about implementing all those things that are in the D in the diet?

Brian Stenzler, DC 11:23

Yeah. So first is awareness. The first thing is knowing that your diet needs to be nutritious, and most people know the food that they consume has to be nutritious. So now I've just introduced to your listeners the opportunity about the garbage in garbage out, not just through your mouth, but through your eyes and ears, right, all your senses. So awareness is number one. Number two, is you know, you've got to think about what your what someone's life is like right now. And you say, Well, do I have energy? Do I feel fatigue? Where am I asked not to, you know, just promote my book. But in my wellness wiki section of the DEA, I've got about 30 or 40 different things about how to live a nutritious diet. And I know that not everyone is going to read the whole book from cover to cover. So when they take the dream score, which we'll talk about later, that life assessment tool, lifestyle assessment tool that will actually tell you exactly what pages you need to read in the book in order to improve your diet. So I tried to make the book as simple as possible for busy parents to be able to get it we're busy people in general to be able to get through the content that they need in under an hour even though the book is 450 pages.

Evan H. Hirsch, MD 12:26

Wow, that is that is a thick book. That's cool. So let's talk about our what's our

Brian Stenzler, DC 12:33

RS relaxation, that's giving you about a chance to call timeout to reset, repair, regenerate and rejuvenate yourself. It's the opportunity where you're sharpening your AX you know, we've all heard the story of you know, the the guy who the wood chopping contest, you know, where you know, the two guys are going at it you know, chopping down the chopping down the trees who could chop down the most in the shortest amount of time. And one guy keeps stopping, you know, and, you know, taking breaks and the guy is traveling all the way through totally exhausted and guesses but beat he loses big time. And he says I don't understand, you know, you kept breaking and kept stopping and things. Yeah, well, while you just kept chopping away, I was sharpening my axe. So we don't sharpen our axe enough. So relaxation is giving anybody a chance to call timeout, you know, to just really get into that meditative state, get into your prayerful state get into your sleeping, you know, whatever it is that you need to do. And that's another thing besides my diet, what gives me a lot of energy is my relaxation. You know, I have a lot of things going on, but I'll get massages on a regular basis. Not as much now since I recently moved to find a new massage therapist here. But I'll get massages regularly get acupuncture, obviously I get adjusted. I pray I meditate a ton. You know, like if I'm tired and I get to the gym and I'm exhausted, I'll do a 10 minute meditation and fam wake up, I'll do some brain tap all different types of things to in order to get my body relax, and I don't even sleep a lot. Like people ask me how much I sleep my entire life. I've been a six, six and a half hour sleeper, often less than that people say it's not enough. Well, who they say it's not enough. Every person is different. I don't wake up with an alarm. And I wake up wide awake. I'm not tired, I'm ready to jump out of bed. So everybody needs a different amount of sleep. I don't recommend that people try six hours a night asleep. But if that's what their body naturally does, and they have that much energy, I mean, my gosh. In fact, Dr. Hirsch, this is interesting. I get fatigued if I sleep too much. If I sleep over seven and a half hours I drag I can't even get out of bed. It's really weird. So I know my body well enough. So that's one way that I fixed my fatigue. Like when I sleep too much. It's hard for me to sleep that much. But that's the art of relaxation and going off on tangents here. And the comments want to make on relaxation before I go into the E.

Evan H. Hirsch, MD 14:50

It's I mean it all it's it sounds great to me. These are all really important tenants. So you talked about meditation. You talked about prayer. You talked about Sounds like massage. I would imagine vacations in their

Brian Stenzler, DC 15:03

vacations, acupuncture, chiropractic relaxing the nervous system. Yeah, sleep. You know this, there's a brain tap. You know, another thing that I like to do, especially if I'm traveling, there's a difference in time and everything else. So let's, I mean, there's just some cool things that you do whatever it is, it doesn't matter what you're doing for relaxation, as long as you're relaxing, as long as you're getting that time. You know, it could be talking to your spouse, talking to your friends, talking to your children, your parents, whoever it is just having a nice conversation. And you know, zoning out and not being focused on you know, work, work, work work all the time. Yeah.

Evan H. Hirsch, MD 15:39

And can you explain what brain tap is?

