
John Gray: Health, Happiness & Romance

SVHI Transcript, Transcribed by [Bulletproof](#)
Originally Recorded: 04/2007

File URL	https://www.youtube.com/watch?v=R0I46Y2h1yE
Length	153 min (02:32)

John Gray: Experts in Health has a lot to do with my most recent passion in my life. I'm not going to just start out with that, because I know lots of you've probably read "Men are from Mars." How many have read "Men are from Mars?" Just to ... So I know you want to hear me talk a little bit about that, and that's really fun stuff. Then I'm going to move into what I'm most excited about, because I've been teaching Men are from Mars for 30 years. The book I wrote 20 years ago, the first book version, and the second version was 15 years ago.

Just for fun, being from Mars, one of the unique things about men is that we like to brag. Tonight we'll understand why. It's not that we're just egocentric. Men and women can be equally egocentric. Men, their bodies require testosterone. If you take any healthy male in the room, he will have 30 times more testosterone than any healthy woman in the room, that's 30 times. If I said twice as much, that's massive, but 30 times is like off the chart, inconceivable. Sometimes people say, "Men and women aren't that different." I go, "Do you know what testosterone does?"

Besides giving you sex drive and interest in sex and all that, testosterone makes you want to get to the goal. It wants to make you solve problem. It makes you, "Let's get to the point." Women, just so you could relate to the testosterone in your body, you've been with five other women in a little group and you decide we're going to pick a restaurant. Everybody's going, "Now, which restaurant do you want? I like that. Well, which ones do you like? Well, I like this one but no, not what I want. Well, what do you want?" Finally, at a certain point, one of the women who has the highest level of testosterone will go, "We're going to go to this restaurant. Let's go." That's testosterone. Now, men have 30 times what that woman has. That gives you a little understanding of what we men go through dealing with the nuisance. We have trained ourselves, our whole lifetime is about tempering that, tempering, tempering, tempering. It is a massive force in our body. When our testosterone levels start to decline, we will start to become depressed as men.

Testosterone has little effect on a woman's state of mind but it has major effect on men's state of mind. A recent research study came out which just showed that married men have lower testosterone. Sorry. Somebody said that married men have lower suicide, that would be for a different reason. Actually low testosterone, since you said the suicide thing, I just did a whole talk on suicide and violence last night. I was in a little bit of a debate with this other guy with his gender differences. He was talking about how many more men commit suicide than women. As if the boys and the men are being forgotten in our society and so forth because men do have about four times more suicide than women. What he didn't say which as I point out is that, this is statistically true, women attempt suicide four times more than men.

The conclusion you draw from that is women are big talkers. It's testosterone that puts it into action. You see, when her mind says, "Okay, I want to kill myself. I don't want to live anymore. Why do I live?" Now, I'll have a big conversation about whether we're going to do that or not. What do you think and whatever, the whole brain has to have a conversation. For a guy, he doesn't do that much thinking. He is like, "We'll do it. We're going to do it," because we can't wait around all this time. One of the

things I guess is actually that came out in that talk which is really fun, it is one of my favorite things, which is in dealing with depression. Basically, now you have to deal with clinical depression but just looking at stages of gray from enthusiastic, sparkling, on top of the world, happy as can be, ecstatic. That's we'll put at one end. Then we have depression at the other. We're ranged in between.

That range, where we are on that is always directly linked to your hormone production. For men, it's directly linked to their testosterone production. It's as clear as bell. In our western society, with our western diet, and our western marriages, we'll toss that into too, men's testosterone levels start declining as we get older. Now, in indigenous cultures, it has been found that men's testosterone levels do not decline. It's not like, "Okay, we're all going to lose our testosterone," it doesn't have to be that way. It's what we're putting in our body or somebody say, "What we bring to dinner," a lot of those things which we'll explore tonight is going to influence his hormone production level.

Now, the flip side is what's true for women, what's true for women is there is another hormone that's directly linked to a woman's level of is she ecstatic, is she happy, is she filled with joy, is there a sense of fulfillment and excitement, and then now not so happy, and grumpy and resentful and bitter and depressed and fuck you. It was in the room, I felt it. Will you do me a favor? I'm going to need lots of water for this talk. It is of course is the ...

Male: The good water.

John Gray: This is the good water. If all of you don't have one of these units in your house, I think there is basics that every person who wants to stay healthy and vital needs to have in your house. One of those things is an ionized water machine. There is all different kinds. I don't know the person who makes this but they just told me he sells him here. They're worth the investment. There is a few things in my house that I have never regretted. I'll be drinking this stuff all night because I'm putting out a lot of energy. Ionized water, they should have him give a talk to you on it because I'm not going to take my time to do it because I didn't develop it. All I do is drink it. It's just great stuff.

Male: Thanks for the plug, John.

John Gray: Who was that you? You. Yeah, right, right, you're the man. You sold it to me how many years ago?

Male: Several years ago, yeah.

John Gray: I think it was ten years ago. Anyway, to put it real short, we all know ... We've heard. We may not understand but we've heard antioxidants are really important. Then a short lesson in that is oxidation is when you cut an apple and you see it going brown. This is what happens to our bodies with a lot of oxidation. Antioxidants stop that process. This water is like massive antioxidant effect. It's just fantastic stuff. I live on this stuff. I guzzle this stuff. It's just the healthiest thing in the world. While I'm doing

commercials for other people, I'll also happen to mention that gentleman who came in, who has spoken twice now, he has his brochure here. I think it's a bit expensive for people to own in their homes but what you can do, unless you're rich, I mean, I have in one house but I'm rich.

It's about 12 or \$13,000 for this machine. I've got a neighbor who has people come over and they pay \$15, \$20 to stand on it for 10 minutes. That will pay back the bill. This is called the Turbo Sonic. I feel spectacular when I get on a Turbo Sonic. It's 10 minutes. It's the best, easiest exercise you could ever do because you don't have to do anything but just hold on; and has this little, it's called Extremely Low Frequencies, ELFs. Now, there is a lot of these vibration machines that, for some of you at your age, it will blow you apart. Okay? But this is not that. This is extremely low frequencies and they make it from a speaker that sends vibrations up to your body. At the very lowest frequency, your calves start vibrating. Then at the next frequency, your thighs start vibrating. At the next frequency, the fun play starts vibrating. Actually women's vaginal walls tighten up after a few weeks on this thing, the husbands tell me.

Female: It's not a good idea.

John Gray: It's a good thing. Then it goes up to the abs, and it goes into the chest. What it's doing is vibrating the body with these, it's just sound frequencies but they take the sound cone out of it so you're not hearing it. It's just a little vibration that goes through your brain. The brain, when it gets up to 25, where it goes in your brain is a nice little subtle vibration in your brain. You feel great. They've proven that in the test, it will lower your cortisol levels. We're going to talk about that tonight. There is a lot of things that will lower cortisol. I'm going to get into that right in the minute. He just happened to bring this in and I love this. I have a wellness center in Northern California where I do a lot of alternative therapies and treatments because wellness is my whole focus.

I've got so many great ideas on it which makes me really happy to be here. One of the tools we use is the Turbo Sonic. I've tried all the other ones, unfortunately this is the most expensive one; but it is the best. Somebody should find one and bring it here. Everybody should pay some money to help pay for it. It's just all it takes is 10 minutes. You want to talk for a moment? Go right ahead?

Male: [inaudible 00:09:32]

John Gray: What is it? [Ba-ri 00:09:37] you got one.

Male: [inaudible 00:09:38]

John Gray: What is it cost to use?

Male: They are charging for 12 rides, 250.

John Gray: Very nice. Yeah, 12 rides.

Male: So they can use these rides 6 by 6.

John Gray: Tight vagina, what can I say? Sorry. No. What it does, it produces a lot of endorphins. If you were to be jogging which you shouldn't be generally, some of you can of course but most people are not going to be jogging. When you jog, basically you'll produce a lot of endorphins and then you'll feel really good because endorphins are not only painkillers, but they are the brain chemicals associated with self-esteem. If you're feeling bad about yourself or your life or whatever, just get on the machine and you'll forget all the things you're upset about. It just happens. Endorphins get produced so it's an easy way without putting stress on your body to bump up your endorphin levels and to lower your stress levels. Stress as measured by cortisol, that's your adrenal gland. I was just talking about ... Now, we're off of Turbo Sonic. Thank you for ... He is the man to talk to.

Female: One more thing, Mr. Gray.

John Gray: You have one too?

Female: No, no. I worked with Richard. Anyone who wants to come and try it, you can try it for free. See me later and we'll make an appointment so you can come and ride it for free and get information.

John Gray: That's really wonderful. You can get a test of it, just good. Good. It's a nice test drive.

Male: Basically, that's all the questions, so can we hold the questions until later?

John Gray: I'm happy holding the question. Let me ride you for a little and then we'll do questions, okay because I got to roll a point. Here we are with testosterone for men has been proven to lower stress levels in their body. This is really really critical as we understand what stress does to our body. Now, all the diseases and sicknesses that we see in this last century have all been isolated back down to stress as being the major cause, major contributor. More importantly, when it's not the major contributor, it is the situation in your body that prevents your body from healing itself.

You cut yourself, your body will heal itself. Your body is designed to heal everything in your body. Everything your body is designed to heal if it can. As soon as you're experiencing stress, which is either elevated cortisol levels or they've been chronically elevated for so long, your adrenal glands have just burned out. Either of those two things, those are your big symptoms of stress. What I focus on is looking at what causes stress to men, what causes stress to women and it's totally different. That's what we're going to learn tonight first third of the talk.

Now, when I say stress, everybody always thinks, well, that's mortgage payments, that's a high cost living. That's insurance policies. That's in-laws. That's arguments, disputes, lawsuits, traffic. We think that's stress. That's not stress. That's a stressor.

When there is a stressor, doesn't mean you're stressed. For example, I don't ever get stressed driving. People are all stressed driving. First of all, I have a fantastic car. Second of all, I have no moral values when it comes to driving. I came from Texas. I'm an expert communicator so I've been stopped maybe over 25 times and never got a ticket. I know how to talk. The only one I didn't talk at my way out of it was a woman, policewoman. I cannot talk a woman out of a ticket. She thought I was God's worst person on the planet, took her 30 minutes to catch up to me.

She caught me as I was pulled over the side of the road to reading the map. I mean, it's such a great story. It would have worked with the guys, said, "Look. I'm talking to my old girlfriend. I'm driving to meet her tonight. I'm going to get laid." He would immediately let me off the ticket. She said, "She shouldn't even have sex with you. You're unsafe." That's a whole class ... One day I do want to write a whole book on how to communicate your way out of speeding tickets. I've even had policemen say to me, "I'm not going to give you a ticket just for the sheer entertainment value of talking to you." I take different approaches. It's always the right moment. My wife says I have a silver tongue. She was just shocked, she is like, "Somebody give this guy a ticket?" Anyway ...

I don't know how I got off on all that. Anyway, why driving isn't stressful to me is that when you're really good at something, particularly if you're a man, when you're good at something and there is a challenge, guess what happens? Testosterone levels go up, stress levels go down. For man, as long as the man is doing something he is really good at, then his testosterone go up. His stress levels go down. When a man stops doing things that he is good at, his testosterone levels start to decline. Unfortunately, that's one of the things that happens in marriage is in the beginning, he is good at it because she doesn't know him yet. He can do no wrong and even when he does wrong, she says, "He'll learn." At a certain point, she goes, "You're never going to learn. I'm stuck with this guy."

He needs ... This is what women don't understand is that it's a vitamin. It's a nutrient that men need this fan club. When he comes home, you go, "He is here. He arrives. He is walking. He is up. He is moving, life force. Honey, would you help me carry this?" Any opportunity you have to use the man in your life, do it because that's going to raise testosterone. Men, we like tools, we want to be used. Use us. Women don't realize that. What you'll do, what you do women is you'll wait for big things, right? Then you'll ask. There will all these little things like, "Gee, I wish I had potatoes and beans for dinner. I guess I'll have to go to the store and pick them up." You'll do that yourself, right? That's a little thing and it involves a car. Every man can drive a car no matter what age. He can do that well. You say, "Honey, I realized I don't have the beans and the cabbage for the soup. Would you go to the store and get it for me?"

