



Dr. Joseph Schneider - 00:00

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Dr. Joseph Schneider - 00:05

Welcome to my POTS podcast. I'm Dr. Joe Schneider, and after 35 years as a functional neurologist, a personal journey through stroke recovery and helping thousands of patients, I'm here to share breakthrough solutions for POTS Neurological wellness. From getting out of bed in the morning to rebuilding your nervous system, this is your guide to understanding and overcoming neurological challenges. Let's begin this journey to recovery together.



Dr. Joseph Schneider - 00:35

All right, we're on. This is really kind of fantastic. This is a long time coming. Our POTS podcast, we're going to be calling it my POTS podcast. When you have POTS, right? Like most of the patients that we have coming in now have some sort of POTS, but it's all part of a whole condition, right? Yeah, yeah. So I stopped wanting to call it POTS. I just want to call it dysautonomia. And dysautonomia with chronic fatigue, dysautonomia with fibromyalgia, dystonia with digestive problems with your stomach problems, breathing problems with anxiety and depression. So we're looking at your whole body and your nervous system not functioning properly. So that when we get that, you know, we got to start asking us some other questions, right? So one of the questions that we ask is if you've been screened cardiovascularly, so you're can.



Dr. Joseph Schneider - 01:43

You can have cardiovascular issues that are causing you to have this postural orthostatic tension syndrome. So if you have cardiovascular problems, you need to get screened and you need to take a look at it from that perspective. Because if God forbid, you have anything problem with your heart, your valves, the regulation right of your heart, then it needs to be definitely work with. With a good cardiologist. But if you've been cleared by a cardiologist and they've given you medication, right? Baby blockers, the most common one, and then if they've given you do exercise, hydrate properly, electrolytes, and you're still having this whole set of POTS symptoms, plus your comorbidities of chronic fatigue, of fibromyalgia, of digestive complaints. And the list can go on and on. Like sometimes when on calls with people, I'm just like, this is what you feel every day.



Dr. Joseph Schneider - 02:52

They feel this way every day. It's just taking their life away. And it's not just an elderly person. It's people in their 50s, people 40s, but mostly 30s and 20s, and now even teens that were dealing with this. Okay, so the one aspect of it that becomes abundantly clear when we're looking at postural orthostatic Tension plus the comorbidities is that where's the inflammation in the body that's causing this? Could be inflammation in the brain itself. The blood, brain barrier, the brain stem, the cortex, the subcortex. There's areas of the brain that have been inflamed. And it could be toxins. Right? Toxins are one of those causes, and it could be pathogens. So Covid is one of the pathogens. Lyme spawn the pathogens. What else we got? Epstein Barr, Cytomegalovirus. So we have many different types of stimuluses in.



Dr. Joseph Schneider - 04:00

In the body that causes you to have neuroinflammation. So neuroinflammation causes a loss of interconnections, and it causes or inflammation, the axons. The axons are the connectors in the brain, and it causes problems with the

neurons and causes neuronal death. That doesn't sound so good, right? That normal death. So neuroinflammation is really something that you have to look at and get a handle on and know where the causes are. So it could be trauma. And then you talk about trauma. Is it a physical trauma, or is it a mental, emotional trauma, or is it a combination of all the above? Or could it be a neurodevelopmental issue like kids that have had autism or ADHD or Asperger's disease? Or could it be a strep infection for pan and PANDAS?



Dr. Joseph Schneider - 05:03

There's just so many things that causes neuroinflammation, and so the manifestation of that is a loss of proper controls. Now, you know, the function of the brain is the master control system of the body. It controls everything, right? Correct. Correct. Yeah. So when we get stroke patients, it's not only all about the paralysis. It could be about their cognitive function, where they can't speak right anymore, they can't understand things, could affect their memory where their memory is not functioning right. So with POTS, those physical manifestations are also manifestation of brain function, where we're seeing brain fog, loss of memory, emotional issues like anxiety and depression. So the purpose of the Hope Brain and Body Recovery center is to identify that neuroinflammation and what has been the cause of it coming in. And. And then help to decrease the inflammation.



Dr. Joseph Schneider - 06:17

But then once the inflammation is decreasing, we want to rehab the brain. We want to rehab the brain and cause plasticity. And so it's necessary to have all the equipment that's necessary in the office to properly bring the brain back. Because if you lower the inflammation, but you don't rebuild from the destructive processes that have gone on from the inflammation, then a patient is not going to get their life back.