Brian Stenzler, DC 15:41

Yeah, so brain tap. I was introduced to it many years ago, I think it was like six years ago, when I was speaking in a conference in I think I was in New Jersey. Yeah, I was flying from California, New Jersey. And I was on the read, I get off the plane. And I haven't slept the night before, either. So I two nights in a row, not sleeping. And I'm supposed to speak in a couple of hours. And I'm tired, and I'm not usually tired. So I get there. And I asked the guy who's running the conference for my mentors, Bob Hoffman. I said, I've got about an hour and a half before I speak at the I'm gonna go to my room and just kind of close my eyes. He goes, No, go trial. braintap. Like, what he introduces me to Dr. Porter. And so I go there and it's like, puts on these weird glasses. It's got like, all these weird flashing lights and says, just relax and like these meditative things going on. And I'm listening with headphones. And after, I think it was like a 16 minute thing. I thought I slept for five hours. And I was totally relaxed, totally rejuvenated body unit. And it literally retrained me from being able to sleep, I used to have a very hard time falling asleep. And that retrained me. So brain tap is awesome. You know, you could check it out. You could go to brain tap calm, or I've got on my resource pages, things about that. But yeah, it's, it's awesome. Are you familiar with brain tap yourself? I'm not. Okay. It's amazing. So check it out. I'll send you some info on it. But it's super cool.

Evan H. Hirsch, MD 17:06

I will definitely check it out. Great. So let's talk about E d r e,

Brian Stenzler, DC 17:11

yes, is for exercise, that's any activity that requires physical or mental exertion, right? So we know about the exercise that we do, like, you know, you go to the gym, you walk around the block, taking stairs, instead of what you know, instead of the elevator, lots and lots of different types of physical activities you do, whether it's cardio or weight training, but then there's also mental exercises. So these could be doing crossword puzzles, this could be reading a stimulating book or magazine, something educational, something that keeps your mind sharp helps prevent memory loss, and so on and so forth. And, of course, you know, people that exercise on a regular basis typically have a lot more energy than people who don't, right, I mean, I'm sure that that's one of the prescriptions that you give your people is make sure you're moving your body, because when you don't move and you sedentary, you just kind of stuck, right. And then you don't want to move and you get into this state of malaise and everything else. So exercise extremely, extremely important in the five facets. And then there's, I'm going to skip a for a second.

Evan H. Hirsch, MD 18:11

Well, before you before you go, I just want to give a caveat. So for those of the people who are listening, who do have chronic fatigue, we do like to talk about the Goldilocks dose of exercise, because if you exercise too much, and this also goes for people who've got long hollers exercise too much, it's too hard on the body, it ends up crashing them. And so we do have to find that dose initially, but once their energy gets up to about a seven, eight out of 10, then it works the other way, where you have to have more energy, otherwise, you're gonna feel more fatigued,

Brian Stenzler, DC 18:40

right? Very good, because the last thing you want to do is have adrenal fatigue, cortisol production and everything else. So make sure you're exercising the right way. I'm just generalizing exercise. But thank you for pointing that out for your people. Because your people probably have some fatigue and stuff like that. So thank you for pointing out that's very important.

Evan H. Hirsch, MD 18:54

Awesome. Yeah. So go for it a,

Brian Stenzler, DC 18:57

a, let's give a for a second, we're going to jump to em, we're gonna go to mental wellness. And that's connecting your inner purpose and passion to our goals and tasks in all phases of life, being my self esteem, self worth, self values, and so on and so forth. I refer to as kind of like the process of putting on armor in the morning. So when you start your day properly, like, again, through affirmations, prayer, exercise, whatever it is that you're doing, you're waking up, and instead of being like, Oh, God, it's morning, oh, God, it's morning, like you're excited about it. And because you're so ready, you got your armor on that anything that comes your way, you're ready for it, and things are just bouncing off, you stub your toe, and it's like, Oh, that hurts, but I'm okay. And I'm ready to move forward. And you know, you just have a much more positive outlook in life. And there's so many things that you do that I mentioned the book on mental wellness, one of the biggest chapters in the entire wellness wikis book, it's like the D and the M are like the two biggest chunks, you know, like bookends and stuff. So and it's something that's just not talked about enough. Usually, you know, when you talk about mental wellness, it's usually you know, talking about getting somebody on psychotropic medications or something thing because take out all these problems and everything. But there are so many things that you can do to build that armor to create the life that you want to create. So this way you have the life that you want to have, and you're living what you want to live. And anything you want to add on that.

Evan H. Hirsch, MD 20:15

I mean, it's essential, we've got a big mindset component to our program, where we talk about a daily mindset practice that we that we use, so and what percentage do you think of like, overall wellness is the M?