See, women would never think of doing that because he seems so tired and exhausted. He is only tired and exhausted because you're not good at anything anymore at home. At work, you can be very dynamic but he comes home and he is dead man. Everybody thinks it's because men are exhausted. No, it's because they don't know what to do to make you happy because they never did anything to make

you happy. They just showed up and you were happy. Then you stopped being happy, what did I do? I didn't do? I don't know what's happening. She changed. I mean, think about just some of the common knowledge that we have about men and women with the man's best friend. What is a man's best friend?

Female: Dog.

John Gray: Dog, why? A lot of answers, it's probably all the same, because he comes home, the dog goes, "You're here. He is here. Hooray!" My little dog is like, trumpets are blaring, that takes me into the house, he is here he is here. How can you not bond with that? When you understand testosterone, then you see why those things are so important to men, is whenever a man can do something, and he gets in a sense acknowledgment, praise, appreciation, delight, happiness, then he goes, "Yes. That's good." Guys take you out on a date. Remember when he took you out on your dates? They were so romantic and so wonderful, he'd take you on a date. There is a good movie. You go, "That was such a great movie." Well, on emotional level, he feels, "Yes, since I brought you, that's my movie. I wrote that. I directed that movie."

He takes credit for anything he possibly can. That's the good side of it. The dark side of it is that women, what you don't realize because when you're under stress, one of the things you can do to feel better is to talk about everything that's stressing you out. If it's a bad movie, two women go to a bad movie, they're going to think, "Well, we'll stay through the whole movie." They're going to be able to talk about how bad that movie was for weeks. They'll spend the rest of the evening talking to each other about how ... Who could have made such a movie? That's such an awful movie. I can't believe I wasted all that time. Somebody paid money for that to happen? What were they thinking? Women can do that a thousand times more than I could ever imagine doing that. They'll do that because that's the way they'll recover from the stress of that experience, by talking about it.

Now, imagine he takes her on that date and it's not a good movie and she doesn't understand men. She is going to spend the whole evening talking about how bad the movie was. Literally, it's like pulling a machine gun out to this guy and going da-da-da-da. The guy, he will even start the conversation because he is already feeling depressed. "Oh god, I blew it, that movie, I should have never gone to that movie. That was a terrible movie." He slumped over and he'll look over and says, "Well, did you like the movie?" He is not asking for an honest answer. It's the same thing, women, when you're looking at the mirror and you say, "Do you see that cellulite?" No, honey. I don't see that cellulite. I just see the woman I share my life with forever. You don't want an honest answer when he is looking at there.

Just like that's what he is saying when he says, "Well, did you like the movie?" That weak voice. Then you pause and you go, "There was that sunset scene. That was fabulous." He goes, "Yes, I filmed that sunset scene. I have nothing to do with the rest of it. I can't control editing but the sunset scene, that was my idea." Give him something, a bone, give him something to feel good about. Women instinctively don't know to do this because that's not going to have such a significant effect on a woman

because your whole state of happiness is not dependent upon this hormone, testosterone. Anytime you get a reward for something, testosterone levels go up. Anytime you accomplish something, testosterone levels go up. I'll share something that increased my testosterone levels this week quite a bit. I'm still riding on this one.

After that lovely introduction, I have a new thing to say although it's sharing amongst friends. USA Today just did their top 25 books of the last 25 years. In the category of non-fiction hardback books, Men are from Mars, Women are from Venus is the number one biggest selling book on the last 25 years. That's pretty impressive. That's pretty impressive. I am ... What I learned as a guy, which is very interesting having been on the New York Times bestseller list which is every writer's Mecca thing. We celebrated that every year for seven years, one or two slot in my house. I would be so jazzed about this but I realized how flat the world would be if it was just testosterone only because I have three daughters and a wife.

Throughout their whole time, they're all growing up. We'd all be ready to have dinner. Everybody will talk about what's going on in their life. All I had going on was, "Well, I'm number one again." They'll go, "Great." That was all I had to say. It really pointed out to me there is a lot more to life than just being number one at something although as a guy, he has to find something he is number one at. I'm actually number six in all books for the last 25 years. To say I'm in the top 10 could be a niche, but what I do is define ... Yeah, but if you look at the books above me, it's Harry Potter, it's a non-fiction, it's a 9/11 commission report which is whatever that lie is, and in paperback. The other book which is my friend Jack Canfield, we started writing our books together many many years ago, he is Chicken Soup for the Soul. He is actually above me on this one. I'm like, had to figure out a category. He is always paperback, I'm hardback, so that's fine; hardback, non-fiction, number one, so that's fun.

That's a guy finding his place to be number one. That's what he has to feel on a relationship. He is number one. That's the great thing. Women, you can relate to that because you need to feel number one as well. That's the whole idea of marriage is that I'm picking you over anybody else. But it's a different kind of number one. He is number one of what he can do and you're number one in what you deserve. See? That's a whole big distinction. He is the can-do plumber. John will fix that. If he can't he'll hire somebody; as if that's even more glorious. He is the guy; whereas for my wife, she is the woman. She deserves. It's the whole sense of entitlement, I make her more important than the children. I make her more important than other people. When I'm not making her more important than other people and she gets upset. Then I go, oops, I guess I should have done your way; as opposed to say, "Well, honey, I got to work." Sometimes I work too much and then she feels left out, so I can always rationalize, every man can rationalize the importance of work.

I got to pay for the house. It's how I do my thing. How am I going to save the world? Da, da, da. If she is unhappy, it's not a matter of justifying, it's a matter of going, you didn't get what she needed. You deserve that. I'm going to adjust and give you what you need. The problem is when guys make that adjustment to give her what she needs, we go way overboard. We do way too much. Then it doesn't work anyway

because we don't know what to give. See, what we do is what a man would benefit from, not what a woman would benefit from. Think about it, in your own sense of accomplishment, what makes you feel good, if you're in a workplace, you get bigger rewards if you do something bigger. When I make a bestselling book, I get a lot of money for that. If I don't have a bestselling book, I make something. If you do bigger, you get bigger. That's the world of Mars. That's the scoring system.

The scoring system on Venus is the opposite. It's not how big the thing is, it's how many things there are. Their rule on Venus is every act of love ... They have a scoreboard, they all have. They don't admit to it, they're not even aware of it, the big scoreboard up there. Their busy giving all the time but they're giving themselves points for it. You don't realize this guy, you're losing out all the time. She is scoring all these points and you're getting nothing. You think, "Well, I'm making big points. I went out to work and I'm making money." Well, how many points do you get on Venus for going to work everyday? One point. Every act of love scores equal to every other act of love, big or small.

Now, it's not that women don't like the big stuff, you got to do the big stuff but there is only so much big stuff you can do. What keeps women happy is to stimulate this other hormone that lowers stress for women. Remember I was saying the stressors are one thing but it's how we react to the stressors that depends whether we have stress levels. For women, how they react again it's the same for men, how you measure stress in a woman's body and a man's body is elevated cortisol levels. Cortisol levels are elevating and that's another hormone predictor. As we get older, our cortisol levels continue to chronically elevate in the west. They get higher and higher and higher. As you're talking about energy levels going down, one of the major reasons our energy levels go down is that as cortisol levels elevate, your body's ability to burn fat as a fuel diminishes. Fat gives you more energy than carbohydrates.

If you're stress free, which young children, they haven't yet elevated, they'll tend to burn fat very efficiently. They can be eating junk food and all kinds of stuff and you'll see they're not getting that much weight; except there are certain things they can't eat which is unfortunate all the obesity with children today. Primary cause of that is the fructose. Everybody is talking about how great fructose is because it has no glycemic index, which means it doesn't raise your blood sugar up, because it goes straight into your liver. As soon as your liver is filled up with fructose, guess what happens then? It gets converted straight into fat. What people don't realize which isn't yet out there, somebody did this research is that the difference between fructose and glucose is that glucose is absorbed 10 times more efficiently by the brain than fructose. You'll take a bunch of fructose and you'll get a little bit of sugar in your

brain and your brain goes, "Yeah. Now, I can see straight. Feels good," because the brain gets its energy from sugar, from glucose or fructose which converts into glucose.

When you put that fructose in the body and you measure how much brain absorption happens as opposed to straight glucose, 10 times more glucose as opposed efficiency than fructose. What does this mean practically speaking? All the food manufacturers, they don't know that little tidbit of research, all they know if we put glucose in the food, you don't eat as much. You don't buy our product again. You eat one cookie and that's about it. If we put fructose in the cookie, you eat one and you go, "That's so good. That's so satisfying." Then you put it down, I got to have another one. I got another one. Then by the time you're halfway through the bag, you're going, "Oh my god, the bag is going to be over soon." That's pure addiction.

I had that once at my one of my daughter's wedding. She had the best wedding cake I have ever tasted in my life. Halfway through the wedding cake, I was going, "Oh my god, it's going to be over soon. It's going to be over soon." It was so good. Anyway, that's pure fructose coming into your brain. What it did is it teases your brain. Gives it a little bit, but not everything. You have to pull some more, a little show, a little show, but now you got to pay for it. It's not a good thing. They're putting it in everything, corn syrup, fructose, it's death. It's just death to your body. We have a whole big talk on how that slows it down. I want to come back to some of the gender stuff, fun stuff with Mars, Venus.

If I'm a guy and I'm doing something and I feel successful in my relationship, my testosterone levels go up. If a woman is in a relationship and she feels seen, heard, understood, cared for, nurtured, special by this guy over here, if she is feeling that and she is feeling that in her life as well, then a hormone gets produced that is so critical to women. That hormone is called oxytocin. This is like the last four years, they have been doing this research to prove this. It's becoming the big word, the big buzz, soon they're going to give you oxytocin replacements and all of that. They're always going to try to do that and then you're going to find out 10 years later it caused all your breast cancer and all that stuff. Your body can make it. Your relationships can make it. We just have to understand how the body works, what we need to make those hormones. Often people and audiences have been so misguided by the media they don't even know some of the basic things of biochemistry that every doctor should have been taught and they don't even know.

Sometimes I'll speak at the anti-aging conferences and all these doctors, that maybe five or ten percent will have the answer to this question, which is what makes hormones? What food can you eat that will give you the substance for hormones? Well, somebody just said it. Cholesterol. If you eat cholesterol ... Your liver can't make cholesterol by the way. If you want to get it right away from your food, you eat it. It's one of the healthiest things you can do. One of the worst things you can do for hormone production is go on a no-cholesterol diet. Like they said to you, give up egg yolks. Anybody heard that one? Egg yolks are super hormone food. If I ever got really

really sick, my number one cure besides fasting would be egg yolks. I just give up all eating and I'd be eating egg yolks for a few days and that will help my body.

I've seen it do miracles for people. Egg yolk is like magic. It's like real STEM cells. This is life right there, you're eating it. It's the best thing you can do. Yet we're going to tell everybody not to have it. If you look at our system today and what everybody thinks and what you hear and what's on boxes and all those different things, and they say this is good for you, it's always the opposite that's good for you. Look at the results in our society. We've gotten so sick in our society, all of these lifestyle diseases that didn't even exist before. Obesity didn't exist hardly at all before a hundred years ago. Diabetes, hardly; heart disease was very rare over a hundred years ago. Cancer, very rare, it's like three out of a thousand, and even in the last century.

Now, it's suddenly one out of three. It's crazy. What has happened? Well, it's crazy crazy science out there telling everybody. I always come back to, I know some of that crazy science, maybe there is some good science in there that works. I find my security and my safety and my health, and when I recommend things to people, in nature and in what indigenous people have done for thousands of years. If people have been eating butter for thousands of years, butter is fine with me. Then you find out butter is great for making cholesterol, butter is going to make your hormones in your body. What's the problem with all this fat? Well, then you got the trans fats, which I remember six years ago having a debate at Harvard. Here, I'm this young guy and ... I'm not really in the whole academic box but they're giving me this big award and I was giving out the PhDs and had little hats on and everything.

