
 Dr. Joseph Schneider - 00:02

Hello, Good morning. It's my Saturday morning workout. All right. So it's. It's a pleasure to be able to work out again. Telling you, with everything that has happened since my stroke and coming back and then having the office that we have, Hope Brain Center. Hope Brain center is an amazing place. The reason it's an amazing place because it came from an incredible amount of debt. After my stroke, everything went away. My businesses, everything went away. My battle went away, it went away. It was just like. It was like life changing. It was unbelievable how life changing it was. I couldn't figure it all out. And so family and friends weren't there anymore. My business was gone. The business that I created over years, he was gone. A million dollars of debt.

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So, I mean, like, I started working out afterwards, you know, walking, swimming, doing neurological exercises on a regular basis, going to some of the best places in the world for neurological rehab. And when you go to these places, you do comprehensive care. You don't do psychedelic care. They don't go in and do this together. You don't go in, then later on do something else. Later on do this, later on do that. I got it all at once. And my colleague and Buddy, Dr. Mike Burdadaria, gave me a call when I got out of the hospital, gave me a call. He said, I have the center on Long island and you need to come here. And I was like, I haven't figured everything out yet. What should I do? And I decided to go. Go to Long Island. I didn't go in.

 Dr. Joseph Schneider - 02:35

Come pick me up. Take me up there. So a lot of times when you have a stroke or traumatic brain injury, it takes a bold move and bold frame of mind, right? And when you align yourself with Jesus Christ and Jesus Christ becomes the same center of your world, then things change. And I needed that. I really needed to align with my savior. So I didn't know. I didn't know when I had a near death experience. I didn't know whether it was a stroke or something was going on, but. But it was just the most strange event in my entire life. I just accepted it when it happened. And it was not stressful. It was just peace and love. And I never experienced that in my entire life, that much peace and love.

 Dr. Joseph Schneider - 03:54

Then when I woke up from it, in my mind, God threw me back and try to get out of bed. And I land on the floor. I'm on the floor in my bedroom in Springfield, Pennsylvania, and I'm saying to myself, well, you know, if I can't call an ambulance, I'M going to die anyway. God, I'm just joking about it. Like, here I come. It's going to be a little while, but I'll be alright. I'm coming back, okay? And when I said that, my phone fell off my bed on my left side. So I could text and get an ambulance. My daughter was upstairs and I could text and get an ambulance. And that's what I did. I text, got an ambulance, went to the hospital.

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I was going to go to Delaware county but the guy in the ambulance said he was going to send me to Jefferson because that was the best place to go. My blood pressure was running at 2:30 or something. The nurse practitioners from Jefferson put me on IV right away, got me in the hospital, MRI my brain. And we knew that I had a stroke, right? Didn't have a stroke. And then I went down to learn how to take a shower. The Doctors and the PTs

and everybody OTs at the hospital were absolutely phenomenal. But then I had another stroke. I fell on the floor. I was out in the bathroom and I got to my room and I was feeling like hopeless, a feeling of hopelessness. All right, like when? What's going to happen now and what's the plan for me?



Dr. Joseph Schneider - 06:03

What's going to happen now? So the plan was get my life back again, right? So I heard this message come to me. You're going to have a Hope center. It's just like weird for me to think that I'm going to have a Hope Center. I'm going to have a hope Center. I'm going to have the Hope center over and over again with my mind. And I'm praying the rosary every night with onion. And I just knew that when I got out I was going to have a hookup. And I had to do that. I had to do that for people who had brain injury and I had to do that for God. I had to do that for Jesus Christ. And so. I'm in this path, of this journey. How long he wants me to do this, I'm not sure.



Dr. Joseph Schneider - 07:13

You know, every morning you just got to give it away. Got to give it to Jesus and say, Jesus, it's up to you. Whatever you need for your glory, I'm here. So just guide me, direct me. I gotta listen. You know, instead of being stubborn and stupid, I gotta listen. And listening can be hard. When your own mind gets in the way, you slip away. You get influenced by evil and then you have to deal with people and all their issues and all their problems and I'll tell you what, when I do consultations with really sick and ill people and things like that, it's wearing. It is wearing. But then I go back to the fact that, okay, every step forward in the name of Jesus Christ is a leap forward. It's not a step forward, it's a leap forward.



Dr. Joseph Schneider - 08:24

And it could be that your illness is resolved. The life impact that you had by the illness that is taking your family and your friends and stressful is there. But it could be that when we take these steps forward and leaps forward in our name of the Lord Jesus Christ, it happens. It just happens. It just happens. And I'm not, you know, I'm not a perfect person. I'm not, you know, I don't know why I'm in this space. I'm in this time and I'm doing this, but it's happening. It's happening. So I got out of the hospital, and then we needed a space, and I couldn't find a space with anybody that would take me because financially I was out of it. There was just no way I could get a space.



