



Dr. Joseph Schneider - 00:02

Hello. So we did a podcast before. Now we have a new podcast with a new hat. Make America healthy again. I mean, I don't think there's anything more important than making America healthy again. So over the years, with increases in technology, with the change in our foods and the way we eat, and things are different for their brains, right? So, you know, people that are our age. My age, I'm 68. I graduated high school in 1975. But, you know, I grew up in the early 70s and late 60s. And when we did that, it was very common for you to go to home to school, home school, and then get changed. You run out to the street and you played ball, all kinds of balls.



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And so we used to do take rubber balls and cut them in half and play half ball with a broomstick. So we go in, take the broom off our mother's broom, the broom lower part, and we kept the broomstick. And then we would play, we have a pitcher and things like that would go on. And we like smack. The ball was like really cold. Playing half ball. And then we played wiffle ball. And then we played touch football in the street, which got pretty rough sometimes because you fell on asphalt. It just tore up your knees and your elbows and hands and stuff like that. But they were just common industries that, you know, we just popped up and we moved again. And then we. When I was 11, I put up a basketball court in my backyard. Now, my father was smart.



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My father put in a cement pad in the back. At first he would put like little ice skating rings in there so we can ice skate during the winter, just fill with water. And when it froze over, you're in the backyard doing, you know, doing your skating. And then we did street hockey and we did basketball, and then we did touch football. And then we would go down to the baseball field and we play baseball, then we play softball. Everything had a ball involved with it somehow. Kickball in the backyard, around the bases. Just a lot of games that developed us physically. Now, if you're going to make America healthy again, we have to get back to that physical play that's so important for children today because now there's not as many kids around.



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When you take go down neighborhood streets, you don't see kids outside playing like that anymore. We rode our bikes, we had bicycles and we rode our bikes everywhere. We're out through town. Even when we got into our teens or lower teens, we couldn't drive. We could ride bikes to people's houses. And sometimes you'd find that, you know, especially a nice summer night like tonight, that we'd gather at a house, you know, there'd be 20, 30 kids on someone's front lawn with their bikes and things like that getting together. And that was. That's how. That's how we spent most of our days. We would navigate our communities without a lot of parents supervision. So. And then when I became a father, it was. Everything was under parental supervision. Everything was a league, a game, a team, a community team. And kids stopped playing.



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You know, I put a basketball court in our driveway. And that wasn't like the thing to do. The thing wasn't. Or go to the park and do pickup games or things along those lines. It was all organized. Organized sports, organized play, organized training, where we would just do our own training by doing. We do it all the time. And that developed

your skills, develop your visual skills, it developed your coordination, and it developed your discipline. Because if you did play organized sports, then the only way to do that and it'd be good is because you competed with a lot of, like, great kids that were active in the community, and you had to play. You had to get out there and do things with it. Taking cars apart, putting cars back together, getting lawnmowers to work when they broke down.



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You know, we did all those things, and they were all healthy for our brain and body, physical ed classes and things like that. But, you know, as we got older, we didn't play sports in leagues. We played sports before went out at night, you know, before we go to, like, a pub or a bar, meet our friends. We go play basketball for a couple hours, and then we get all sweaty. We run home, get a shower, and then go out right late at night. There was all things that we did. It was great time to grow up, but there was a purpose to it. And the purpose was it made us stronger physically, mentally and emotionally stronger and emotionally resilient.



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So I think to make America healthy again, we have to get back to those days where we are more active as a society, not just with kids, but as young adults, as older adults and so forth and so on, and get involved in just doing healthy activities like hiking and walking, biking, going out with your family and doing it together, get off your cell phones, get more off the computer, and more into living your life on a physical level. And the other thing is that, you know, we had no referees, we had no umpires. When you have that, then if you are debating over a call, then you got to work it out. Now, sometimes it resulted in Fisticuffs, which probably not the best way to resolve a problem, but it was an option, always an option. Okay.



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Or wrestling or, you know, whatever we did, we got a lot. We got a lot of scuffles. I think you call them scuffles. They. They were definitely scuffles. And some of us were better at it than others. And so. And, you know, there was bullying going on, a lot of bullying. But I would think that our bullying was a lot different than the bullying that we get with our cell phones, text, the technology, social media and stuff like that. Some of the bullying can be absolutely horrible now. Phones, technology, phones. You know, people would call up kids and say some terrible things and hang up. Right. But a lot of that stuff was traceable. So, I mean, I pity the kids that actually did that.



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But the whole idea of being able to communicate or use your words to settle disputes was something that we came up with through our childhood. So were young psychologists and young psychiatrists. Now. There was a drug culture when I was growing up, and that was a very difficult time with the drug culture. Some of us survived it without blemish, others didn't. Alcoholism was a big thing. Drinking too much, having too much partying. Kids when they went away to college, you know, sometimes that they flunked out of college because, you know, they were drinking or using drugs and things like that. So, you know, life problems are everywhere. But I thought it was a better time. And so when you. When you think it's a better time, then I think you make great efforts to actually reverse the trend.



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Reversing trends is what Make America Great Again is all about. And make America healthy again is to reverse the trends, have safer communities, have places that kids can gather and play. Have play, right? Do things, sing, dance. I mean, there's so many things that you can do physically, so many things that you can get interested in that pretty amazing. Now when I was. When I was in my 30s, I started to take some martial arts and do martial arts and some boxing. And so Damon Feldman was a gentleman that I got to know. He does celebrity boxing. But Damon Feldman's is a great guy. And so we started talking about doing brain boxing. Brain boxing. And I tell you what, I enjoyed that. It never got off the ground. So we're going to be doing more work with doing brain boxing.



