



Dr. Joseph Schneider - 00:02

Hello, Dr. Joe Schneider again. And I'm going and doing a podcast. What I'm thinking about today is instead of talking about functional neurology and how we do different exercises and doing activities in the office to help bring about improvement in brain function. So it's kind of like a brain gym in our office. And so a lot of times we forget about the victories that we have. Yesterday we have a patient young boy, a lot of anxiety, some developmental delays in movement and muscle function, so forth. And yesterday we've been using spinners to activate his vestibular system. So we have a chair in the office and we have a standing spinner, and he's able to do that really well.



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We got him into the gyro stem and put it on a low level, and he still has a moral reflex, which made him panic a little bit and cry in the gyro stem. But the parents really wanted him on the gyro stem, and they've been talking to him and encouraged him to go on the gyro stem. And yesterday we put his father on. He sat on his lap. Father sat on his lap, and we did Non Invert Level 1, Level 2. And it was real victory for him. And it was quite an emotional thing for the entire staff to see him accomplish something like that.



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And with everything that we do with him, at first, it's very difficult in the start, and then as he kind of gets used to it or forms a habit everybody talks about habits are bad things, but habits are not bad things. A habit means that learning has taken place not only emotionally, mentally, but also physically. So we want to integrate all those functions, mental functions, emotional functions, and also physical functions. So went on with his dad, and they were singing a hymn that they sing at night during their dinner time. And it's really kind of emotional for me. I was, you know, let out a few tears. And then we adjust him and he was able to go home, and he's not even halfway through the program. The other thing he's doing, he's able to catch and throw.



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So a lot of kids when they have developmental delays, can't catch and flow and throw. Another thing about him is he's got mold indicators that are very high, like all the charts and on our scales and IGG scales, like 200 is all the charts. And he's close to that on a number of molds. So we're starting to remediate molds. He's doing some food sensitivity reduction. And those are the small victories that make and Motivate myself and my staff to do what we do. Because we get a lot of difficult cases in the office and because we get a lot of difficult cases in the office, we want to make sure that we're moving forward. Another thing that happened was we have a traumatic brain injury pots combination syncope case, dizziness case in the office. And she's coming along really well.



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She's in her mid teens and you know, a lot of people can't expect what kind of changes they're going to get, the type of center that we have. But as we do multiple types of therapies with the patient. Then you'll see changes happening. Now when people start, they get tired, they get real tired because they're not used to doing brain based brain specific exercises. And so their brain gets tired, their body gets tired and so forth. We started, we have three, four more cases coming in to the office and we're just really busy, we're really busy with patients. We had three

people end the program after a 10 week program and all the retests were dramatically better. So we test in the beginning, we test in the middle, test at the end.



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And the two older patients in their 70s basically said that you really did what you said was going to happen with us. We improved in our function. And the one gentleman wanted to get out and be with his grandchildren at different events and he couldn't get out of the house before. So it's a life impact that's pretty dramatic. And those small victories that really kind of make it worth going through all the struggles with everyone through their different points in their care. And some of the visits can be very difficult to get through because we do a lot and we're expecting to make some really good consistent brain changes that are going on. And that's why we test and we retest and then we test again. So it was a good week that way.



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We had another person from Wisconsin that came in for another week. She had been here for two weeks, did fantastic and got, was doing things that she doesn't normally do and then she slipped on her steps and she just kind of did that, you know, kind of like bouncing on steps, down the steps and kind of, you know, gave her another sub concussive event that brought her back. So she came back for a week and she left feeling better, feeling excited. And what we've had it in this, in the center is we're doing a lot of rotations and chairs, doing vestibular work and getting patients better. That way now we're not there to cure anything. We're not curing any disease process. We're actually getting the nervous system to function better.



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So your body's more resilient, it controls better, it does the things that it should do so that the body can respond to its environment. The better you respond to your environment, the stronger you are, the better that everything works in the body, right? Not only, you know, your heart, lungs, circulation, blood pressure, pulse, heart rate, but also your digestive tract. You know, what do you think controls your digestive tract? Your brain, what do you think controls your woman's cycles? Your brain controls it. So everything's under that control. And, and the more we can improve your brain and body function, the better off things are going to be. So, you know, that's the way it is every week in the office, you know, getting good responses with patients, working hard, getting the staff well trained to do all the different therapies.



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We have like interactive metronome, whole body vibration virtualis. You know, the virtualis is kind of a neat, fun thing, not only for young people, but for adults. You know, you can actually fly a plane by bending your head, you know, going through different obstacles, having, following a moon as it goes on a strip or it can go on a figure 8 or infinity sign, however you want to describe that. Finding bugs going into a tunnel, in and out of a tunnel, and things like along those lines. Now our vibration is harmonic. It's Zonix Sonics. S O N I X Sonics. Excuse me. And the vibration is very smooth. We do have another vibration plate that can be a little rough. We just got ourselves a trampoline, small trampoline, especially for our neuropathy patients.