Brian Stenzler, DC 20:30

Well, so I put the five, it's not like the percentage of the keys. Is that what you mean? Yeah, I give them all the same 20%. So I can't put one more important than the other, because they everything collapses without one of the facets, one of the keys. So I've looked at that I've tried, you know, people have thought that I would put a, which I'll explain in a moment, as the top one, but I don't, I cannot pick one. I mean, you I can literally argue each and every one of those as being the most important one. But I can't, the only thing is what I talked about the A which is being an adjustment, which is being imbalanced mentally, physically, spiritually and emotionally, and having optimal brain body communication for the nervous system. That's what it means to be an adjustment, right? So when because you live your life, the nervous system, meaning every organ, every muscle, every gland, every tissue, every cell in the body knows exactly what to do, when to do it and how to do it. Because the brain tells us though, right, so every, every rose, you smell every laugh, every every joke, you laugh at every kiss you feel throughout your entire body is processed through the nervous system. And so we need our nervous system to function optimally. So if I were to take the five keys of wellness and put them, I would put them as a five wheels of your car, like wait this four wheels, but then there's also the steering wheel. So I kind of look at being an adjustment as the steering wheel, it's not more important, because you're not going to drive your car with any one of those tires being flat or missing. So you need all five wheels, but the nervous system controls and coordinates all the others. And so and I know we'll delve a little bit more into being an adjustment. And being an adjustment is not chiropractic. People always think Oh A is the chiropractic adjustment. No, being an adjustment is about being in balance. You know that physically, spiritually, emotionally, and having our brain body communication, the nervous system. So while chiropractors help get people and keep people in adjustment, so is the work that you do. So is a massage, so is doing the right exercise. And that's why I say that, to me, everything that you do in your life has an impact on all five facets, all five keys. And that's really essential. And that's where it kind of puts it all in together into perspective.

Evan H. Hirsch, MD 22:46

Excellent. So then where does structure come into play in this protocol?

Brian Stenzler, DC 22:51

Yeah, so structure will fall mostly into the a part of it. It's not the structure is not all of a but structure fits into a more than more than anywhere else. And so we know that structure determines function, right? You look at a car, you know, what a car is supposed to do, kind of based on the way it looks. So if you see a Jeep, you know, you're not gonna want to go on the Autobahn with that right. But if you want to go camping, a Ferrari is not going to be very good. How do you know the difference in the jeep and Ferraris? You look at it, right? It's structured differently. Could you put ski racks on a Ferrari? Yeah, you probably don't want to do that, though. Right? It's not gonna be it's not aerodynamically designed for for a ski trip, you know, new tower, or Colorado. So structure determines function, everything on this planet is structured certain way to function a certain way. And our spine is no different, you know, we've talked about this in the past, is that because we live our lives, our nervous system, we need to make sure that our brain and body are communicating optimally. And that there's no tension on the nervous system. What happens is due to the inability of adapting to a stressor, or a chemical, physical or emotional stressor, we go out of adjustment. And when we go out of adjustment, we can actually have vertebrae misaligned and put pressure on nerves interfere with the message between the brain in the body, which could be a major, major cause of fatigue, right, if your nervous system is, is kind of being suppressed, right, you're not going to be getting everything out of it. Not to mention, it could put you into sympathetic dominance, right? Which puts you in that overload of fight or flight, right, and then everything is working harder. So So structure is extremely important when it comes to your overall health and well being. But it's especially when you're dealing with energy levels. So most people think that, oh, you know, if my back doesn't hurt, my neck doesn't hurt. I don't need to do anything about it. If it ain't broke, don't fix it. But what they don't realize is that fewer than 5% of the nerves in the body actually transmit information about pain. If it doesn't have one of those fancy receptors on a call the nose receptor and OCI scepter doesn't respond to pain. So more than 95% of your human experience has Nothing to do with how you feel in terms of pain. So we can't rely on how we feel to determine again, how we function.

Evan H. Hirsch, MD 25:08

Interesting. So obviously, chiropractic can readjust that spine and kind of open up and allow for better signaling. What else can do that? Are there at home exercises? Is this something yoga can do as well, or tell me a little bit about

