



Dr. Joseph Schneider - 00:00

I look at your entire case and I decide therapies that are necessary to get you from a point of sickness to a point of better and best. And so that's the only way we'll do it. I don't want failure. I want success for you and your life and your family and your work. And remember, no deal making or anything like that. We don't make deals. We look at your situation, we understand what's best for your rehabilitation, and then we do that. Welcome to MyPods podcast. I'm Dr. Joe Schneider and after 35 years as a functionality 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.



Dr. Joseph Schneider - 01:11

Let's begin this journey to recovery together. Hello, I'm Dr. Joe Schneider and this is my POTS podcast. POTS podcast P O T S Postural Orthostatic tachycardia syndrome, or tension syndrome or something that has to do with your heart rate, your blood pressure and your oxygen rate in your body. And I think the name of this episode should be a bowl of chili. One of my favorite things to eat is a bowl of chili. And after my experiences with three concussions and a stroke, I use grass fed and grass finished beef, ground beef for my chili and I do that for the fatty acid content and also that so that I can be ketogenic. So the ketogenic diet, you lower your carbohydrates and increase your fats. And good fats come from grass fed rather than grain fed or seed oil.



Dr. Joseph Schneider - 02:21

Seed oils can be really bad for you. So this is just me today. You know, I've done some single. I'm the guest tonight and I'm the primary speaker. So, you know, looking back on my experiences in 2004, had traumatic brain injury. And in many ways my life changed professionally and personally. And it was a very difficult road. But right after my brain injury, I was in a van, a Chrysler van at the time. We had that for the children. My blood pressure went up, I had certain blood pressure issues, high blood pressure issues, and it would go up when I sat down and it would go down when I was up and active. It was kind of like a paradoxical situation and took me a while to resolve that. It took me a couple years to get that resolved.



Dr. Joseph Schneider - 03:25

And I mean I used everything that I, all the tools that I had at the time for doing rehabilitation for brains and Bodies. I had what's called the back and neck pain relief center. And I was doing neurological work because I started studying functional neurology in 1989. And so I had a big difficulty with it and how to rehabilitate myself and also practice at the same time, keep my professional and personal life together. So when you get sick or things happen to you, it's gets hard, it gets difficult. And there are decisions that you have to make every day that no matter how bad you feel, that you get out of bed and then you take your day on, take your life on.



Dr. Joseph Schneider - 04:13

So my POTS podcast is my attempt to make some sense around this type of brain injury, this type of neurological injury that causes your autonomic nervous system to function properly, to function automatically, correctly, the right way. I had a second auto accident in 2013. I was rear ended. This drunk driver was hit and run. There was

another car. A young man was hit first, rear ended his car first and his car went to my car. And so after that, my symptoms of dysautonomia got worse. I mean, I started getting really dizzy. I was really having a hard time working and trying to keep everything together, my light together. And it became even harder than I had experienced before.



Dr. Joseph Schneider - 05:15

I remember one time I was coming down in the elevator and as the elevator was going down, I got so deep dizzy that I fell on the floor and I couldn't get off the floor of the elevator. It took me a couple minutes to get myself and pull myself up and get out of the elevator. And at the same time, you know, I just had to, you know, try to get the help I could get. 2014, I went to the car brain center in Dallas. There was two centers, one in Atlanta, one in Dallas, went to one in Dallas. And the funniest thing about that is I improved my blood pressure or dropped my blood pressure by blowing air in my ear, insulfading my ear, my inner ear. And my blood pressure went down something like 80 points. It was really high.



Dr. Joseph Schneider - 06:05

It was really high. I couldn't get it down with medication or anything. It was really an emergency. So I flew to Dallas from Philadelphia and I got treatment there. Gyrostim. Having Gyrostim in the office and some other tests for balance and I had my, the insulation in my ear really helped me get moving past it. And then when I got out, I was able to do a lot of things that I normally do. Spinning myself in chairs and doing things like that, get my blood pressure down. And then I had, I was at Lake George with my family. And I got a tube hit by in the face. It was being dragged by a motorboat. And then I got headaches from that. And then 2017, aneurysm that I probably got in 2004 popped. And when it popped, it gave me a hemorrhagic stroke.