One of their other esteemed guest was this researcher at Harvard, big shot at Harvard who was doing research on trans fats. I didn't know that but I was at the dinner table, and there were all these women around me saying, "What are you working on these days, John, besides all of your Men are from Mars?" I have a million things I'm working on but somehow emerged into my consciousness, "Well, I like teaching people about the dangers of trans fats." They say, "Really?" I say, "Yes. I think it's one of the two or three main causes of obesity today and all these hormone problems that women are having and so forth is the ingestion of this synthetic fat, which is basically trans fats is we process fats so it turns to plastic so it will never go bad on the shelf. If it doesn't break down on the shelf, it means it doesn't breakdown in your body. Not only does it not breakdown in your body, but it goes into your fat receptor sites and prevents good fats from actually having a good effect in your body."

The whole table was so quiet, I had no idea why because they all knew this guy was doing the research. I was going on and on about trans fats. Finally someone said to me, "Well, Dr. So and so has been doing his research on this. What do you think about it?" Of course, what's the first he says, "Well, where do you get your research?" Who says what you say? "Well, first of all, I say because I work with people. I have my own wellness center. Second of all, Dr. Udo has written a bestselling book called Fats that Heal, Fats that Kill. Are you familiar with that book?" "Well, no I'm not." I say, "Well, who is funding your research?" He says, "Well, that's confidential." Of course, it's the

transfat companies that are paying your research. All the women are like, "Oh my god." It was just like a reference and they loved it.

The next thing I said to him was ... I used to have this fun with this guy. "How long have you been doing this research?" "Seven years." "It's taken you seven years and you still can't prove there is anything good about trans fats. I'm sure if you'd tell us the truth, you'd find that everything you found is it's causing cancer and every negative problem we have today." "Well, we certainly haven't found that." I said, "Because you won't admit it." Anyway, the room got very tense so we changed the subject. Now, what pouring now, they're saying, "No trans fats, no trans fats," because we know this is another one of these crazy things we created in our society so that we can centralize the food distribution, put all the farmers out of work, highest rate of depression in America and the highest rate of suicide in America is our farmers. It's horrible. It's horrible.

Another great book to read on that subject is ... Darn. What's the name of that book? The guy who write about corn. Omnivore's Dilemma, really a fantastic book, opening everybody's mind up to seeing what this whole food industry has done and what we're putting in our food. Anything for example with corn is completely toxic to your system, all this genetically modified corn stuff is just terrible for you. Of course, what's in every food product you get? Corn syrup, they'll say fructose, like, "Oh, I'm getting something from nature, fruit." No. It's highly processed, highly mutated, highly destroyed corn, and then refined, and changed and polished, so that it will cause you to become addicted to it. That's that fructose. You just look at your packaging, fructose. You go, "I can't give up my fructose." That's because you're addicted.

See, I've learned, a lesson you can learn, women, which is when you're talking with a man, you never expect him to listen to anything you say if there is any distraction going on. There is no way you could what I said with that music going on. Many women will be in the car with their husbands and they'll be having a conversation, he'll be listening until he has to make a turn. There is no way he can continue listening to her and make that turn. Then he makes the turn and literally for a few moments, he has blacked you out. He doesn't even know it. He has just shifted from I'm looking here to I'm looking here. When I'm looking here, that doesn't exist. Then he looks back and you're continuing the talk and he is listening. He can't make sense of what you're saying and finally says, "Well, why would Bob do that?" You say, "I'm not talking about Bob. We changed the subject a long time ago."

He had one of these blackouts right between you changing the subject, which is why women will always think men don't listen. We do our best but we don't listen the way women listen. One of the differences is women have seven places in their brain where they can listen. If you have a stroke over here, no problem. You can still hear over here and here. If a guy happens to have a stroke up here, he'll never hear another word. That's it. You got it all over the place. You have 10 times more white matter in your brains. White matter connects all the gray matter. The gray matters are the intelligence centers. What men have is they go to one and they just stay

there. You could see this in the brain scans. Guy is dealing with a problem, he goes to one part of the brain, plants himself there and everybody is there.

Woman goes to that part of the brain, she is still in connection with everybody else. Well, how do you feel about that? Well, what do you think? What's the future going to be like? What do remember from the past? The whole brain lights up because women are using the whole thing. Now, that's a real plus but it's also a minus because if suddenly she is worrying about something, she over worries about something. Her brain is going wild and she is becoming overwhelmed and this and this and this. What's he doing? He is sitting there watching TV. "Don't you realize we're going broke? The house is a mess. We got this, we got this." He says, "Yell tomorrow, I'm watching TV."

Because all he has to do is go to the part of the brain that watches TV and everybody else, rest. It's like men have great ability to let their brain go on vacation. Women's brains never go on vacation. They're always active. This is how we're designed to be. Think about the perfect fit. You got men that go out and hunt and go in danger and run down the animals and they go away at war. When he is away, how are you going to manage? God gives you, or whatever, nature gives you, the ability to do everything. I know you've all felt that at times. You feel like, "I do everything." How many women do everything?

You know how you feel, "I do everything." Right. I do everything. I mean, one of the first arguments with my wife was I said, "What's the matter honey?" She says, "Well, I do everything." I said, "Honey, how can you say you do everything?" She goes, "Because I do everything." I said, "If you do everything, then that means I do nothing." She said, "I'm not talking about you. I'm just telling you how I feel." "But how you feel is directly to me, you're talking to me. If you feel like you do everything, that means I do nothing." She says, "No it doesn't. Why does every conversation get turned around and be about you?" I say, "Okay, let me think about this. That was way too much information." I had to ...

Remember the brain is way more busy busy busy. I got to go away. Let's get back to that one. Anyway, as a therapist, I get to test this stuff out because I got all these other women coming in all day long, listening to him. Finally, I realized this was very common on their planet. Two women get together and they say, "What's the matter? What's going on?" "Oh, I do everything." The other woman says, "I know just what you mean. I do everything too." See, there is no contradiction in the world of feelings. It's a feeling but it's a gene that women have which is they do everything. I like to even think about helping us understand physiology and the body from this perspective as well because there is two very active ingredients. We got all these great things that make us healthy but the key things from one perspective are enzymes and minerals.

Now, enzymes make every process in your body work much much better. If you're going to convert this to this and move this here and burn fat, and burn carbohydrates and make brain chemicals, and make dopamine to give you energy and motivation

and make serotonin that will make you feel happy and optimistic and generous and giving. All those functions to get your heart beating, to get your bones to rebuild, to make your body cleanse and detoxify and kill and wipe out the bad bacteria, every one of those functions the body can do very sluggishly but if there is an enzyme, it will speed it up. The enzymes really get everything going. Think of the enzymes as doing everything in the body, that's the woman. She does everything.

But in the body, as in life, the woman makes the baby but she can't do it all by herself. He stands by it and said, "That's my child." He put two minutes of pleasure into the whole thing. That's his child. That's what the minerals do. They're mysterious. We don't know what they do. They just standby and then the enzymes can work. When the minerals aren't present, the enzymes can't do anything. It's a very very key thing, we have to understand this, you can have enzymes but if you don't have minerals, they can't work. If you're divorced and you have no enzymes, you can have all the minerals in the world, it's not going to work. We need enzymes and minerals. Now, part of why westerners have such low hormone levels and all these problems I talked about, greater stress, more depression, all heart disease, diabetes, all of those sicknesses, illness, our bodies are so out of balance, one aspect of it is that now for a hundred years, we've been using fertilizers in our soil.

Now, what you do is what they discovered, a German doctor discovered this. I was in Germany and saw his statue. This guy has ruined the health of the world with his fertilizers but he thought it's a good thing. It seemed like a good thing is that what they found is instead of having to nurture your soil, you grow crops, you would rotate crops, you would rest crops, you would add minerals back into your crops, you'd take the cow dung and you put it in your crops and so forth. You're feeding the soil so that the microorganisms will grow in the soil. They would then digest the mineral so that then the plant could then receive the minerals. Then the minerals would be available in the plant for us to absorb. There was this whole natural process that we had to live with. It was slower but the food really was good for you.

The food really tasted good. It had all of the minerals that you needed right there from the soil. If you didn't replenish the soil, your plants wouldn't grow. What this scientist found is you take three minerals instead of all the minerals and you don't care about all the little bacteria, the little micro-culture that grows in the soil. Get rid of all of that. All you need is these three minerals and you put it in the soil and your plants will look really good; but there is nothing in them. That's what's happening today. For about 10 years, they'll still be good because those three minerals will absorb all the minerals in the soil. It takes about 10 years to totally deplete the soil of the minerals that we need to live, to make all of those enzymes work.

Basically, our food is completely impotent to give us what we need. Ultimately, we have to supplement our self with minerals. I think that's one of the major major things that I do everyday. I always make sure that I take minerals. Ideally, there is different kinds of minerals but it's good to get at least some trace minerals from a natural source. One natural source that I use is I take sea salt. In particular, I use Himalayan sea salt, just because the oceans now are so polluted. There is the good

French sea salt but it's still the polluted ocean. The ocean is really polluted, massive miles and miles are just dead zones in the ocean now. Just horrible things are happening to our planet. Anyway, so the ocean is not that clean of a place. At the Himalayas, there is this ancient ancient salt which has got 80 trace minerals or 80 minerals in it. It's fantastic stuff. You just take a teaspoon of it and a glass ... Half a teaspoon and a glass of water a couple of times a day and you'll get all your trace minerals.

You'll get all this good feeling. The salt does also allow electricity flow through your body and you feel really good and healthy. That's one thing I just couldn't do without. It's one of those basic things of life is to make sure we get enough salt. Now, of course you've heard that, "Oh my gosh, you got high blood pressure. Don't take salt. It's a crack, a crack. It's awful. It's ridiculous." It was like some fifth grader figured this out because if you have low blood pressure and you take salt, your blood pressure will normalize. You'll go from low to normal. There is nothing about going from normal to off the charts. There are studies which show sea salt, good salt, not junk salt; again, junk salt is like junk sugar.

We're talking about real natural ocean salt, dried and all that stuff. You take real salt even in cases where people had hypertension, the salt lowered it. There is no relationship between salt and all these problems. People ate the salt of the earth, everybody always ate salt for thousands of years, people are eating salt. Now, you're not eating salt. It's insanity, all the best things they've taken away. We get sicker and sicker listening to their advice. There is another thing that you can do for those that are constipated, which is ... By the way, I've used Dr. Klonix, it's a very good product. It's going around there. What I use is a very simple thing which you do variations of it. I'm not even constipated. I'm actually extremely regular. I do this because I know the extra benefits that come from it. I don't do it all the time but at the seasons, I always go through cleanses.

One of the cleanses I do is a colon cleanse, a colon cleanse, there is a lot of different ways to do it but the oldest which I've done since I was 20 years old, I used to be a yogi in my 20's. I studied [i-rova 00:45:03] and yoga. I did the first yoga video on Planet Earth, they're one of those firsts. I know it was the first because we had the [am-pax 00:45:10] recorders in the very beginning before they even had video stores. It was fun to do. I've been doing yoga since I was four years old. My dad was in the whole health industry and he sold shakes and all this stuff. Now, I got a whole line of health shakes and minerals and all things. I was trying to get one of my older brothers to sell it. I say, "Robert, maybe you can make a lot of money just starting selling this stuff."

He never responded to the e-mail. I say, "Why didn't you respond to the e-mail?" He said, "John," he is my older brother, "When I was growing up, Dad gave me his shakes to go door to door and sell them. One of the most traumatic experiences of my life. I just couldn't even address the e-mail there." It was very very funny. All these things come around, it's so funny. Here I am, I teach exercise, I teach nutrition, all that stuff, as a little child, I was growing up in all of that. Of course as an author, my mother had

a bookstore. By the time I became bestselling author, they got a whole wing built onto her bookstore which is like a shrine to her son. I have over 150 different products, there is videos, and tapes and all these. She just had them all there. It was very very sweet. People would come in, "Oh, I'll take you right into this room, a lovely author." A mother's love, nothing better than that.