Brian Stenzler, DC 25:23

Yeah, so So when somebody is out of adjustment, really sort of falling down the stairs in the perfect posture and getting things back back into alignment, a chiropractor should be on everyone's healthcare team. Because once you're out of adjustment, once you have not adapted to a chemical, physical or emotional stressor, and you have a misalignment, it's kind of like this, you know, you have circuit breakers in your house. And if you have too much electricity going into a circuit, like, you know, you got the air conditioning kicked on, and then you start drying your hair with the hair blower circuits gonna blow, right? And how do you know which circuit just blue is? Well, simply, you go to the circuit breaker and you see which one's out of alignment, bam, knock it back in, let's say, let's say you don't bother hitting the circuit, and you decide to use a fan, you know, from another circuit, or you use a battery powered fan, and there's no light, so you put a flashlight next to whatever it was right, then you still going to get the light is still going to get the hair the blowing and stuff like that, but you didn't get to the cause of the problem. And if you have that circuit, also connected to a refrigerator, the food's gonna rot in the fridge. So I'm throwing a whole bunch of metaphors in here. But the idea is, the first thing you got to do is you got to get the circuit back in. So you got to get the pressure off the nerve, right, you got to get the bone in alignment. So in, in the situation, when you already are out of adjustment, then it's very often that you need a chiropractor. Now, it doesn't mean you can't use a foam roller, you know, pop your back and get lucky that something goes back into alignment. But I wouldn't count on luck. Because you could also be knocking things out of alignment by hearing all those great pops. But if you do the yoga, if you do the acupuncture, if you do all the exercises, you all the right things that I talked about, you know, in living the dream lifestyle, then hopefully, with the absence of trauma, you should always stay in adjustment. So you go to a chiropractor on maybe a monthly basis, or BI monthly, or maybe every six months by annually, or maybe once a year, annually just to get checked. And if everything is where it needs to be, the chiropractor doesn't need to do anything, but just advise you or just say come back in six months. And let's check you again. So it's kind of a hard question. Because, you know, when you say you want to get, you know, a nail into a wall, probably one of the best tools to use is a hammer, right? So you got to get the hammer in there. But there are other ways of trying to get it in there. But having a chiropractor and a healthcare team is absolutely essential, especially if you've gone out of alignment. So you have a chiropractor in between for two things, one to get you back in alignment, if you're out of alignment, and two to tell you if you're out. So and if you're not out, then great keep keep doing what you're doing in the lifestyle. But all those other things. My goal, you know, in my profession is to basically make chiropractic obsolete to make it so everybody is living such an amazing lifestyle. They never need to go to get adjusted without any trauma, knocking him out of adjustment. But they're going to chiropractors moreso, for advice and to check them for what we call subluxations, which is basically interference to the nervous system caused by stress caused by vertebrae being out of alignment. If that makes any sense.

Evan H. Hirsch, MD 28:31

It does, it does. So then how do you choose a chiropractor because I know good chiropractors. And I also know some not so good chiropractors, at least from what I've heard from my patients and clients. And so how do you know if you know if you're creating this team for yourself? How do you know who's going to be a good fit?

Brian Stenzler, DC 28:48

So it's very hard. And first off, it comes down to what your goal is, right? If you're in a car accident, for example, you may just want to go to the chiropractor specializes in helping Personal Injury car accidents and stuff like that. If you have a work injury, same thing, if you have a sports injury, go to a sports chiropractor, possibly, right and there's nothing wrong with that, but they'll probably release you from care when your injury is gone, unless they're also a family wellness practitioner. Right. So I always did family wellness, I did pregnancy in pediatrics. That's what I did practicing for 23 years. And when you understand what your goal is with the chiropractor, it's going to help because not everybody wants family wellness. Some people just want to get out of pain and leave and be done after three, four or five visits. To me that's using chiropractic like medicine. It's a bandaid, it's an aspirin, it's much better than not doing anything and getting in alignment. And those chiropractors are very proficient but they're not necessarily into lifestyle health and wellness and checking your nervous system. So I think the most important thing that a person can do is ask the chiropractor what to do for your analysis. What are you doing to measure where I am now and where I am going So there are some chiropractors, for example, that take X rays, and they only take X rays. There are some that do only partial checks. There are some that do palpation with a feeling the spine, you know, in motion and sitting and feeling what it's like. There are some that do certain types of scans such as in this, what I always did was surface electromyography, which measures the tonicity, you know how much nerve energy is going to the muscles alongside the spine, to see if everything's contracting and relaxing equally, not because I care about the muscles, but also because I care about the nerves going to those muscles in what other organs and glands could be affected by something be out of alignment with demography, that tells us about the autonomic nervous system, the part of the nervous system that controls the organs and glands. And also heart rate variability that measures if somebody is in sympathetic or parasympathetic, if they're in synthetic dominance, during stress mode, you know, what's going on with their adrenals, the cortisol levels and stuff like that, not because I care about those things individually, but because I want to see about the nervous system as a whole. So I don't want to be one of those people that say, Hey, if you don't go to a chiropractor that does all those types of scans, you're not going to a good chiropractor, you're just not going to a chiropractor, that practices like I did, that's looking at the hole and looking at creating, you know, helping enhance lifetime wellness for yourself and your family if you have a family. So you got it comes down to trust, always read reviews, you know, go on Yelp. And, you know, look at the best reviews, look at the worst reviews. And, you know, we know a lot of people write bad reviews because of competition or other reasons. So you can't look at one or two, you got to look at the whole of them. And ask as many people as you can, who you're going to, and you know, I'll have resources on my website for my readers about finding all different types of practitioners, not just chiropractors, but practitioners in general, that that are in alignment with the dream lifestyle, and that they really want to help people get better as naturally as possible. But, you know, just because someone has a license doesn't mean that they're a good doctor, you know that as an MD. And just because they don't do things, the way I do doesn't mean they're not a good doctor. So there's a lot of different ways of doing it. And it's got to come down to trust and results. But I think the most important question that anybody should ask a doctor of any kind, but especially chiropractor is what are you doing to analyze where I'm at? And where I'm going? How often do you check my results? And so on and so forth?