Dr. Joseph Schneider - 09:30

And we didn't have enough resources, we didn't have enough money, we didn't have any assets, actually, just less than nothing. And I'm telling you, when you get to be less than nothing, there's something that kind of just like grinded me inside and said, well, less than nothing. I got here with less than nothing. And through the grace of God, my entire life, through all the struggles and the challenges that come with life, we got through it. And so I've said, we're going to get through it. Let's keep praying. Let's keep our minds on what we need to do and get this to happen now. At times, you know, I mean. I mean, pride gets in my way. Like, you know, oh, my God, you know, I'm doing this. I'm doing this, not doing it. I tell you I don't have enough intelligence.



Dr. Joseph Schneider - 10:36

I don't have enough energy. I don't have enough anything, especially after my stroke that I had before. I just don't have it. I don't have what I used to have. And I'll tell you why. It just grates me. But then I look at it and I say, okay,

it's not me that's doing it. It's not me that's doing this. It's our Lord Jesus Christ created the sinner. So people come in my office. I have crucifixes and images of our blessed Mother, a lady Guadalupe in her Office. And that's all real. It's all real because like I said, we can't do anything without our Lord and Savior. That's what our center is based on. We have a faith based center. I don't know, you may not like it, but it's not going to change anytime soon to have faith based center.



Dr. Joseph Schneider - 11:44

I was able to get this space without any financials, which was a crazy idea at the time. I had no financials, I had debt, like crazy. Debt to the government, not payroll. Everything, everything just left. It was gone. And. We took it one step at a time. We got the space, we got the space. We had a small space. We got as much equipment as we could. We just got in there and we started to do God's work in healing. Now I was born in our Lady Ward's hospital in Camden. That's where I was born. I think all my brothers, sisters were born the same place. And our Lady, Lord's Our lady is special to me. The Blessed Mother, the Blessed Mother and Jesus and Saint Joseph. My name's Joseph and Saint Joseph means alive jokes from the Bible.



Dr. Joseph Schneider - 13:01

And so I had this incredible opportunity through the grace of God to continue training injured brains. And we take our vocation in healing through our Lord Jesus Christ very seriously. So we pray every day for our center and our patient and everybody that comes in contact with us so that they can have a blessing of healing within our center. And so, like a lot of things that we do, I need to do, I'm just no different than a patient. When a patient comes in, I'm just no different. You know, they say that pain, well, right, I'm sitting there, I got pain. I got pain every day on the right side of my body. I got pain when I walk, I got pain when I listen. I got pain, pain. And it's not all gone.



Dr. Joseph Schneider - 14:12

But I would say that I'm happier now in my life than I've ever been. I'm happier now in my life than I've ever been. Even though I still have disability. And just like my patients, I have to exercise and fight through every day. And so it makes a significant impact on everyone when I do that. Brain fog, some short term memory loss. I can't remember names. I had a patient in the office the other day, beautiful couple. They've been coming for years. And I want to call him Mike and his name is Dave and his wife's Janet. I call him Janice and I get to the point where, okay, fine, I'm going to make mistakes. I'm just sorry because there was wonderful people that you could ever imagine. And it's really been a gift and hopefully it's a gift to our patients now.




Dr. Joseph Schneider - 15:31

Why am I doing this in my basement? Because it became too hard for me to go to a gym. I used to go to a pool, things like that. It's just too hard for me to do that. So right now I do still have difficulty walking. I can't walk for any distance other than half mile. My ankle starts to hurt. I just don't have my locomotion on my right side that I need to have. But I can exercise every day. I get exercise every day. I'm just like thrilled by that. Okay. Gotta get up in the morning and exercise every day now. I created my ideal gym in the basement. All right, so what do I got? I got my old bicycles here that I can't use. But I have this Schwinn Aerodyne.




Dr. Joseph Schneider - 16:32


It's an old Schwinn Aerodyne that I've had for a long time. I have a total gym. I have a stair climber. I used to have a stair climber in my rehab center years ago and I loved it. Stair climbers. I love stair climbers. You don't have to be there on very long, but it gets good motion. And this one's cross crawl. So it's opposite leg, opposite arm, opposite leg, opposite arm. And then I have a set of. I have a vibration plate. That's. Where's my vibration plate? I have vibration plate here. I have kettlebells, I have clubs. I have a bozu ball over there. And then I have a. I just added this. Where is that? Where is that? Okay, I have a sledgehammer. Sledgehammer. I hit these things. It's called, called the crazy stroke gym. Everybody should have crazy stroke gym, right?