We come back to lowering our stress levels, cleansing. By the way, I mentioned what a salt cleanse looks like because very simple process, a very healthy process. You just take a quart of water, ideally it would be this kind of water. It's a little harder to do when it's regular water because what this water does, the ionic water, the alkalized water, they run it through an ionizer, is it makes the molecules return back to their normal state, which is they're normally clumped together in small clumps. As soon as water goes through pipes for more than about a hundred yards, it starts clumping together and becomes actually bigger collections of molecules. It's harder to get into your cells. You'll be drinking it and you'll just be peeing it out. T doesn't hydrate you and not only does it not hydrate you, but it actually sucks out minerals in your body. You have to be careful about ... Particularly if you're already dehydrated, you have to be very careful about drinking lots of water unless it's clustered water.

Now, you get the machine, that's a little bit more expensive. A cheaper way to do it, as well to get clustered water, is ... Which means that it's broken down into more of its natural state. The Germans figured this out a long time ago, rivers always go like this because waters filled these little vortexes that are self purifying. As soon as it goes straight, it wouldn't have all those natural characteristics. It wouldn't self-purify. It wouldn't oxygenate itself. It would also start to clump up. It naturally does this in nature. You just start looking and learning from nature is always the key. Another thing you can do is they found is that people who live at high altitudes, there is always sort of a thing about why are they always so healthy. One of the things, it tends to be a lot of the civilizations at high altitudes why they're very healthy is that they're drinking the water that comes from the ice. Certainly it's going to be rich in minerals.

Also the found that when you freeze water and then you melt it, it's structures it. Meaning it returns back to its normal structure. What I do everyday, even though I have that, I also like the ice. I make a blended protein shake in the morning. I put my omega 3's in there which is brain food. I put my easy to digest proteins in there, definitely not soy, one of the worst things you can do. We can get to do that. I'll mix that in with some other flaccid that keeps your regulars well, rich in omega 3's, some good protein. Goji berries, who has tried Goji berries? I discovered Goji berries eight years ago in Tibet, where I almost died in one of those mountains. When I was living amongst the people there, the people just look radiant.

Of course they would have these Goji berry tea five times a day. That was their big deal. In certain places in Mongolia where they take them right off the bushes and eat little Goji berries. People live routinely 20% longer than the people in the other villages, which means they're all generally commonly over a hundred years old and very healthy. They have really great characteristics. Rather than raisins which can be really high in sugar, you can go with the Goji berries. They will give you all kinds of

benefits. One of the benefits they've done in a study is that it allows you to take in more light. What I noticed, one of the things of getting older is we take in less light. Goji berries are terrific for that. That's why in China, they're used in all of the anti-depressant herbal remedies. They'll put Goji berries in there even though it's not even an herb. It's just a little berry.

It's so good for depression because it will literally, your light ... One of the reasons, it could be many reasons but one of the things is you actually take in more light. We already know that light lifts us out of depression. Why that is is when you have light come in, it stimulates your pineal gland to produce serotonin. I have another little technique which is how many people take naps in the afternoon, just curious? When you take your little nap, what you can do is get a really good mask to put over your face or be in an absolutely dark dark room. If you can put even a 20, 30-minute nap, I don't even know where I got it but it's really padded and it's thick. It comes around me. I lie in that thing. I just take a little nap sometimes, I just lie there and listen to an album or something. When I take it off, the light is so bright, everything is pure white light because your eyes, they adjust to the dark. Then you get to the light, suddenly your brain is engulfed with light. It stimulates pineal gland to make more serotonin.

You go, "Oh, I'm feeling like I'm in heaven," and you're back into feeling stress free again which is the whole light therapy stuff. This is a way to really knock it up. That's why breakfast is the most important time of the day to get your nutrients for your brain chemicals. That's what you want to look at, make sure I'm getting all of the nutrients I need that the brain requires to make brain chemicals because it's in the morning hours when your eyes are more sensitive, the light will stimulate the pineal gland stronger in the morning hours and that's where you'll start making most of your serotonin. Now, serotonin is important for men but way way more important for women. Why?

We both need it but women have the vulnerability of using up serotonin way faster than men. That's why 10 times as many women are on anti-depressants than men, 10 times as many. I'm including sleeping pills in that as an anti-depressant [valuem 00:51:49] those benzo drugs and so forth. What is the story there? When I saw that distinction, I went, "Woah, what's going on here?" I would dare basically any guy who your doctor has put you on a serotonin drug has got you going in the wrong wrong direction. I mean, certainly it could be the case the guy could run out of serotonin but long before he runs out of serotonin, he has got all kinds of other imbalances that need to be corrected. The serotonin is not an answer for men basically, the guys who made serotonin, the first one Prozac, [eli-lily 00:52:21].

The first version of Prozac was brought out 30 years before. Does anybody know the name of it? LSD. LSD is a selective serotonin re-uptake inhibitor. That was the first version of it. Then marketing plan failed, so they waited many years and they brought it out in smaller doses and a little bit different. You're basically giving yourself LSD. The thing besides effective, it's not even effective but for 50% of the people, and then it loses its effectiveness over time. Over that process, what they don't tell you and most doctors don't even know this but when you read the research on it, you'll see

that with one pill, a Zoloft, a Prozac, any of those one, one pill of a selective serotonin re-uptake inhibitor, take the first one, your cortisol levels double, double.

Now, what is the problem with cortisol? Let's come back to that one again. When your cortisol levels are elevated, then your body becomes less efficient in burning fat for energy. That's what cortisol does. It pushes you into burning sugar for energy. It creates carbohydrate cravings. Whenever you look at a carbohydrate and you go "Must have," that means your cortisol levels are elevated and it's preventing ... It's causing you to feel that craving for the carbohydrate rush rather than the exquisite abundance of energy that you get when you're burning fat. Right now, I'm 100% in the fat burning zone.

Frank Shalin Berger does a great book on fat burning and sugar burning. He is brilliant and he has taught me a lot. He might have spoken here. Did he speak here? Twice. Frank is really great. He was quite amaze that I'm always burning fat. He had the test on me, he said, "Wow, you're burning fat. You're burning fat. You're burning fat." Because my whole focus is producing the brain chemicals, balancing brain chemicals and whenever you're making plenty of serotonin and plenty of dopamine, when you're brain chemicals are imbalanced, your cortisol levels go down. When you find something to lower your cortisol levels, then what happens is you go into the healthy functioning that you're designed to function in which is fat burning. Fat burning gives you way more energy than sugar burning. If you're really out of breath, like you're doing an exercise routine and you're out of breath, that's out of breath, that means that you can't comfortably breathe in and out your nose. You are now out of the aerobic zone, that means you're not using oxygen to combine with your carbohydrate or your fat to produce energy.

You're using no oxygen and your body is getting energy through the fermentation of glucose or carbohydrate and the comparison of that form of energy and fat burning, this is 20 times greater than this. Now, women, you are born with 25% more fat cells than men. Why? Because you were born to do it all. You have unlimited energy. You do, if you're fat burning. If you're not fat burning, if you're eating carbohydrates or if you're stressed, you can't burn your fat. What then happens is you're exhausted all the time but you've got a brain that never turns off. Your brain is designed to be burning fat all the time. You've got that fat to make your hormones all the time. If you're not burning fat, you can't make hormones and you can't feel your brain. But your brain is still busy.

You come home, he comes in, you're both working let's say. The first you see is the house is a mess. Must be cleaned. Must be organized. Flowers had to be watered. All these things have to happen. You know what guy sees first? A couch. You go, "What's wrong with him?" Nothing is wrong with him. He is the happy guy. See, what happens, this is the big difference between men and women. That's why I have a book which I go much detail in this but that's Mars, Venus diet-exercise solution. The book is not about going on diets. It's about giving up diets. It's not about exercise, the way people tell you about exercise, understanding exercise for your brain. The Mars,

Venus part of it is understanding how our relationships stimulate these brain chemicals.

You can't just have good diet and be healthy. You've got to have good diet and good relationships, whatever they are, whether with your children or with your neighbors or whoever, your intimate partner. Your relationship stimulates the brain chemicals. Now, let's say I don't have stable blood sugar. Then I can't make those brain chemicals. This is what commonly happens particularly with women with unstable blood sugar. You're designed very differently from men. Men are designed to run long distances and they can get into this anaerobic zone where they produce a lot of lactic acid and it converts back into energy and they keep going and going and going and going. You don't do that as efficiently. You're designed to burn fat and to give you all this extra energy to keep going. When you're not burning fat, you're in big trouble.

Now, cortisol levels are elevated and that prevents you from fat burning. Why does it? Just to look at the innate intelligence of the body, your cortisol is your flight or fight reaction. It goes up and it's designed to give you extra energy in your muscles and extra focus in the pre-frontal cortex to figure out where to run if a bear is chasing you. If a bear is chasing you, cortisol levels go up, I got to get out of here. In order to do that, to give extra energy to the muscles and to the brain, the digestion shuts down. Your body says, "Who cares about digestion? We're about to be digested." Literally, pancreas stops making enzymes. Well, what do enzymes do? They're the women of the world, they do everything. Nothing is going to happen without enzymes. As soon as cortisol levels go up, enzyme production goes down. That's why when people say, "If you're angry and upset, don't eat," because you can't digest your food anyway.

See, you don't have to be angry and upset. You could be tired, while looking at TV or anything, and you have elevated cortisol. Being upset is one thing that will raise your cortisol levels. Another thing that can raise your cortisol levels is you're so upset that you've finally given up. "Don't bother. No matter what I do, nothing is ever happening. So why should I try anything?" It looks like he is not stressed at all. He is. His cortisol levels are elevated. He has lost energy because when you have elevated cortisol, your energy levels go down after a while. You get this burst of energy because you're burning sugar. Sugar is like kindling wood. It burns fast. It gives you heat right away and then it goes out real fast. You have to keep feeding it sugar, feeding it sugar. If you into those acids being produced, he has pain in his body as result.

I work with all these professional athletes, their muscles after they retire, they're in pain all the time. I help them get rid of it, it's very easy to get rid of it, which I don't know if I have time to talk about but that's all about cleansing the body of acids, acid build up in the body. Women have a really hard time getting rid of the acids in the body. What you end up with is 90% of the people on this planet with osteoporosis are women. What is osteoporosis, has nothing to do with all this calcium and drinking calcium drinks and all that stuff. Americans take three times more calcium supplements than any country in the world and we have the highest osteoporosis

rate. Now, let's wake up. I mean, people weren't taking calcium supplements before, they had strong bones. What is the problem?

If we analyze it differently, your body is intelligent. It is building bones all the time. There not a person in this room that doesn't have the ability right now to build bones. It's just you're tearing your bones down faster than you're building them. What's tearing your bones down? Acid buildup in your body, when acid builds up in your body, your body will pull calcium and magnesium right out of your bones and calcium plus acid becomes salt and you'll pee out salt. Your body has to do that otherwise that acid will kill you or burn your organs. It throws off the acid alkaline balance in the body, it prevents the body from absorbing oxygen and then you die. It's like an imperative to keep the PH balance and one of the buffers, one of the ways the body does it is by depleting the bones.

Another way the body does it is by hiding those acids in your thighs. Your body is never going to let go of it. It will just keep hiding those acid put. It goes into the fat cells, it's not that you're fat, it's that your fat cells are expanding, and expanding, and expanding, and expanding. You can't create more fat cells. You're just born with them. It's just you look overweight, it's not that you have more fat cells. It's that they're stuck with toxins and acids and some fat which is put in there. Your body is not about to dump that because you'll die. It's protecting you. You're like, "Why can't I get this off? Why can't I get this off?" Because if you did, you'd die, unless you help your body to do it.