Evan H. Hirsch, MD 32:21

That's really helpful. Thank you. And what about the time spent? It seems like that, you know, somebody is spending more time with you, if the appointments are longer, potentially, there's more coaching that's happening in there. And that there that might be something more along the lines of what you're advocating?

Brian Stenzler, DC 32:39

No, in fact, I don't think the time that the doctor is spending with the person matters as much as the quality of the time. So I had one of those offices where my visits, my adjustments, were three to five minutes that and nobody felt like it was a revolving door, or anything like that, everyone. I mean, I can't say everyone, there's some people that want a half hour type of an appointment. So they go to a chiropractor, who also doesn't also work and stretching and everything else. That's just not my gig. So I know I'm not the right chiropractor for everyone. Some people listen to this, if they knew I wanted to say this guy's horrible, terrible chiropractor, I want to go to someone to spend an hour with me. Well, I say go to a massage therapist or physical therapist or an acupuncturist, do you want that stuff, I'm going to be not jack of all trades, master of none, I'm gonna be a master of the nervous system, and making sure that everything gets in alignment, when it needs to be in line when it's not in alignment. And so time is not the important thing. It's what is happening during that time. I always say I move the bone God does the healing is 24 Mobile vertebrae in the spine, if you're good at what you do, and you have certainty, it should not take you very long to know what bone to move, when to move it and how to move it. That's what people are paying for, not the time on the table. And so you can never justify your fees by spending more time with people because I build value in the results. And so whatever the chiropractor is doing, how much time they're spending with you, it's got to be quality, it's got to be leading to something now I'll do the initial exam will be anywhere from would be anywhere I'm not practicing now would be anywhere from 40 minutes to an hour even, I would do re exams, every 12 to 15 visits so I can monitor progress, see where they are and where they're going. So those I spend more time with them. But on routine visits, they're very quick. And I just educate people educate, educate, you know, throughout I did workshops, and that's where we did extended consultation type stuff. But anybody knows that when I was seeing them if they needed more time to me just scheduled extra time. And I'll do it but for the routine visit three to five minutes does you don't typically mean more than that. And there's nothing wrong again, like with the doctors that do spend more time I just want to know, are they doing chiropractic during that time? Were they doing soft tissue work, like massage, even stretching? Is it even chiropractic or is it just helped the adjustments?

Evan H. Hirsch, MD 34:47

Excellent. And you know, I'm coming from my own experience where, you know, I've had short appointments with chiropractors and I always end up in pain afterwards. And that the most amount of success that I've had has been with somebody who's also a massage too. therapists, and he did he did, he did massage. And then when he adjusted me, I had success. What does it mean if somebody is having pain after a chiropractic appointment.

Brian Stenzler, DC 35:11

So typically, with the exception of the first few adjustments, because you know, when you move on to stretching muscles body's got adapt, it's not uncommon to be sore after the first couple of adjustments. But if someone's getting adjusted on a regular basis, and they're in pain every time, there's a lot of different reasons that that can happen. One could be that the, the person's body's not ready for it, that they need to relax, and they need to get a massage or be in a rolling table or something like that. And with my wellness centers, I would have people go to the stretch therapist and get stretched out, go to the massage therapists and get massage first, if they needed that, most people I found did not need that. But there were some people that did it. Sometimes it can be bad technique, when the chiropractor, they're just not every chiropractor is great at adjusting. Maybe the rushing, maybe they're not certain, maybe they don't know exactly which bone to move. And when to move it maybe their analysis is not consistent with what's out of adjustment. And there are some people that just have like injury that could just be aggravated when you get adjusted. So there's so many different reasons. But the truth of the matter is, nobody should be in pain after an adjustment. So it's either that your body wasn't ready for it or your body had to heal, or had something else going on, where the chiropractor was not doing the right thing. And it has nothing to do with how much time they spend with you. It's with the exception of if you're one of those people that needs to have their muscles warmed up. But it's 23 years of practice, I found that to be the exception, not the norm. It's very rare that somebody couldn't get adjusted, or at least they would be in pain after the adjustment. It's just very rare.