Dr. Joseph Schneider - 07:14

So I had a scab in my brain. It was a really big scab. And it also, it affected my basal ganglion and affected part of my thalamus. And so I had near death experience during my stroke and I wonder why God threw me back. And I was on the floor in my bedroom and my phone fell off my bed to my left side and I could get my phone and I could get out of there. I know I've gone through this before, but I feel compelled to bring it back again because a lot of my patients will look at me and they'll say, wow, you look perfectly fine. You look fine. Everything looks great. But they don't understand that I'm in constant pain.



Dr. Joseph Schneider - 08:13

Pain can be overwhelming at times, Even while I'm working on patients and you want them home, even when I'm relaxing, you want them on vacation. I have facial pain that gets really bad. I had this tingling over my right side of my head and over my ear. My ear gets very sensitive on that right side. I get pain in my neck on the right side, my shoulder. I have atrophy throughout my shoulder. And my whole arm is painful. My hand is very painful. Feels like sandpaper all the time. Sandpaper. My whole side hurts, my hip hurts, my leg hurts. My feet. Both feet tingle my right much more than my left. And if I exercise, it gets much worse after I exercise. But I thank God that I have another day. Another day. And I. And I continue to work hard.



Dr. Joseph Schneider - 09:22

I continue to work through it. But I know that even the patients that come in to see us at the Hope brain center have it much worse than I do most of the time. Most of the time. Maybe not. Maybe not. But I mean, I have a gift. And I mean, sometimes I don't understand why God gave this to me, gave me a stroke and gave me pain and gave me a lack of function and made me struggle like this. But maybe that's the way I understand it more. I understand what you go through. And I study pathways, study neurological pathways all the time, from the beginning of my neurological journey, 1989, to my journey today. So maybe that's part of God's plan.



Dr. Joseph Schneider - 10:20

Maybe that's part of God's plan that he would make me understand pots, maybe understand neurology or brain injury better than I would have if I didn't have a stroke. So it means constantly going back, being mad at God and happy that I'm where I am at and what I can do to help people that suffer. And it really breaks me hard to see what people go through, what families go through with injury, with stroke, with traumatic brain injury, with POTS or dysautonomia. And it makes me appreciate it more and also makes me appreciate the healing process that goes into getting people to have a better life impact. Because I get a lot of young people that come in that have lost their life and I can't tolerate that.



Dr. Joseph Schneider - 11:30

I can't tolerate the fact that there's so many people out there that are suffering with POTS and have lost their ability to work, to go to school, to just enjoy life on a normal basis. And everybody's normal or everybody's performance in life is all different, whether they can go to school again or whether they can get a job, whether they can just get back to normal things of life and not have to worry about passing out, you know, syncope, blood pressure, heart rate, temperature regulation, digestive issues, cycle issues, cycle problems. So I take it as a gift that through my colleagues and through functional neurology, I'm able to get to a point where I am now. And it's taken many years and it's taken an extreme struggle to get back to this point of my function.



Dr. Joseph Schneider - 12:35

And it's been like very humiliating too, because it does affect me, my long term memory. I have to work harder now than I ever have worked in my entire life to figure things out, to bring things, the programs to fruition so that my patients can have really good success in changing their life, getting back to work, supporting their families and so forth. So you'll see that I wear a medal of St. Joseph, it's my patron saint, and the blessed Mother miraculous medal, and also wear a medal for St. Raphael. We pray a lot. My wife and I pray a lot. We pray the rosary, we pray the mercy chaplet, we pray our lady of Sorrow's rosary. And you can see behind me I have Jesus Christ, the crown of thorns, that humiliation that they brought to them.



Dr. Joseph Schneider - 13:45

And it can be humiliating when you're sick. You can feel humiliated, you can feel less, you can feel down. You can also feel that people don't believe you. They believe you're sick, they doubt it, they're not supportive of you. And then Our Lady Guadalupe has always been special to me in my life. And we also have a picture of Our Lady Guadalupe in the office. So we're very dedicated to. I'm Catholic, I'm very dedicated to Jesus, to his mother. I honor his mother, I honor his stepfather and godfather and the Holy Spirit, all the angels and saints. And I think a good prayer life is really important for your recovery.