It's very simple how to help your body do it, which is if you stop putting toxins into your body for a little while, then your body can start cleaning house. It's hard to clean out the closets when you've got kids in the house making a mess all the time. If the kids go on vacation and nobody is making a mess, then you go, "Ah. First, we'll have sex, and then we'll clean the closets." If women rule the world, we'll the closets and then we'll have sex, whichever it be. First of all, you've got to stop adding more problems. Every time you eat the food in the store, you're adding toxins to your body. Even when you eat good food, let's imagine there was good food and there isn't anymore because now besides the fact that the minerals are depleted and most of our foods are processed so there is no enzymes alive in them; no women, no men, nothing is happening in the body.

Beyond that, we got a war going on in the Middle East. It already has happened. You can measure the radiation levels in the water, and in the soil, and in the air in America. They dramatically gone up because we have been using depleted uranium which produces radiation on the tips of our weapons so they will penetrate through the walls to kill people. We have super weapons which were against until we started using them. We seem to be always above the law. The side effect of that is not only have we destroyed their culture, which now the babies are being warmed with mutations. I personally know soldiers who have come home, who have had babies without arms who were over there. This is what's happening today. It's not just them bringing it back. It's the winds have carried it over. We have this idea, "Oh, it'll just blow away." Where does it go away to? Where is away? Away for them is here. That's

where the winds come. We're all being affected by it. It's not gloom and doom although it is gloom and doom for some people without a doubt, not for me.

I mean, I would anything, I would do everything I can to try to correct the situation. What am I going to do for my own health? I'm going to make sure just like if my car is polluted, I drive through a ... When I go up my ranch, it's all dirty when it comes home. What do I do? I go through a car wash. All I have to do is just stop putting radiation into my body, stop putting chlorine into my body, stop putting pesticides into my body, stop putting dangerous chemicals into my body, stop putting chemicals into my body, stop exposing myself for a period of time to all of those things. Guess what the body does? It starts cleaning house. It will just start cleaning right away. The oldest most powerful remedy for healing everything, anything, when the herbs didn't work and when this didn't work, what did you resort to? Fasting. The problem with fasting is if most of you tried to fast, you'd probably get sick.

Let me tell you a story, just to help talk about how powerful the body is in terms of cleansing itself. I was driving along in my limousine in Hawaii. He was 78 years old. He was retired but he liked to drive his limousine around and teach. We had a fun time because I like to teach. We were sharing ideas. At one point I said, "Well, you seem so lightened. Why do you smoke?" He said, "Well, there is a story with that." I said, "Well, what is it?" He says, "Well, when I got to my 70s, my grandchildren says, 'Please, grandpa. Give up smoking. We don't want you to die.'" He said, "Okay. For you, I'm going to give up smoking." For his children, he couldn't do it but for his grandchildren, he could do it. He gave up smoking.

Two weeks later, this is what he told me, two weeks a tumor this big grew in his throat, with his hands like this. I said, "Really? Oh my gosh. What did you do then?" He said, "I figured, well, if I'm going to die, I might as well die smoking. I started smoking again and two weeks later, the tumor went away. I'm continuing to smoke." I had to figure this out. Why would that be? Well that makes good sense. I asked him, I said, "Well, when you gave up smoking, did you start drinking lots of water in order to help detoxify all the toxins that are going to come out?" Because cigarettes today are so filled with extra chemicals and toxins, and then we're breathing it in, your body immediately is always storing it, storing it, storing it.

Literally, it's like pulling back an arrow. All you have to do is stop smoking. What's going happen? All those toxins come out. When those toxins come out, it's devastating to the body. It's too much. You have to be careful about releasing toxins. What happened is I said, "Well, did you drink water at least?" He said, "Yeah, plenty of water." I said, "Well, what kind of water?" Coffee. Coffee dehydrates body, doesn't help the body to become moist and hydrated and help remove the toxins. What is a tumor? Well, this is a controversial idea. It's certainly what I believe to be true because once I heard one simple thing, if you take a tumor out of somebody's body and look at what's inside of it, what you'll find is toxins.

If you take the liver out of your body, what will you find? Toxins. If you look at the difference between a liver and a tumor, they look very similar. What your body does

when it becomes super toxic and your liver can't handle all that cleansing anymore, is it says, "Well, let's grow another tumor and keep you alive for a few more months." That's what tumors are. If you cleanse your body, if you help your body to get rid of the toxins, you don't have to create tumors. Once you created the tumor, then will all those acids inside, eventually oxygen can't get to that area. Anytime a cell is deprived of oxygen, cancer will grow. Now, everybody in this room has cancer growing in their body right now. It's just that it's under control. They've done autopsies of everybody, when they do autopsies of people over 40, they all have cancer growing somewhere in their body. It's not dangerous. It's just like having a few weeds in the garden and the body is always tearing them out, tearing them out, tearing them out.

That's just life. Cancer, we are scared of cancer when it's out of control. It has out of control growth when our body ... One of the things is when the body becomes so acidic or that part of the body becomes so acidic and toxic, oxygen can't come in and do it's job. That little part of the body, cancer will begin to grow. There is many theories of why that will happen but there is no questioning, it happens. Well, we got off in the cancer. I will like to mention that ... More water. I'll give you two cups. We can recycle the cups. I don't need anymore. Thank you for thinking of me. Were you thinking of me or were you thirsty?

Male: No.

John Gray: You never know with guys. Women for sure would have been thinking of me. He is my host tonight. I made the point about when we're under stress. I'll one mention one thing, your digestion stops or slows down. The ability to make enzymes diminishes as your stress levels go up. Now, the body is designed to be under stress to run away from the bear. You get away or you don't. It's not designed to be under stress chronically. We are now living in chronic stress. You could be having the idealic life and all you have to do is eat a candy bar and your body will think you're being chased by a bear because anytime the body goes into full-blown sugar burning, that simulates a bear is chasing you.

Now, we're going into sugar burning because that's what the body does when a bear is chasing you, you go into sugar burning. Insulin levels go up to deliver everything into the muscles. If ever you eat more than two teaspoons, two to three teaspoons of sugar, two teaspoons on an empty stomach, maybe three teaspoons, four teaspoons at the max on a full stomach. Any time you have more than that, it's more sugar than your body needs. At that point, then your muscles will begin burning that sugar rather than just saving it for the brain. Then your blood sugar drops because now you're in muscular sugar burning as opposed to fat burning which should be our main reservoir of primal energy that keeps us going and particularly for women. Now what happens is women will tend at this blood sugar drop very quickly. Men, this is the tip you'll remember from tonight because occasionally, you'll be taking your sweetheart on a little vacation, and you're driving somewhere.

Of course you've got your goal from point A to point B, as long as you're on that road, you're testosterone levels are coming along. You don't want to do anything until you

get there. Okay? We're just going to get to that goal. She is going to say halfway there, "Maybe we should look for a restaurant." You're going to think, "Sure, we'll look for a restaurant," in his mind, "When we get to our destination." That's a big mistake because as soon as a woman says she is hungry, her blood sugar has crashed. When her blood sugar crashes, she can't serotonin. If she happens to be under stress, she has ran out of serotonin very quickly. Why is that? Because the emotional center in the brain for a woman is called the limbic system, for men and women happens to be twice as big in a woman's brain. All roads lead to Rome in that part of the brain to what's called the emotional memory, in the hippocampus. That's twice as big in a woman. The whole second storey is devoted to memories of him.

Every mistake you've ever made is recorded there. What happens is when a woman is under stress, she will experience 8 times more blood flow to the limbic system than a man, 8 times more blood flow to that part of the brain. Of course what is it doing, it's waking up in vivid living color every memory of something going bad. Because under stress, you will remember all the other stressful things that happened to protect yourself from that. This blood flow activates this vivid memory inside of everything in her brain about everything you did wrong and everything that could wrong and everything that somebody else did that was wrong. It all comes up right in ammo, just big flashing colors bright everything, blood flow going in that area. The brain is designed for this. Women are designed to handle everything. They can handle all that and then their brain makes all this serotonin that comes in and literally relaxes that blood flow. It slows down so you get a big burst and then the serotonin gets produced and the blood flow settles down.

What the serotonin does is it activates in the brain positive feelings like optimism and goodness and memories of the good times. Literally, to give you a visual of this, one day my wife was very upset with me and I was trying out a new technique which is called hugging, actually it's an oxytocin producer which lowers stress in women but it melts them and it allows serotonin as well to be produced. I remember she was really upset and I thought, "Okay, this is a good time to try it out." I went over and I gave her this little hug. I just stood there and she was like, tight, and then she started to melt, that melting, then we had a nice hug. Then everything seemed to be nicer.

I said, "What happened during that hug?" Later I said this, she said, "It was interesting." I said, "What happened?" She said, "I was just thinking about all the things you do wrong but as that hug continued, I started to think of all the good things about you." It all just balanced out. That's the way women resolve things. See, men just forget it. Women remember it but they can also remember more good than bad. That's how they have a positive place. What they need is serotonin. Now, what stimulates the production of serotonin, to make more serotonin, there is a variety of things to do it. One of the most potent ways, these are the things that do it basically, communication, collaboration, cooperation, nurturing and being nurtured, being seen, being heard, being touched, all those types of things stimulates serotonin in the brain.

What will happen is when women are under stress, one of the most powerful ways of doing it is if she talks about the things that are stressing her. If she talks about them, then she is stimulating serotonin and then she becomes more balanced and realizes, "Yes, there is this negative but it's not as big as it seemed because there is all these good things." It balances, that's what talking about this happens. It took me years as a therapist to figure this one out because as a man, this is why I knew Mars, Venus was so significant, because I learned as a therapist by luck that if I don't give any solutions to the women when they come in for a therapy, they always come back. I did this experiment. Women say, "I don't really want to hear your solution." I said, "Well, I'll try this." Women will come to me for counseling.

Like most counselors, I was getting along, those days about half-filled practice but it was good for Sta. Monica where I was. It was pretty popular. Within a month, I had a sold out waiting list. There is one thing I did, I stopped solving problems for women. I would just practice nodding my head, really. I can't believe it. "Then what? Wow. Then what? Tell me more." That was it. Occasionally, I'd give a little comment and they trick you, they go, "What should I do?" "I don't know." Now, as a man, I would have never thought to do that. If a man was coming to counseling and asked me a question, I had said, "I don't know." He is, "What am I paying you for?" If a guy is in the room, I got to have some bright ideas right away to tell him otherwise, "Why am I wasting my time with this guy? He doesn't know anything. He knows less than me."

A woman, she goes, "Finally, a man who doesn't have all the answers. I can trust him." It's a real tangible stuff. I was really extremely experimenting. It was like the [huger-trade 01:15:34] me, "Don't give solutions." Women were loving it. It was an amazing thing. Then I started understanding. Finally, it took years and years of understanding the brain and serotonin and brain chemicals and everything to really get the biological reason. There is a reason for it is that when you talk about problems and somebody is listening to you. See, it's really the listening that stimulates serotonin because I'm being seen. I'm being heard. That's going to raise your serotonin levels.

Now, why aren't men so interested in that? Well, part of it is that men's brains store 50% more serotonin. Men's brains make serotonin 50% more efficiently. Men do not have low blood sugar drops as suddenly as women. You get these basic differences. Another big one is a little more technical but I'll say this one as well so you can write me an e-mail on it. The other thing about men is that men have 30% more muscle mass. What happens when you have more muscle mass is in order to pump serotonin up, one of the reasons you enjoy having baked potato or a candy bar, anytime you flood your blood system with a lot of glucose, a lot of sugar, and whatever; instantly you're insulin levels go up. Your insulin delivers all of the amino acids in your blood into the muscles. Except for one, and one is called tryptophan. Then tryptophan goes straight into the brain.

You've got all these amino acids that are in protein and the big amino acids get in first and the little ones wait in line. The littlest is tryptophan. Tryptophan is very unique in that it doesn't go into the muscles when an insulin goes up. If you take a bunch of

carbohydrate, that's why a book ... There was one a book written called Potatoes, Not Prozac. It's a great book. The technique works. It's a little unhealthy but it's way more healthy than taking drugs. Now, my programs are way more healthy than that because it's all about just balanced nutrition instead of eating a lot of potatoes. What they were doing is giving you a lot of carbohydrate, they would clear the amino acids so your tryptophan would get into the brain. Now, men because we have more muscle mass, our muscles, we're working them all the time. Our muscles would tend to absorb those amino acids into the muscles thus freeing tryptophan to get into the brain.