Evan H. Hirsch, MD 36:40

That's great. Yeah. Thank you for the clarification. I don't mind being the exception. So great. So let's jump into fatigue and energy. So let's talk about what's an energy drainer. And what is an energy gainer?

Brian Stenzler, DC 36:57

Yeah, so pretty much everything we do, like you said earlier, everything we do is in either an energy drain or an energy gainer, right. So that really just goes back into the whole dream in the wellness quickies I was talking about before. And you know, I couldn't possibly list off all of them. But what we need to be aware of is what the stresses are in our lives because the stressors in our life are energy trainers, right. And when you do the opposite those those are the energy gainers. So a chemical stressor, for example, could be foods that we might have an allergy to, right. So that would drain your energy. That'd be an energy drainer foods that might not be organic pesticides and other nasty stuff. And it might be genetically modified all energy drainers. You've got pollution that we breathe in, right, that's an energy drainer, you've got drugs that people take Pushkar prescribed, those are typically energy drainers unless you're taking speed, that's a temporary and energy gain. But that's not a real one. And there are times that people need, you know, medications and stuff. I'm not saying you don't need them. But we have to understand that that is a chemical stressor in the body. So we need to reset after taking medication, if that's what the person needed to do for life sustaining or whatever it is to get them through something. Then you have physical stressors. So that could be talking on the phone like this, like the old days when people used to have their microphones with something to do with the mobiles. Or when you forward like this, you get that forward head posture, big time energy drainer right forward head posture. And I see so many people, even kids these days, because they're on their their handheld devices all the time. They're like this, that is such an energy drainer it affects respiration affects the heart rate affects digestion, and affects energy levels. Huge, huge dude, I actually have articles about that in my book, all about how forward head posture could steal energy away from somebody. Accidents, any number of things, anything where your physical alignment is not intact is an energy drainer. Right. And then of course, there's emotional stressors, right? That's, that could be financial issues, that people don't have a lot of energy when they're doing financial problems, occupational family issues, relationship, like just we all know, the emotional issues. So when you look at the other, the other side of it for energy gainers, that's of course, eating the right food being around positive people, you know, how much energy do you feel when you're listening like a Tony Robbins CD? You know, you listen to somebody inspiring, you have so much energy, you know, and it's like, well, yeah, and then if you watch the news, how much energy you feel like you're gonna have after watching the news, how good do you feel after that? Right? So so you've got all that, you know, then you've got in. When you're dealing with the right exercise, that's the right way exercising the right that's going to be an energy gainer. And, you know, pretty much everything that we talked about that we address in the dream and in the chemical, physical emotional stressors was opposite to the energy gainers. And so you'll see a ton of them in the book and stuff if you get an opportunity, like I don't know if you've seen it or not, but if any of your listeners do get to read the book, there's tons and tons of energy gainers in there. But it would, it would take about another hour just to go through some of them. I'm having a hard time coming up with some of them right now off the top of my head. Like, they're also important. They just have numbers going on in my brain. So let's jump from that.

Evan H. Hirsch, MD 40:19

No, that's great. Thank you. So then let's talk about the dream score. What is that? And how does it pertain in this context with people with fatigue?

Brian Stenzler, DC 40:29

Yeah, so the dream score I basically created out of necessity, it's the number one lifestyle assessment tool. And it's kind of the only one of its kind, where there are different types of evaluations out there when you go see a healthcare provider where they ask all these different questions about your life. And they usually include like your blood pressure, your body weight, you know, your blood sugar levels, your cholesterol levels, and all that. The Dream score doesn't ask any of those questions. The Dream score is all about your lifestyle. It's not that I don't care about those other things. But I want to know, why is somebody overweight? Why do they have high blood sugar? Why do they have high cholesterol? Why do they have bad relationships with their children or the spouses or the teacher? Whatever it is? And so it's an 85 Questions survey, all about your lifestyle that will help us get to see and the other practitioners out there to help see, where are you in your wellness walk? Do you have more energy drainers or energy gainers in your life? Is your battery depleting or charging. And I made a static test to be very dynamic by giving you a score, you get the battery results really super cool. But the best part of it besides having a great score that and people go around talking about what's your dreams, but what's your dream score, I love that. And one of my goals in life is to be a restaurant and hear somebody saying someone else the next table, what's your dream score, it's going to happen. And but the idea of better than the dream score, part of it is you get a report right away. And the report walks you through the book. So for the average person who doesn't have you know, enough time to read 450 pages, it's going to tell you exactly where you can improve on what are your energy drainers. And where could you bring in some energy gainers. And this way, you can increase your score. So every time you make some changes in your life, it could be two or three changes, take the dream score again. Because if you're a parent, in particular, the dream score is going to serve an indicator of your current health, and a predictor of your children's future. So it's a very powerful tool, and I recommend everyone takes it and it's free. It's absolutely free for everybody. Even if you don't have the book, you could still take the train score, you'll get the report, you'll get your score, and it'll even give you a little tiny tidbits. So this way, you could start implementing things immediately.