 Dr. Joseph Schneider - 17:50


And then I have all these different devices that I use. And I just got this amp on the wall. I like the amp system. Okay. It's really good. So I do a variety of multi level exercise routine and to exercise not only my body but also my brain. So exercise the body and brain. Now in our center we do brain specific exercise like neurofeedback. Okay. Laser work on the brain. Hydrogen and oxygen exercise with oxygen virtualis system where we use 3D. And now we have a Gyrostim. We have Gyrostim and I've always wanted a Gyrostim. Got Gyrostim. We use the Gyro sim a lot. It's a great trainer for the vestibular system, for your vision, for proprioception, for cognitive health.

 Dr. Joseph Schneider - 18:52

It's a lot of fun for patients when they get on it and they're able to do it without getting dizzy headaches and so forth. And so we have almost everything I need in my basement so I don't have to drive someplace, go in, deal with different things. So I developed this. I have one more piece of equipment that's set up. It's called a Carol chair. It's a hit type, high intensity type aerobic exercise. And we'll be setting that up in the near future. Near future was footstep. Okay. And we'll be setting that up and I'll tell you, it's another piece. So I mean, I put this together. It wasn't willy nilly. It's just. I mean, I think about things and I think about the equipment we have in the office.

 Dr. Joseph Schneider - 19:53

So when we exercise systems, we can exercise them globally or we can exercise them specifically. Now the exercise that we're doing specifically is now is we have spryson. Go to [spryson.com](http://spryson.com) or on our website, you can go to [noroneuroai](http://noroneuroai.com) and you can see the different capabilities that we have with our new rotating chair. Now it's a rotating chair with a set of goggles on a rotating chair with a set of goggles. So when we have patients on it and we're testing them doing different rotational maneuvers, we can see their eye movements. We can record them, video record the eye movements and get very precise data on the way the eyes are moving with that. Now that is unbelievable. To be able to get that amount of feedback and data.

 Dr. Joseph Schneider - 21:03

Then we can treat the person on the chair and see the data change in real time right away. It does take time to do that just right away. So it's an incredible piece of equipment that cost us a lot of money, right? Everybody say, why do you want to do that? Because we want to be the best center for our patients. Because God wants it. Best center, because God wants it. Our Lord Jesus Christ is giving us the facility to do this. Because when we hit Covid, I can tell you were, we expanded and were thinking, all right, we made a mistake. We should have done this. We shouldn't expand it. We should have spent more money. We shouldn't have done this. You know what? Every time that comes, we pray, we will listen to God and then we move forward.

Dr. Joseph Schneider - 22:05



So that we can give our patience, God's patience. The best there is. Now, when I do my workout, I don't spend a lot of time on each piece of equipment. It's a very dynamic workout, 30 minutes or more. So anytime a patient comes to my office, exercise has to become part of your life. Because if you don't exercise, then you don't get the body from where it was to the next phase where you're taking care of your own rehabilitation. You need to learn lifestyle, exercise, eating and so forth and stress management so that you can move forward in a great way. So should I stop talking? I'm pretty excited about my basement gym. It's kind of like my man cave gym. And so I'm going to start my workout now.



Dr. Joseph Schneider - 23:14

But it was just nice to introduce you to this space that I go into every morning. And I'll be 30 minutes. Take 30 minutes. I'll do sledgehammer, I'll do vibration plate bike. I'll do sit ups. I'll do club work. I'll do vibration plate work. I'll do balance work. Okay, real quick, get my body back in shape. And I'm wishing everybody the best. And if you need to click on the link above and schedule a consultation and a look at what the hoof brain center can do for your brain to change your life, right? It's about changing your life. It's nothing short of life changing. To get your life back, get kids back in high school and college and kids you know have been injured. Traumatic brain injury, adults, traumatic brain injury, dementia, Alzheimer's, Parkinson's disease, the full gamut of unhealthy brains.



Dr. Joseph Schneider - 24:26

Then click on the link above, schedule time to talk and to come into our center and find out the wonderful capabilities that we have. Remember, we're faith. Faith. So you're going to see Jesus Christ, Blessed Mother, St. Joseph, bless the heart of Jesus, bless the heart of Mary. Just gotta see it and you know what I mean? I'm not gonna make any apologies for it. That's just the way it is. So I'm looking forward to seeing everybody that wants to come to the faith based center and do some rehabilitation for your brain. Thank you and see you soon.