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And so we've been very successful at regenerating nerves in the body and the brain. And like I said, it's so satisfying to see people have a profound life impact, get back to what they want to do. Or an athlete that is really struggling with fatigue, struggling with dizziness, that can go through to a tournament and not struggle with that anymore. So it's been really cool with that. So we have the tech, we do have the tech to really almost create any type of program that we need for patients. And so like I had said before, most people are doing functional medicine, which is very supportive, it's very good. But without functional neurology, you don't get all the way there.



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And you know that one podcast where it's, I was talking about, you know, if you do segmented therapy it improves you, but it doesn't get you all the way there. So comprehensive therapy interconnects not only your body, but also all the different brain lobes that you have. Right brain, left brain, and so forth. Reminds me of my brain balance days where we were identifying kids as either right brain weak or left brain weak. And another case coming to the office. Really, really interesting. A young boy, four years old, has some strep antibodies. We found that. So we referred him to his medical doctor so that he can get antibiotic if that's what the medical doctor wants to do with him. We're not handling strep, we're handling the effects of the strep on his nervous system causing pans or pandas.



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And so when you have an infection, it causes damage to the tracks and communication systems of the brain, the tracks and communication systems with the body, and then on and on. So it's, it can get quite. Interest, intricate. Can't pronounce that. It can get quite intricate in the pathways that are affected and the pathways that are affected when they start getting better. And so that's kind of like the thrill of it. The thrill of doing it is the thrill of rewiring brains and having just watching them function better. So I mean, that's kind of what we're doing. And we also have Dr. Adam Kossig, which has been a great help in the office. You know, I, I mean, I can't do it alone.



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So we have him, we have Kelly, who is a OT in the office, and then we have some other neuro techs that are doing great jobs also. Now the neurofeedback we do is amazing. We can actually get an algorithm that gives us the amount of improvement that we're making for the first 10 sessions and the second 10 sessions. And I think we make better neurofeedback improvements because we're not just doing brain exercises with neurofeedback, we're doing body exercises. Neurofeedback and biofeedback in many different respects support each other. And that's what we want to do. We want to support the different systems and so that we can get people back to their lives and doing like really fun things where they couldn't do it before. Now this kid with pandas also has some really big food sensitivities, no mold.



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But he's starting a program in July. So after he finishes with his primary care doctor, he's going to be doing some exercises. And those exercises will build up his system and have him catch up developmentally from where he should be. Now, what came first, the chicken or the egg? All right, that's been a riddle for ages, right? What came first, the chicken or the egg? All right, so what came first? The inflammatory process in the brain to decrease developmental disorder or increase developmental disorders? Or was it the developmental disorder that created the food sensitivities, the inflammatory processes with infections and so forth? I mean, it's not what came first. They usually come together, right? So if you have pandas or strep, it's going to affect and inflame areas of their brain that affect behavior. That's just the way it is.



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So now you have to deal with the infection and also you have to deal with the damage that's been done to the different tracks of the brain that make it unfortunate to have kids behave in ways that are oppositional. They're confused, they can't process. Right. But we always find eye movement issues with the kids and the adults and the teenagers and the people in 20s. So that's why we decided to go with nor line, the norline AI, which is a goggle. And then we added the chair to it. And then the question comes, like, does it make the gyrostim obsolete? Well, no, it doesn't. We can train people on the gyrostimp for cognitive activities, for laser pointing, for precision, for stamina, for creating endurance in the system. And we can use the chair in a totally different way to change pathways and strengthen pathways.



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So we have the tech that we can use to improve functionality, to make people stronger, not only physically, but neurologically. And so, you know, and people are coming in, they're coming in from all over the country, and we just kind of enjoy being able to get them into the process and have them commit to it so that at the end they can get the changes that they need to really get back to their life. Now, we've had referrals, a lot of referrals lately. When I was at the back and neck pain relief center for 30 years, I can tell you that most of my practice was by referral. People that were satisfied with their care that decided that there's other people that could use our care. And they. They sent them on in or they told them to give us a call.



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And so that's what I'm asking now. All right? We get excited every day and motivated to continue our work because of the patients that come and the results that they get that help change their lives and improve the way they function so they can get back to lives at a very high level. Now, when we do that, when they hear somebody's having a problem, they're so willing to refer it to us. So we're getting patients from, like, all over the country. Florida, Ohio has been a big state for us. Wisconsin, Michigan, Kentucky, Tennessee, Arizona, California just got a patient from California. So. And I thank everyone for referring to us. And we promise that whatever referral you have, we'll give them the best service that we can give.



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We'll do the best things that we can do, and we'll try to explain it so they understand it and they know what they're getting into. So on a day like today, a beautiful day, I'm wishing you blessings from our Lord Jesus Christ and our God, our Father Holy Spirit and the Holy family. And may you have a good summer and a good fall and continue in this year with many blessings. And to all the fathers out there, happy Father's Day and Happy Grandfather Father's Day and so forth. And I'll see you on the next video.