Dr. Joseph Schneider - 14:39



A good prayer life, a consistent prayer life every day, reading the Bible, keeping yourself focused on recovery, focused on being vital in your life, and being vital in relationships and so forth is so important. So my week is I get a lot of consult calls and there's a story behind every call and every person that's calling for advice and a possibility of improving their condition to a point where they get their maximum or optimal life back. So I may get 10 consular calls a week. And then I have new patients that come in as a result of consular calls or referrals and so forth.



Dr. Joseph Schneider - 15:43

And then doing all the diagnostic tests that we do and listening to their story and their background and so forth to come up with solutions so that we can optimize the health, their mental capabilities or emotional capabilities, their physical capabilities in rehabilitating their nervous system and trying to improve their metabolic state so that they function better. Now I like to say that our office came out of trying to get me better and back to it. I would say it's been a long journey from 2017-26. So we're like nine years. Will be nine years in May that I had a stroke. I can't believe it's been that long. But I say this year I can exercise every day and I can do more at work than I could do before. I'm more on top of things, I'm more aware and so forth.



Dr. Joseph Schneider - 16:54

We have done a lot of work to make sure that our program is comprehensive, that we use state of the art technology to improve physiology of the nervous system, physiology of the body, metabolism of the body, and improve people's function. So like we said, you get back to life, your life impact is really important. So we have a Gyrostim. It's a multiaxis rotational device we use with patients. We also have sprinters, we spin people in chair, we can spin people standing now. And we do some of the best neurofeedback work using brain core, brain master systems so we get the maximum changes to brains. We use Arconia lasers, use exercise with oxygen. We have other therapies for the body because people have a Lot of pain, neck pain, back pain, headaches, arm pain, numbness and tingling neuropathies and so forth.



Dr. Joseph Schneider - 18:02

So we really develop a center where we have almost everything that we can use to bring back an entire person whose body is failing. Now. We just added a therapy we've been waiting a year and a half for. Should be coming in March. It's a chair, another chair, a spinning chair, and a goggle. You can put the goggles on while you're spinning. So it's all connected so we can actually see eye movements while you're spinning in different directions, while you're oscillating back and forth. There's many different protocols, and we can look at that and we can diagnose even Parkinson's early on by using this chair. So any type of therapy that is out there, that is the best of the best, we have acquired it in our office. So you might think I'm rich, but we're not.



Dr. Joseph Schneider - 19:08

Dr. Yang and myself are dedicated to bringing the best for your health and well being and training our office staff to be able to execute therapies so that you move your program and make incredible changes to your physiology and your nervous system. Now, Dr. Yang, Ph.D. in pharmacy, she was a director of different hospital systems, so she knows pharmacy. The great thing about Dr. Yang is she's brilliant. And the other thing is that she can understand the mix of medications that you're on and help you with your physician to work on either lowering medication or finding the most appropriate medications, or as you get better, finding out which medications that you may not

need anymore. And that's up to you and your physician. But Dr. Yang can guide you or advocate for you through that process.



Dr. Joseph Schneider - 20:24

The other thing that's new is that in our office now, we have a medical system. We have a nurse practitioner, we have a medical doctor that is on staff so that we can give you the best medical care there is. And we started using wellness type orange jelly as a way of increasing stem cells and exosomes to your body and brain to decrease inflammation and strengthen your system so that you can get better, faster and more completely. So these are the aspects going into 2026 that you'll see in our dynamic center. So our center is dynamic. And so when I get calls, everybody says, well, what's the difference between your center and all the other functional neurology centers around? And there are many good functional neurology centers around, but I'm the only grumpy old doctor that's in our center.



Dr. Joseph Schneider - 21:38

It's The Hope Center, Hope Brain Center. That's come out of my three brain injuries. And everybody likes to say, well, I don't know, I have many undocumented brain injuries. Well, my three documented brain injuries, I could have had many undocumented when I was young because were pretty active and had a lot of falls and did a lot. A lot of crazy stuff, and we may shouldn't have. But those things happen as you're growing up and you're active, whether you're water skiing or snow skiing or doing whatever. But it's dynamic, and we have a lot of options, and everybody has a set of options that works best for them and doesn't work for them. And then we go through that. Now, you will get fully tested in the beginning, you'll be tested in the middle, and then you'll fully test it at the end.