This also helps explain why for women, exercise, which works your muscles, which pulls the amino acids into the muscles and then tryptophan could get into the brain to create serotonin; exercise has been proven and researched studies to be six times more effective than anti-depressants. Anti-depressants are proven to raise your stress levels and cause all these problems. It's illegal in my mind that somebody can give an anti-depressant. You give them a permit that says, "You can't go out of your house so you exercise," or something. You got to take people with compassion, it's what it should all be about. We should help them exercise, we should create easy exercise which is this is about the time I'm going to teach some super wonderful exercise.

Exercise has been a big part of my life. I'm a lazy kind of guy. It's easy stuff, not just intense stuff. It turns out, particularly for women, this is best kind of exercise because it's going to stimulate fat burning. Of course, if a guy is overweight, it's the best exercise for him to be this nice flat skinny guy. You look at John, "Well, John, you probably always were this way." Well, I was quite a bit, as I was younger because I did yoga and I exercise and everything. Then having kids and family and I turned 40, I'm 55 now; but when I turned 40 to 45, I had 25 extra pounds. My little inner tube grew out here and it wasn't going away. I earned this and I know a part of it ... First big part of it is cleansing which has a little bit of fasting in it, and a way of fasting so that anybody can do it. I'll explain some of those details which ...

I call it cleansing because if you fast, for many people, you'll detoxify so quickly, it's dangerous. You'll detoxify so many quickly that you have what's called "Detox symptoms," you get tired. You get headaches. Your energy level drops. With my program, once you understand why your body gets tired, "Why does it get tired?" I was realizing one day, as I was taking all these people do cleanses, they were having all these symptoms. Well, these are all the symptoms of anemia. Who knows about the anemia? A few would, what anemia is iron deficiency, and sometimes B12 deficiency. Anemia means you're not getting enough iron. Your body is not utilizing iron. Iron makes hemoglobin, red blood cells, to carry oxygen to your cells.

Now, for all the time burning sugar because we're eating sugar or we're under stress, then our body is not pulling in lots of oxygen because when you burn fat, you pull in lots of oxygen. Well, if you go on a fast and you stop eating carbohydrates, what is going to happen right away? Your body is going to start burning fat. It has to. Where else is it going to get energy? Your body goes into fat-burning mode. To burn fat, you

need oxygen. To get oxygen, you need hemoglobin. To have hemoglobin, you need iron. You don't have any iron. You don't have any hemoglobin. Suddenly, you have to start making all these hemoglobin and you don't have enough iron to do it. Very quickly in a fast, people start having the symptoms of anemia which is iron deficiency, which is basically not enough oxygen in your system, which means you have headaches, which means you're tired and your weak, and all these things.

There is one of our Olympic ... I think it was at Stanford, one of our Olympic winners, gold medal winners fasted 40 days before the workout, before the competition. You exercise, you stay active during a fast. You go, "I'm tired." What do you get tired for? The only reason you get tired is that you're detoxifying and you're not eliminating the toxins. Well, why don't we eliminate the toxins today? One reason is we're sedentary. We're not trained to walk three or four hours a day. For thousands and thousands of years, human being's bodies were designed to walk three or four hours a day because we didn't have cars. We didn't have bicycles. People walked all the time. What nature did or God did or how we want to talk about it, the most important system in your body is the most important system in your house.

What is that most important system? The plumbing. If you don't have plumbing, that house is going to smell terrible, bad news house. You got to get the trash out, that's a job for the minerals. For the guy to carry that trash out, but you need plumbers, plumbing. Now, you flush that toilet but doesn't flush. You're in big trouble. Now, the body has got several flushing mechanisms. The first, the most important is that when there is toxins, when there is waste, when there is poisons, the lymphatic system takes it right out of the cells. That is your toilet. That's what's going to flush it, is your lymphatic system. It is so important that it's four times bigger than your circulation system. Speaking as a man, bigger is better in that context. You got this lymphatic system. How does it work? Nature made it so you don't have to do anything to make your lymphatic system work. It works automatically if you lived before a hundred years ago, where people three to four hours a day.

If you walk three to four hours a day, you don't have to do anything. You don't need big muscles, you don't have to exercise, you just walk three to four hours a day. Your lymphatic system will remove all the toxins in your body. That's your basic solution. Now, I'm not going to get all of you to walk for three or four hours a day, not everybody wants to do that. You can start working up to an hour a day because that will work enormously wonderful for you. Even before that, if it's a rainy gloomy day or you live where there is concrete streets and it's actually poisonous to go out. My joke is back in the '70's, I lived in LA and everybody is into jogging there on La Cienega Boulevard, and you don't see them anymore because they all died.

They're breathing deeper but what are they breathing in? Heavy metals from all the exhaust, it's the most unhealthy thing is to breathe out there. If you're jogging, you're breathing even deeper. If you're jogging in the woods, it's a different story. Anyway, I lost my train of thought on that, going back to those days. We're into exercise. I want to teach some exercises. This is ... You're going to notice just in five minutes that we're going to do this simple exercise, what an immediate difference it's going to

make in the way your brain functions, the energy and the experience of pleasure in your body, just being in your body and alive. The way this works, now I want to be careful, not everybody will be able to do this like everybody else. If you have any issues with your knees, then you won't be able to do it like everybody else. You just move your arms like this, okay?

Basically, this is a simple technique of standing with your feet on the ground just like I'm standing and you do this. Not, I'm not doing it like crazy man. This is all it takes to cause my little lymphatic pumps to start pumping up my body the lymphatic fluids. This is what they do. All the cells dump into little capillaries which are 1/10 the size of a hair, that's how tiny they are. All these little waste products start coming out. They're coming into the lymphatic flows areas, and these little pumps pump it up. Walking will stimulate those pumps, this will do it more efficiently and more quickly. It's not as fun as going for walk in nature, but you don't have to spend as much time. Now, I first saw this as a child when I watched movies of Zulus. Remember they'd be around the fire and they'd be doing this?

Later in my trips to Africa, I saw this was an intricate part of Shamanic Healing, which is people would be doing drum beats and they'd be doing this around the fire. They're around natural frequencies, they're in a rhythm. They're doing this and they're breathing deeper. Now, if you're American-Indian, they did the same thing around their fires, "Heya, heya, heya, heya, heya." They chant because chanting caused you to breathe a little deeper. It's a matter of breathing a little deeper and stimulating your lymphatic pumps because as I'm getting rid of the acids in my cells, more oxygen can get to those cells and start making my metabolism kick into gear and do what the body is designed to do, make energy; so this simple exercise.

Then in China, I saw in Chi Kung, at the Chi Kung hospitals where 10,000 people will come, they're all there to get their little herbal remedies for their different sicknesses. They won't give them the herbal remedies until they do this. This is the Chinese version, a little more vigorous, chop, chop. We're doing our Karate chops but we're out like this. Turbo Sonic does the same thing, absolutely. For those that can't do that, go stay on that Turbo Sonic, it will do the same thing. Actually, it'll do it faster, this you need. How long do they do it in China which is a 5,000-year old tradition with magical herbs it will cure anything? They know that if you don't do this first, the herbs don't work. Herbs can't do hardly anything unless you clean the system, in order to absorb nutrition, in order to absorb minerals, to get it into the body, all those important healing ingredients, you need to get the waste out first.

Out with the waste, in with the good; out with the waste, in with the good. Let me say to you that even if we didn't have any of the toxic influences and we're just eating wholesome organic mineral-rich good food, we'd still need to do that. We still need to walk three to four hours a day to be healthy because eating good food produces waste which has to be removed. We have this burden that's beyond anything that humanity has ever had to deal with, massive amount of toxins and unhealthy things, plus our own waste. This little chop is the Chinese version, the African version is this. I

remember in South America, and South Americans they do this little happy dance. They do this in their rituals and they're all getting high. This is another movement.

American-Indians bring it the heart level. Then we got the Hallelujah people, they all going Hallelujah. Then we've got the modern rock concert version. You see, I look like this little guy but I guess this football players doing this, and they're like wimps. They can't even keep their arms or their head hardly anytime. They're exhausted because their arms are so heavy. That's the secret to it. I have all these little ladies, they're all doing it. I go to the rock concerts with my kids for three hours, I'll do this. Everybody probably knows that guy can go on forever, who is he? Superman. It doesn't take a lot of muscle. I don't have that much muscle.

What I have and this is what's important is you don't have to have muscle for health although it's good to keep as much as you can. What you need is capillaries to deliver oxygen and deliver fat to your muscle cells. That's all you need. If I can always be in fat-burning, then I'll never get tired and my muscles will never get soar. Lance Armstrong can ride his bicycle for 24 hours. He keeps going because he has twice the oxygen capacity than we have. His lungs are bigger and his body is able to absorb and he has all these capillaries. That's what an athlete is really doing when they're training, is for weeks of training, you're building capillaries. Then weeks of not training, they all just disappear.

Your body makes it if you need it. Your body lets go of it if you don't need it. It's something we have to do regularly is keep building those capillaries, that's the most important thing besides stimulating the lymphatic pumps when you walk which you're also doing is you're increasing within a week of an hour walk a day, you have way way more capillaries. You'll just have more energy. People always think, "I'm doing aerobic exercise for my heart." Your heart is the strongest muscle in your body. It's always exercising. It doesn't need more exercise. What it needs is more capillaries so it doesn't have to strain to get the blood to your muscles. If you're huffing and puffing, you're putting stress on your heart. Why you're huffing and puffing has nothing to do with weakness in your heart, it has to do with ...

You're trying to get all that blood through this one little capillary, pushing it through, hypertension is just pushing it through. This cures hypertension in a month. Just do this for an hour a day. I've seen people, it's amazing. But it takes work, you have to do it. We should be doing it, we should not be looking at some synthetic pill to do it for us. That's the weakness and the disease of our society is looking to other people to do what we're responsible for. When we stop being responsible for our health, then we're going to experience the consequences. Anyway, if everybody would just stand up, we'll try doing this exercise. Remember don't need to push it if something gets soar, just sit if you need to. We're not going to push anybody into this. There is seven basic moves. The first is the warm-up.

The warm-up is the African version. Now, there is another version that you could do at home is you can also ... We'll keep doing this and we're going to breathe a little deeper. Let's get our breath going. The first breath I like to do in the morning because

I'm just getting up in the morning, I do this kind of easy is you breathe in your nose. It's the Hawaiian breath and you'd make an "Ah" sound. I mean, what is it? "Ha" sound. Ha. Ha. Now, we'll inhale. Ha sound. It's relaxing. It's just easy going, relaxing. Three breaths is all it takes. Ha. Okay, now we're going to do another version, the Chinese chop chop version. We do the three breaths. Ha. Another breath. Ha. It doesn't have to be a real loud "Ha" because in the morning, it's like ... Easy is easy, just ha, just "Ha".

Okay, this is the next version, it's the horse riding pose. This is Chinese as well. What is that? One is the African version, it's loose, when you're waking up ... This is too hard to do when you're waking up. Nobody feels like running after ... You want to be gentle with your body, always gentle, gentle. This is loose. This has a bit more energy. Then you bring your legs a little bit further apart, push your butt out a little bit in that you're riding a horse, it's a little bit of horse. This is the one you have to be careful with because if you don't stick your butt out, then you'll just put your knees forward. You never want to push your knees forward. You just want to have your butt go out a little bit, you're riding a horse. Deep breaths. Ha. There we go. Ha. One more breath. Ha. Even your laughter is good for us. Now, we're going to do the South American version.