Evan H. Hirsch, MD 42:40

That's brilliant. It's right up my alley. I'm a big practice guy about practicality and taking action steps and making changes right now. So where can people access that



Brian Stenzler, DC 42:51

you can go to two different places you go to dream wellness.com You'll see dream score there. Or you could go to my books, page, Dream wellness, book.com. And that if you go to dream wellness book.com, you'll see a bunch of instant bonuses. So you just you know you put in your name and email address, you'll get access to the dream score immediately. And I've also got a bunch of other bonuses that your audience will get, which is going to be really, really good, especially those dealing with fatigue. I've got a guide there about reading and understanding food packaging labels. So you understand what all these different fancy words mean. Like how many different ways they talk about high fructose corn syrup. I've got a vitamin and mineral guide for deficiencies and cravings. Like some people like Oh, I'm craving caffeine or I'm craving chocolate. Well, what are you actually missing in your diet. So you'll get those. I've also got a great resource and ebook on mastering self love and finding peace and joy in you. And then for those with kids, I have a reduced screen use for kids eBook and digital detox with parents workbook. So all of that is free for any of your listeners that go to dream wellness book.com, I'm sure you'll put that link in the notes somewhere in there so people could access it. Because if somebody is driving right now, we don't want them to stop and try to get that URL. But those will be up there for a long, long time. So you'll be able to access those bonuses and take that dream score. I say take it immediately. And reach out to Dr. Hirsch and tell Dr. Hirsch how you did? How did your listeners get to get in touch with you? they email you do they

Evan H. Hirsch, MD 44:18

make it? Well, this is also going to be on YouTube so they can make comments under the YouTube. We've got a Facebook group. Yeah, please definitely reach out to us.

Brian Stenzler, DC 44:27

Yeah, you could share and then you could share your score with them. Yeah, yeah,

Evan H. Hirsch, MD 44:31

exactly. I'm excited to do it for sure. And then there's also additional bonuses that people get when they actually own the book. What's the data is about

Brian Stenzler, DC 44:38

another 50 or 60, PDFs and online videos and everything else all three everybody's told me I went too much overboard. I'll be creating lots and lots of courses from it's I've got the content. I just wanted to give my readers everything that they could possibly need in order to implement the book. I even have a workbook that goes alongside the book. So when you get into like goal setting, for example, you know, I've got about Two or three pages on goal setting. And then I have an entire goal setting workbook. You know, I've got when I talk about finding your, you know, purpose statement, you know, two or three pages on purpose statement that have an entire workbook on how to create your purpose statement, how to create affirmations. So all of this stuff goes along with the workbook, there's so many resources. I mean, it's an entire, it's a whole education and get a master's in wellness, just by getting this book and using the resources.

Evan H. Hirsch, MD 45:25

It definitely sounds like it. It sounds like a wonderful resource. And so when where can they purchase the book, it sounds like they can go to the website, they'll click on the link, and then they'll be able to purchase the book from there.

Brian Stenzler, DC 45:35

Exactly. Dream wellness, book.com, wherever they just go to dream wellness.com it'll link them to the book and everything, it's pretty easy to find everything. And it's all easy, I've, I've made it very intuitive. So it's just the click of a button, you get whatever you want, you can even get a signed copy of the book right now. That might be a limited time, we'll see. But the signed copy of the book cost the same as the Amazon price, it just takes a little bit longer to get it because I have to ship it out myself.

Evan H. Hirsch, MD 45:59

Nice. That's pretty cool. So last question, is I'm really curious about you pulling back the kimono a little bit and telling us about how you implement the dream protocol in your own life. So if you'd be willing to kind of take us through your day, and kind of like what are some of the the important things that you do? I think that that would be really helpful for our audience.