Joseph Quirk - 06:52

Absolutely. And let's go back to that, you know, because we are living in such trying times where inflammation is so present in nearly everybody. It seems like everything is almost out to get us at this point. You know, foods super processed, anything like IGG related, you could have sensitivities to that. Mycotoxins, you know, different types of molds, different types of environmental toxins that we're dealing with. COVID you know, even just contracting and having the COVID virus is something that can cause that cytokine storm within you. And, you know, not only is it very neurologically damaging, but through time it becomes autonomically damaging and vestibularly, and it can really start to take out multiple systems.



Joseph Quirk - 07:40

So being able to find out what's wrong in each one of those regions due to that initial neuroinflammation or scans show directly kind of where that's correlated, and we're able to dial right into that specific region and really start to rehab the brain properly. Plasticizing.



Dr. Joseph Schneider - 07:59

Yes. So, you know, he's definitely right. But Covid has been a big factor that has increased the rate of POTS diagnoses, especially in young women. And if you think about your autonomic nervous system, it does control your heart rate, draws your blood pressure, controls your breathing, but it also has many other functions. It's. The urinary system is controlled by your autonomic, your bowels, your intestines and your bowels are. That whole system is controlled by your autonomic nervous system. Women's female cycles are controlled by the autonomic nervous system. So, I mean, we've got a lot of controls and we even have controls for circulation into your legs so that when you stand up, you actually can contract your arteries and your veins to control that circulation. And so it can go back to many different things. So this morning we had a patient from Arkansas.



Dr. Joseph Schneider - 09:12

And so, I mean, I never thought I'd be getting patients from all over the country, but we're getting people from all the country that are coming here for our specialties. And so from a vital scan, we saw that he does. He has very poor circulation into his lower extremity. And so these are the things that's.



Joseph Quirk - 09:31

Shown where in the brachial. Through the test results. On the brachial?



Dr. Joseph Schneider - 09:34

Yeah, for the brachial. The test results with it, you get so much information. Right. So when we do a full diagnostics, we're getting a tremendous amount of information on each person, how they function. We can even get your aerobic capacities, your anaerobic capacities and so forth. And we're going to use that information to develop programs that actually can rehabilitate those areas. We don't want to patch you up, we want to fix you. Yeah. All right. And so it's a long term plan that has responsibilities on your end and also responsibilities on our end to keep up with you to see if that those life impact areas, your work, your recreational activities, your relationships, your hobbies, they're all things that are really important to make a full life, give you quality. Right. So you like skiing? Love it.



Joseph Quirk - 10:39

Snowboarding? Both really.



Dr. Joseph Schneider - 10:41

Right. You know, so if you have active issues. Right. You can't enjoy your life. Right. You gotta back off now. You know, I have had strokes and I mean, I like to ride my bike for 30 to 50 miles. I liked going out and taking a run. I like going for long swims. I like boating. I like water skiing, I like snow skiing and everything. I was pretty active today. I don't have those capabilities that I had before. I'm happy I'm alive, I'm happy I'm here. And so the purpose of our podcast is to give you enough information so that you can make good decisions about your continued care and bringing your life back.



Joseph Quirk - 11:27

Yeah, that's really what it's all about, you know, that's right. At the end of the day, we just kind of want to provide the information that, you know, we've spent a lot of time learning and continuing to learn every day from it. Just because it is such a mixed bag of things. It's really, it's really sad and fascinating how different every individual case is, you know, because one might be dealing with syncope or dealing with multiple systems atrophying, whereas somebody might just come in and they just have a high heart rate and.

Dr. Joseph Schneider - 12:04



Been big also. Yep, absolutely. Yeah. So this is our first podcast, our inaugural podcast. And it's. They're going to be not hours long. They're going to be 20 minutes, maybe go into 30 minutes. But we're happy to be here and we're happy to provide this service and hopefully we can changed a lot more lives than we're changing now. Thanks, Joey.



Joseph Quirk - 12:34

Yeah, thanks.



Dr. Joseph Schneider - 12:38

Thank you for joining us on my POTS podcast. If you're looking for more support, Visit us at hopeframecenter.com or follow our journey on TikTok where we share daily insights and inspiration. Remember, healing is possible. I'm living proof. I'm Dr. Joseph Schneider, and I'll see you next time as we continue exploring paths to recovery.