It's got a little dance, just imagine you're high on peyote and you're just dancing around the fire, which is another thing you do with peyote is you do this. You don't have to take peyote to get high. That's right, this is all the old dance moves. Basically, this is like a system of dance moves and that's what you'll see as we're going through these different things. There are breaths. Now, since it's not the morning, I'm feeling like about time to go a little bit more rigorous breath. That's where you make a "Pa" sound. Now, if it doesn't feel comfortable in the morning, you don't need to. In the evening, usually you got enough adrenaline going in your body, whatever to get some "Pa". The "Pa" is like this, breathing in, and then exhaling like this, "Pa". "Pa" is a good exhale, okay. Then inhale, exhale, "Pa". That's good. Inhale, "Pa".

Then we're going to go to that American-Indian version which is around the heart level, just like this. You don't actually have to do this but just this here. What we're really doing if anybody ... The eastern influence always talks about energy centers in the body. We're actually slowly raising the blood up to different energy centers in the body. When we get to above the shoulders, that's when the blood literally goes into the brain. In the west, the longest lived men of any occupation are music conductors because as soon as you get your hands up in the air, we'll go this one. At this point, you're either gay or you're smart. What happens if you slowly get up to this, now the blood is literally going into the brain and stimulating brain cell growth right now, stimulating brain chemicals being produced, oxygenating cells throughout the body.

Then another version is there here. We're not going to do too much with arms over the head because it takes a while for you to build up the capillaries to do this effortlessly. No need to get tired. The last one, rock concert. In Phoenix, I've got kids doing rock concert music in their classrooms as breaks doing these exercise. We're getting great, great results. They get to come alive again. Now, we're going to slowly

come down. Pa. Take one breath with each one. Pa. Pa. A little run beats here, Pa. Chop, chop. Pa. Now, I want you to just be silent and feel your body right now, just close your eyes and feel the fingertips, feel the tingling. Feel the tingling in your feet and your legs, that's your whole body, you just have a whole body awareness. Take a nice deep relaxing breathe.

If some of you in the morning are in a habit of saying a prayer or doing a little meditation, this is really a great time to do it. For those that have a spiritual [bend 01:35:24], I'm just going to say a little prayer so you can experience the power of the doing a prayer or positive thought at this time. Together, I'm just going to talk to the higher powers of the universe, whatever that means to anybody. It has a meaning to me. I use the word God. Dear God, my heart is open to You. Please come, come into this room and surround me and everybody in this room and bless them. Bless us and help us on our way in this world. Use me today to bless this world. Use me this day to give love to my wife and to my children, to help people on my journey and to feel good about myself in that process. I feel so grateful. Feel in your hearts the gratitude that you have for what you have in your life. I'm so grateful for all the abundances in my life. I love my car, thank You so much. Okay.

To everyone doing that, a big round. There you go. Now, I have to say, I got more applause just now than when I got here. Did you notice the energy in your body? Does it shift? It's a wonderful wonderful shift. Am I done?

Male: It's up to you.

John Gray: No, I'm still in the middle of my talk.

Male: Okay, you go.

John Gray: Okay. I'm good. I'm in [apathy 01:36:41]. That's just the little intermission there. Okay, we're going to keep going here. Yeah.

Male: [inaudible 01:36:50] that you do in the morning it's like [inaudible 01:36:54]

John Gray: Yeah. It's a chi energy, the same thing.

Male: This one is amazing.

John Gray: It is amazing. I also ... My mother was an energy healer, spiritual healer, energy healer. I also did that for a part of my life. It's that same thing tingling energy that you feel in your body is what you feel when you're doing energy healing on something. It's just the chi energy, life force, oxygenation of the cells. What's great if you meditate is to start that way and then go onto your meditation. I would go into these Tai Chi classes. Everybody would be doing their Tai Chi movements. Tai Chi movements are very slow with awareness of movements. The whole point is so that you're feeling the energy flows in your body through slower movement.

Everybody would be in the class and doing it. I said, "Is anybody feeling any energy?" They go, "Well, no. Not really but that's advanced state." I said, "Let's all just do bounce and shake for five minutes." Then I had them do this. Everybody just try doing this real slow and you just feel the energy. Just a sense like this, suddenly you feel all this energy going in your body. It's just slow movement or you can do this fun one here which is you feel the energy between your hands. You can do this anytime but if you do it after a bounce and shake, you just feel it so easy. It's like [pudi-pushmak 01:38:15] because we have all this energy field around us and in us. When the energy is flowing, then we become aware of it. When it's stagnant, we lose awareness of the body.

That's a little bit of the exercise. Now, I do have a DVD of exercises which goes with the book if you're interested in that. That's one you can remember and do anytime. I do have a few others that I feel are really important. Again, they're super simple. The first is just simply a big breath and then a bow. Now, all of your traditions have to do with bowing. Now, why is that? Because whenever you flex your spine about five seconds in one direction and five seconds in the other, you're now starting to go in rhythm with a healthy pulse. They will pulse the cerebral spinal fluid into your brain and out. If you look at a baby in the womb, you'll see the spine slowly moves five seconds this way and five seconds this way to create a cerebral spinal fluid pulse that cleanses the brain. Literally, it brings the brain chemicals down for the rest of the body.

What you do is you just ... This is one of them, you do five seconds. Another one is twist to the side. That literally melts this pasty substance around the spine so that it becomes more fluid and flexible, preparing you to do, this is the big move, which is this one here. Simple movement, all I'm doing is bending my spine and you do it like six or seven of those, five is plenty, with a deep breathe and then exhaling. Now, what you're doing, then you become ... Just like you'd have a buzz then, you'd get another buzz from that. Then you get a little bit further with it. There is a movement like this where you're flexing your spine more. Then there is a movement like this. For the young, it's more like this, where you bring some leg energy into the whole thing. For older people, just going back like this. In China, you'll see them all standing out in the morning, this is called stargazing pose.

In India, you'll see them doing this, which is the power pose. I like to rotate and combine everything, so it's a simple movement like that. Then another flexibility spine, a slow movement this way and that. Then the final, once you've really warmed up your spine in a few minutes, that circulation is going to increase. The final one is the big bow, which is like this and then slowly coming back up, which I always do to my wife, hoping one day she'll do to me. It's like ... This is so wonderful exercise to be doing. You're getting the full spine. In Tibet, in Buddhist tradition, various traditions, in the Muslim tradition, you sit down, you do all these bowing things. A long time ago, I'm sure it was much slower because if you do it slower, you get into the pulse. You know what happens with men, it's like, "If you can do five, I can do ten in the same amount time," so it got sped up.

I know some Buddhists who is doing 10,000 [per-nan 01:40:56]. It's like ... It's this slow movement that's going to do it. Then there is the whole idea of strengthening our ... If you all can do that real quietly over there, I love you buying my books but a little quiet. Then there is the glands, the glands are everything. We don't have exercises in the west that talk about the glands. The Chinese figured this one out. The yogic system also has a bit of it. What these movements are is first, and this was the [Sophist 01:41:27] you hear about. This is going to stimulate my pineal gland, this simple little movement like this, not so much that I would get dizzy. I'd breathe in, I hold my breath a minute and I breathe out. Then I go the other direction.

Now, in my younger years, I was a celibate for nine years. I was a yogic monk. We were always taught to only go one direction because if you go the other direction, the demons come. The demons are literally the energy going down, that means you get horny. We want that to happen now, so you go the other direction. The key is energy going up, energy going down. When you're a yogi, you're practicing celibacy, you want your energy ... Because your creating vortexes of energy and it literally starts to stimulate the pineal gland. If you're sensitive, you can feel it. I can literally feel the blood flow happening. I tested it out one time by taking massive doses of Nicene, if you want to test it, which increases blood flow in huge lot. If you do these exercises, you'll see the blood flowing through those glands like crazy.

That's the first one. Another traditional exercise is slow spinning, doesn't have to be this fast performance spinning, slow spinning. The next one is another movement like this. This is for your pituitary gland, one direction, and then other direction. Then I put into this the advanced version, which is the real version, which is like in esoteric systems, we have higher levels. The higher level of all yogic moves is hardly any movement at all. See, everything is subtle. It's a tiny, tiny movement like this, which is actually stimulating the brain more, and then the other direction. It's so tiny you can almost barely see it.

How do get that? You do big ones, and then you do little ones. Then you go the other side, big ones, and then exhaling, I'll do little ones; again, very very subtle. Then you go the other direction, so same thing. Now, this is really key one. This is a warm-up for Tai Chi. It's the most powerful Tai Chi exercise. This is so simple, arms up like this, slow big movements. Then on the exhale, little ones, not fast, not this. Then you just slowly go the other way and your thyroid gland, blood starts flowing in your thyroid gland and you're increasing the magnetic field of these glands. You're strengthening them. These simple movements, they're thousands of years old. You'll see them scattered through all various traditions, people standing and doing this movement. Then there is another version of Tai Chi where they would do this one. It goes with the thymus gland which western scientist says shrinks, and it does in westerners; but it doesn't have to. That's your immune system.

This is going to help strengthen your thymus gland and strengthen your immune system, and then you go the other direction, just simple movements. Then at the end, you do these little tiny movements, always ending with little tiny, that's subtly, and then big, and then little, like that. Then another one is this one here which is the yogic

movement. The Chinese are a little bit more discrete so they'll put their hands in front because it's their stirring the pot move. Then there is another one which is like Hawaiian move, which is this and go the other direction. What you're doing is these are the belly area, this is this area here. Then the last one is a big movement like this and you could really get into this and then little movements at the end. This is going to put you in a very meditative state. If you're sensitive, you'd feel your orb getting really really big, that's your magnetic field, it's increasing.

Those are the ... What I have is four different routines, everyday you'd do one routine until you learn them. Then you can do all four in one routine in 45 minutes once you've built your body up and it's very easy. Then another one of the routines, those that are hormones, another one is basically you balance and shake. You get the spinal flex. Then do some floor routines, very simple stretches, but we have to all stretch a little bit, just the simplest stretch is lying on your back and just with your one leg up and the other leg just coming up and coming down, coming up, coming down. Doesn't have to be this big fancy stuff to be a yogi. I know the big yogis, they have sciatic problems. They have anger problems. They have health problems. I don't have any of those problems because I only the easy stuff.

When I was young, I used to be like a pretzel, I could walk around with my legs behind my head and all that stuff. Don't need it, what you need is all the basic warm up exercises to be optimum health. We're missing that in life so much. That's one version. There are so many great exercise programs. What I think I've done is just gotten down to the essence of making it so simple to get more bang for your buck, so it's what I have is this exercise I do and I enjoy them very much. That's there. I want to come back to another aspect of understanding men and women and then a little bit about cleansing and then I'll be whatever you want.

Here you have a woman. Now, we've understood her brain is going to be more active under stress, 8 times more blood flow. Here is a big misunderstanding between men and women because the research that was done on blood flow, they interviewed women. They said, "On a scale of 1-10, right now, how much stress are you experiencing?" She says, "Oh, it's not a lot. It's a 2." They said to a man, "What are you experiencing?" "A 2." She has got 8 times more blood flow. She is actually in her mind. Her mind is saying, "It's not a big deal," but she has a strong emotional reaction.

For a man to have that much emotional reaction, it would have to be an 8 on the scale. Men are constantly misinterpreting women's emotional reactions. The emotional tone in your voice is an 8 and we're looking at and we say, "Why are you making such a big deal out of this?" Just let it go. She'll say, "I'm not making a big deal out of it. I just want to talk about it." He'd say, "Well, if it's not a big deal, you don't have to talk about it." For a woman, it doesn't have to be a big deal. She is going to have blood flow. She needs to talk about it to stimulate serotonin to relax that part of the brain. Now, does she have to talk every time? No, if she has got plenty of serotonin. But if her blood sugar has dropped and she is under stress, she can't keep

replenishing the supplies. Now, you've got a woman whose brain knows, "When I'm under stress, talk." Her blood sugar is low. How long is she going to talk? Forever.