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Brain boxing is a way of. For balance, for coordination, for reaction and reactivity, quickening your reflexes and your senses. So brain boxing is something that you'll start to see coming out of our social media channels so that you can have like your own package of things to do. Okay? Now, brain boxing. When you do boxing and you are reacting to a punch or reacting to your opponent, you're developing those different systems that will help you do that, like your basal ganglion, your cerebellum, your vestibular system. Right. Your central nervous system from your frontal cortex. Because you gotta, we see something coming, you gotta make a decision, what am I going to do? So, I mean, I think that all those activities has a way of keeping us healthy. Not as just self defense, but as a defense mechanism about neurodegeneration. Okay.



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The other thing is that core muscle strength is a really important component of our center. Core muscle strength. When you lose your core, then it's what it is. It's your core. It's your central strength in your body that reacts to your breathing, your heart rate, reacts to changes in position and rotation and things like that. So when we do our new technology by Spryson, it's a rotational chair with the goggles, right? Looking at vestibular and visual interactions. Okay. But what we get from our patients is that when they get off of the chair, the first thing they'll notice is that they're standing up straighter. They have better posture, they have better gait and movement. Right. The way they walk improves. So the vestibular system is not about dizziness only. It's about eye movements.



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It's about focus, it's about targeting and doing things that make our life easier. Okay. I mean, I remember, like when I was engineering, were designing new technology for simulators. Right? Now the simulators that we made were simulations of control systems, system or control rooms in process control plants or even power plants. Now what was interesting is that the master control system, were doing work to teach operators of the power plant how to do it as efficiently as possible. So if you got coal going into the plant that is combusted, how can I get the most energy out of combusting the coal? How can I get the most energy about. In driving a turbine that creates energy, Right? So fuel in, energy out. Now, could the equation be. Well, for every thousand pounds of coal I put in, I got so many megawatts of energy?



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Well, if I, you know, I'm sloppy with my operation, If I'm sloppy, I only get a certain amount of energy. Say I get 500 megawatts out of the plant, but if I operate it with precision, I get a thousand megawatts out of the plant. Right. Which makes the owner of the plant pretty happy because, wow, I am operating as efficiently as possible. And because we're operating efficiently as possible, then our central nervous system, our master control system within the power plant, and now our plant is operating at its optimum. So the story goes like this. I was working for a company called Aomidata, and were making simulators for power plants. I worked for a non degree engineer, which was the most brilliant man I've ever worked with. Doctor wasn't a doctor. It was Bill Landell. The guy was just

like, amazing mind.



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I said, well, why don't you go to college? He says, well, you know, I bought the book, I read it, and I went to class and already knew it all. So he had a photographic memory, so I didn't need to go to class. I was like, oh, my goodness, God, what happened? Why did you give that skill to me? But Bill was just a great engineer. And then Charlie Kreisman, who was a PhD in physics from St. Joe's I was at St. Joe's University and I got my degree in engineering physics back in 1979. And Charlie was brilliant in his own way. So were trying to develop a new technology to do simulation. And at the time, they did it on minicomputers and sometimes mainframe computers, big computers. We were designing analog and digital circuitry to create that simulation.



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And so we wanted to use microprocessors. Microprocessors coming out in that day was 80, 80, 85, 80, 86 by intel, the company called intel making the chips. Well, Charlie said, well, let's go to Greg Luzinski tennis courts in Cherry Hill, New Jersey. And we're all like, what? Just, just come to play tennis. We're going to be doing a design center seminar at Greg Laszinski's. So we get there, he says, I just want you to hit the ball. Just have fun hitting the ball. So went out there and were playing at the time, the Inner Game by Tim Gallway, the Inner Game of Tennis, the Inner Game of Golf. You know, there's a lot of books coming around about the inner game. And he said, get your. Get a flow going. Get yourself a flow. So we're out there having fun, busting on each other.



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You know, it was a blast. I mean, there was older guys there who moved pretty well for their age. And then went to the tennis courts and were actually. We did tennis court work. Then after about an hour, he went. We went into a conference room and we started to design. He wanted it to flow, right? The flow of brain, body energy and the creativity that happened. We got to the point where we designed the first microprocessor based simulator in the world. Went to a Venezuelan company at the time called Enelven. And as a young engineer it was pretty. It gave me a sense of accomplishment, right? To work with these incredible people and design something that was far beyond what technology could do at the time to do it better now.



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But if you think about your own central nervous system, you don't want roadblocks in your central nervous system. You want to find the points of weakness. And when you remove those points of weakness, then your brain just flows. It just flows without impediment and things just operate without a lot of difficulty. When you have an injury, whether it's due to a pathogen, a toxin or a physical trauma, then things don't operate in flow. Your flow becomes less, you have to concentrate about it more, you have to think about it more, takes more energy, more fuel. You're not optimum. And when you're not optimum, it doesn't feel good. It doesn't feel good because it really is a struggle and it makes your life a lot harder than what it normally would be.



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So if you need to get into flow to get optimum function, then hit the link above. Schedule a consult with us. Let's find the path to your optimum function where you're in the flow and you're playing the inner game every day.

Thanks very much and I hope you have a fantastic day and I'll be seeing you soon on another podcast, hopefully with a guest this time. Or we're gonna have Adam Klossic do one with himself, giving you his philosophy about Norway, rehabilitation and the steps that you need to take to get there. Thank you. Remember, hit that link above. Give us a call. Alright, let's get you in the office and let's get you in the inner game of optimal flow and function. Thank you.