Dr. Joseph Schneider - 22:40

So we want to get a baseline, and a real baseline is the things that we do. A bedside exam does not give you a real baseline, but when you take 250 images of the eye every second and you have your eye go through different muscular movements, then we can actually see faults within your central nervous system that we can treat. We take balance testing. We do vital scans, which is like the tilt table test without the tilt. I find we can get a lot of information without using a tilt table. Now, there may be a lot of people that disagree with me, and that's okay. I've had people disagree with me forever. But I think this is the best way to do it. I could do it with tilt, but I think the best way to do it is without tilt.




Dr. Joseph Schneider - 23:42

The tilt table is not the best way to do it. And so we don't do that. We can do a pseudomotor test where we can look at neuropathy and hands and feet. We can do a Q athlete test where we look at aerobic and anaerobic capacities of your cells in your body. And we can look at your breathing, we can look at your heart rate. We can look at your pulse ox or pulse and oxygen in your blood. We can look at your blood pressure and how it changed with different activities. So for baseline neurological testing, which includes two different types of QEEGs, I don't think there's a better baseline out there right now. And so not only that you have my experience. Like I said, I'm 68. I'm old and grumpy. And at this point, my grumpiness comes from.



Dr. Joseph Schneider - 24:43

I'm tired of seeing so many sick individuals, especially post Covid, that are suffering in their life and need change. And need change. So if you are suffering from pots and you have been for a long time, then you need to call us. You need to call us and find out through a 15 minute consult call whether our center would be appropriate for you to come to so that we can change your life, have a really profound life impact. Our number is 610-544-9800. You can go online and schedule a consultation there. But the most important thing is schedule your consultation and get here. And when you get here, you'll have Dr. Joe, myself and Dr. Yang who care for you and care that your life will change for the best and that you'll get your life back. We work hard.

 Dr. Joseph Schneider - 25:58


We don't just work in the office, we work outside the office. We do whatever we can to bring a sick population and get them well. So if you want to experience that level of caring and commitment, call 610-544-9800, get a call with us, schedule your first diagnostic appointment and understand that we don't do segmented care. I'll get people to say, well, I want gyrostim. Okay, well we got gyrostim. Or I want laser or I want PMF or I just want neurofeedback. Well, I just don't do neurofeedback. I just, I look at your entire case and I decide therapies that are necessary to get you from a point of sickness to a point of better and best. And so that's the only way we'll do it. I don't want failure. I want success for you and your life and your family and your work.

 Dr. Joseph Schneider - 27:12

And remember, no matter, no deal making or anything like that, we don't make deals. We look at your situation, we understand what's best for your rehabilitation, and then we do that. So today it snowed. We thought it was going to be much worse. I think New York and New Jersey, North Jersey got a lot of snow. We got about seven or eight inches at the most here in Kenneth Square, Pennsylvania. And chadds for where our office is, we're just below Pennsylvania. So we got some snow. We took the day off because we thought it was going to be much worse here, but it was really much worse in North Jersey, New York, Massachusetts, Cape Cod and so forth.

 Dr. Joseph Schneider - 28:09

So if you had snow, I'd recommend a bowl of chili, take the edge off the coldness and to give you some warmth and get you ready and get your ketones, your brain and your body so that you can function better. All right, Dr. Joe signing off. Wishing you the best. This is the end of February. We'll be starting back in March. We'll be doing more segments on sleep. Sleep is going to be a big segment and I want everybody to start following the podcast so that you can pick up on some of the experts that I have coming on. We got some really good people that we're partnering with to get information to you that's valuable for your recovery.

 Dr. Joseph Schneider - 29:05

And in March, we have our Spryson usa, our new chair with their goggles, and we'll be doing some even more great work than we had before, not only in diagnosis, but in treatment. So stay tuned for all the great stuff that we'll be sending you and we're doing. I don't like opinions. I don't like opinions. Opinions are opinions. You can buy over a dime a million. Opinions don't count. Having the right diagnostic tools and the right treatment and write re diagnostic exams as your foundation for you getting well. So thank you. Dr. Joe signing off. Thank you for joining us on my POTS podcast. If you're looking for more support, Visit us at [HopeBrainCenter.com](https://www.HopeBrainCenter.com) or follow our journey on TikTok where we share daily insights and inspiration. Remember, healing is possible. I'm living proof.

Dr. Joseph Schneider - 30:17



I'm Dr. Joseph Schneider and I'll see you next time as we continue exploring paths to recover.