Brian Stenzler, DC 46:21

Yeah, for sure. And I try to do this without like being on my high horse and stuff like that. And every day is a little bit different. But you know, I typically wake up around 6am. That's just when I wake up between six and 615, still dark out, open up my curtain that overlooks nice lake view and my pool, kind of watch the sunrise A half hour later, I just get into a little bit of prayer and gratitude, a little bit of meditation. Maybe I'll do a little bit of exercise, I usually like to save my exercise for the gym. But I'll do a little bit of stretching, maybe a couple of yoga moves. If I if I'm up for it. Then of course, I'll go to the restroom, take care of that. Take care of that business. And then I get on the computer, I'll do a little bit of work. Then my wife and five and a half year old to wake up I say good morning to them. We have a good healthy, nutritious breakfast, we have a shake. Every morning for breakfast, good protein shake with lots of spinach and kale, and yummy stuff. It tastes really good. And it's pretty much all vegetables, no sugar, except for what comes in the fruit, a little bit of fruit that we have. So I'm making sure that I eat three healthy meals every day, I make sure I get to the gym four to five times a week. And I get you know, like I said, I used to get massages every week, up until moving to Florida now I gotta find a good massage therapist that's local. I'm very new here. So there's a lot of new things in my life. But interestingly, going through the whole transition, being homeless for a while, you know, renting an Airbnb for a month was looking to buy a house, it was kind of things were in disarray, but I still continued to live that dream lifestyle. And then when we finish every day, you know, we always finished with prayer, meditation and everything. We asked my five and a half year old before he goes to bed, you know, who did you help today? What did you learn today? And what are you grateful for. And so we're teaching him these, these different things. You know, I mean, there's so much that goes into it. Also, of course, I'll get adjusted every two to four weeks. So I used to get adjusted more frequently than that. But it's a lot harder now, some far away from the closest chiropractor that I know. But thank goodness, I'm living the dream lifestyle, I don't need to get adjusted as much as I used to, when I was in full time practice suggesting hundreds of people I needed to get adjusted at least once a week. Now, I could go once every two to four weeks, and I'm good. So and it's not about how I feel, but it's based on how I function. So those are just some of the things but you know, every meal that I have, is a pretty good meal. It's pretty healthy meal. I don't believe in everything in moderation. Because I say once you lift a lollipop mediocrity, you'll suck forever. I believe in excessive goodness and a little bit of bad stuff. And when I do the bad stuff, it's not all that bad. So like an example that would be like if I take my kid to a, you know, a cookout or something like that, you know, a campfire, he's gonna want s'mores. So we'll have marshmallows that are organic, not made with high fructose corn syrup, we'll have graham crackers that are made without refined flours and refined sugar, we'll have chocolate that's actually made with real chocolate, not this mock lid stuff that they're putting in chocolate bars these days. So there's a way of mitigating the, and neutralizing the bad stuff and making a lot less destructive. So I don't know. I mean, that's just an example of some of the things that I do in my life. And it's not that hard. It's just a habit that I've created.

Evan H. Hirsch, MD 49:28

And I think that that's the important thing is that, you know, these, these, the, the habits aren't created overnight. Right. And so it's it's this practice, it's these baby steps that end up getting you there.

Brian Stenzler, DC 49:40

Yeah, and I'll say something else. Also, I don't always score that well in the dream score. Like when I take the dream score. I when I see scores that come in higher than my scores, I'm like, yeah, if that person saw the truth, that's awesome. I've never scored 100 on it, even though I wrote it. I typically teeter between a 92 and a 95. I think maybe a 96 is The highest I've ever gotten, I think an 88 is the lowest I've gotten. But our lives are dynamic, we go through different things. But each time I take the dream score, and I encourage people take it as often as they want. Each time you take the dream score, hopefully, it's basically reminding you of the things that you need to do to get your daily habits in a good thing. Because we can't blame our woes in life on bad luck bedrooms and bad genes anymore. We have to look at the choices that we make, and to live by choice, not by chance,

Evan H. Hirsch, MD 50:31

like that live by choice live on purpose. That's it live on purpose. Excellent. Well, Dr. Brian, my friend, I really appreciate everything that you've brought today and your book, which is really a gift to this world. So thank you so much for joining me.

Brian Stenzler, DC 50:46

Thank you, Dr. Hirsch is great being here.

Evan H. Hirsch, MD 50:51

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know in love, and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives. Just go to [fix your fatigue.com](http://fixyourfatigue.com) forward slash newsletter to sign up and I will send you this great information. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. If you're looking for help with your fatigue, you can visit my website and work with us at [fix your fatigue.com](http://fixyourfatigue.com) And remember, it's important that you have someone in your corner who is a credentialed health care professional to help you make changes. This is very important, especially when it comes to your phone. Thanks for listening, and have an amazing day.