The moral of that story is when a woman says, "Let's look for a restaurant." Men, that's a code blue alert. That's stop everything instantly. Find food. Carry food. Olive, nuts, give her nuts. That's the best thing, give her nuts at that time. "Here honey, I got nuts and we'll find a restaurant right away." Whatever she says at that point, don't argue, don't question, just go, "Tell me more. Really?" Then when every cell in your body says, "Please, please don't say another word. I'm exhausted. I can't take it." What you do is you take a deep breath knowing that once she gets her blood sugar, all of this will be forgotten. Take a deep breath and you say to her, "Tell me more." That's the man from the boy, they have that strength. It's a great gift. You don't have to do it all the time, thank goodness.

If you prepare by making there is lots of nuts in the car, that's the one, have lots of nuts. Otherwise, she goes nuts. Okay? So there is that. Now, I didn't dwell a lot on men but I want to balance this because I've talked about serotonin for women. I was looking at that statistic about why so many women were vulnerable to that. For years before that, they were always saying, "Well why more women go to therapists? And so forth," because talk therapy stimulates serotonin and women run out of serotonin. That's the basic answer. Men need to talk if our serotonin levels run low. For us, to run out of serotonin, it has to be a lot of stress and then a lot of heartbreak and whatever, and our serotonin levels can crash too.

It can happen it's just not going to be your first thing that happens to a guy. I looked at, "Okay, what's the balance? What happens with guys?" What happens with guys became very clear to me when I started looking at statistics with ADD and ADHD, Attention Deficit Disorder, Attention Deficit Hyperactive Disorder. This is about 10, 15 years ago, when it was just at the time nobody knew what it was but some people were discovering a test that when children had this sickness, that it will always have low dopamine levels. Dopamine is actually the brain chemical that makes things interesting. It's the pleasure chemical. When a woman new let's say, a challenge, she's new. Challenge and newness stimulate dopamine. There is all this dopamine.

Now, once we're married, there is no challenge and there is no newness. The dopamine goes away. That's where the whole thing about the honeymoon is over. Once you really get to know each other, then what's going to stimulate the dopamine? There is this decline in dopamine at home. If we can create situations where you say, "Honey, would you go to the store and get some beans and cabbage?" He goes, "I'll get in my car and drive to save the day from wife. Then if I come home she is, 'Oh you got it. Thank goodness you've got it. I didn't want to have to make that trip. I'm so glad you did it.'" He goes, "Yes, I am the beans and cabbage guy. I do that." Dopamine gets produced.

Female: The spider's course.

John Gray: That's right. We kill the spiders, spider here, spider ... You got a guy around, make sure that there is things he can do that you go, "Thank goodness you're here." It doesn't have to be big stuff, it's the little stuff. You have to teach us the little stuff is the big stuff otherwise we're thinking we have to be that big bestseller in order to have all our dopamine. Then once you have the big bestseller, dopamine crashes. I've been there, done it. Nothing happens with that anymore. To me, the big excitement is my wife needs cabbage and beans. I'm going to go the store. I'm going to come home and she gets all excited, "You're here! I need this. I need that." Not that she respects my need to rest, okay, now resting is a big thing. Took a long time for her to understand.

It took actually physiology to really get it. Here is the difference between men and women when it comes to resting, remember men are testosterone-oriented. Let me give you the example where testosterone is most important. That's in the gym. See, testosterone, one of the many things it does is it rebuilds muscles, okay, so it rebuilds muscles. You go into a gym and you break down your muscles, they break down. You push them really hard, they break down. Then your testosterone rebuilds it. You need lots of testosterone to rebuild your muscles. What does every man know, every guy who really builds their body up ... I was just with this big huge body builder just the other day at lunch. He is looking right at me. I say, "What is it that you have to do after you workout?" I thought he was going to say rest, which is what I would have said.

He looked me right in the eye, he goes, "Sleep." He sleeps, okay? He works out and he sleeps. Well, that's the same thing. You watch a guy in a mall with his wife shopping. Now, if a guy is by himself, he is like, "I got to go. I'm going to get there," and he is out of there. Testosterone being produced. He is with his wife, he doesn't when it's going to be over. He doesn't know where they're going to. He doesn't know what they're shopping for. Then she is going to ask, "Do we need this here?" "I don't this here?" "I don't have a clue." He is totally in this incompetent, no testosterone zone. You watch them going to the mall with their wives, "How much longer? How much longer?"

Then the smart stores realized about 10 years ago, put couches out and chairs out. "Honey, let's go in this store." The guy will go sit down. Anywhere he gets a chance, he is looking for some place to sit. Now, what is that about? It's that in order to rebuild testosterone, you have to rest. Now, the flip side of this which as men get older and their testosterone levels go down, they remember, their body remembers, "I need more testosterone. I need to rest." What they also have to realize, there is another side of the equation. You have to act until you get tired. If you just rest, you don't rebuild the testosterone. You've got to create the need for more testosterone by using it up. There has to be meaningful action. This is one of the statistics that the insurance companies have.

If a man gives up work, which we call retirement, he has three years to live. That's an average, doesn't it mean has to be. Wise men give up jobs they don't like and now they take on responsibilities. What work means, it means if I don't show up some place at a certain time, somebody is going to suffer. That's what it means. That's

what's going to stimulate dopamine and give me the energy to go over there. See, if a fire started in the room, all the men's dopamine levels will shoot up. Women's as well, but men's are waking up. Women always have plenty of dopamine. You don't have your muscles using all of the amino acids that make dopamine. Men tend to run out of dopamine because under stress, our muscles contract, start breaking down at your thing in variety of ways. They absorb the amino acids that would normally go into the brain to make dopamine. Men under stress run out of dopamine.

Where did I first get the idea for that was 10 times as many boys than girls have ADD symptoms. When I started studying ADD, I went, "My gosh, every man I've ever met has got ADD." What is ADD? Attention Deficit Disorder. What is a woman's biggest complaint? "He doesn't listen. He doesn't give me his attention." I've been watching men for 30 years. The wife starts talking, they're going to sleep. They get fidgety. It's either boredom sets in, that's low dopamine, can be boredom, can be tiredness or it can be so bored that now you become hyperactive. That's why they couldn't figure out why the same thing caused boredom and hyperactivity. It's simple. If I'm really bored here, quickly I look at you I go, "That's too boring." Look at you, "Well, that's too boring." Look at there. Look at ...

You find these kids, they're just like nothing can hold their attention. They're jumping around all the time. Give them some dopamine and suddenly they can look at one person and go, "Okay, that's interesting." Look in the classrooms where the boys are looking all over the place, little girls are right on their teacher. Look at the teacher, "It's so interesting. Okay, I'll do that. I won't do this." Why? Because they have plenty of dopamine. Here is the plight of today, men don't run out of serotonin so fast. Women don't run out of dopamine.

Often, women have high dopamine, particularly after taking any caffeine during the day or diet drinks during the day. All these things will pump up your dopamine. Synthetic aspartame, your diet drinks are deadly, women. They cause depression because they will raise your dopamine and lower your serotonin. Just stress will do that as well for you. Your serotonin levels start dropping but your dopamine levels stay high. What that looks like is dopamine is like, "This has to be done. I can do this. I can do this." Right now, I'm doing my talk. I'm whining up. I got to get this done, that's dopamine making things interesting and challenging and so forth. Women come home from work at the end of their day. They're stressed out or whatever. They have plenty of dopamine so the brain says, "Must do. Must do. Must do."

As a matter of fact women, you have what's called, and this is special to you as Venusians, a never ending to-do list. How many women can relate to a never ending to-do list? In this moment, let's just acknowledge it will never end because there is this little thought in the back of your mind which is, "When I finally finish the list, then I can rest." The list will never end. Wow to the guy who tries to help you finish the list because he thinks, "Well, once we do this, then you should rest." You don't. You keep going. The list will always go on forever because you're not designed to end the list. Men have to end the list. Men have to have a beginning, an end, a reward and a nap.

Then a beginning, an end, a reward, and a nap. That's our life. Beginning, end, reward, and nap. Rest, we've got to have the rest that rebuild.

We've got to have the reward that tells us we achieved our goal. That's all a reward is, it says, "You made a difference. You made a difference." If there is no reward, if there is no acknowledgment, I didn't make a difference. Now, I can't rest. Men need that because then he goes into his rebuilding state. Women end up with plenty of dopamine. So they come home and they go, "Have to do this. Have to do this. Have to do this." They run out of serotonin so they feel like they have to do it all by them-self and they have no help. That's this plight. They're very unhappy.

Then they look over him. He is sitting at the couch. His dopamine levels have dropped so he has no motivation to do anything. Dopamine is the motivating brain chemical as well. As dopamine levels have dropped, so there is nothing for him to do. He sits down and accept to do one thing, which is the easiest thing to do. He is watching TV, passive activity. He is sitting there because he has low dopamine. His testosterone levels are gradually rebuilding. He has plenty of serotonin. He is happy. That makes you even more unhappy. "Who is he? Why does he get to do that? Sitting there, doing nothing, and all of this has to be done. You've got to get up. We've got neighbors coming over for dinner. The house is a mess." He says, "They're our neighbors, they're our friends. It doesn't matter. Their house is a mess too."

Then she says, "No, no, no. This is the new neighbors. We don't know them yet." He says, "Well, we don't even know them so who cares? We'll see if we care." Men can rationalize anything for a nap. Okay? Anything to rest. If he gets that support, if he gets that reward, then his rest is done, then he is ready to act again. That's the role of the woman to support a man. The man's role is remember the scoring points thing? Don't think that doing one big thing is going to get you lots of points. It's doing lots of little things. Finding her at least four times a day and giving her a hug. She'll [hudge 01:58:46], "Because you know I'm going to bed now?" "Where are you, honey? Did you go to bed already?" No voice.

So I have to run upstairs, "Oh, you're already in bed." "Yeah, I went to go to bed." "Let me give you a hug before we say goodnight and give you a kiss." Then I get points. I got points for noticing she'd gone to bed, a point for running upstairs to give her a huge, a point for giving her a hug and a point for the kiss, all that. My loving husband, that's four points in that one action. How many points do I get as well today? I get one point for going to work, one point for coming home, that's it. One point for being married. Okay, you get three free points everyday for being a good husband. She on the other hand, she does her work, one point. She is married, that's one point. She is home, that's a point. Then every time you leave something around the house, she picks it up. "I'm going to pick up his t-shirt, I give myself a point."

"I'm going to make a dinner for him, I give myself a point." "I'm going to worry about him, I'm going to give myself a point for worrying." "I'm going to go clean out something in his closet, I'm going to give myself a point for that." "Look at his drawer, it needs a little cleaning, it's for him I'm doing it." Every time she does something for

you, she gives herself a point. You only get one point when you're away because the truth is ... You can't rationalize that, "Wait a second, I'm working all day. I'm loving my wife right now." "No, I'm not. I'm loving you." I'm not doing anything for her right now. See, it's literally contact, direct personal contact that stimulates oxytocin which lower stress in women.

If women were like men, then you all you have to do is make a lot of money and you get a thousand points. Testosterone wants big things. I take my wife on a vacation to Hawaii, my mind goes, "Big things, I got a house on the beach. This is a fancy place. It turns out to be great." That's only one point. What I do is I plan it six months in advance so every time she tells somebody she is going, I get a point. Every time she goes shopping, I get a point. She is packing a week in advance ... Why are you packing so far in advance? Everyday of packing, I get a point because she is thinking about going. Then we'd go, I take lots of pictures so that we can show pictures. Every time she shows the picture, "Oh, John brought us to this house. Oh, this house was so great." I get points. I get points.

I mean, I got a secretary who will do anything for me. I got all these people to do stuff for me but for the vacation, I make sure it's Saturday where she sees I'm sitting in front of the computer all day long finding the right resort to go, the right house, all of that. She sees the man, they're doing the whole thing, the whole thing, so over and over, everybody was saying, "How did you find this wonderful house?" "John found it. He spent the whole day looking for it." I got big points for that. I was very aware. Let her see I'm doing this, doing this, doing this. You see, that makes her feel special. It's not like she is special, you have to do things to communicate that, to literally cause a hormonal reaction inside of her which creates her oxytocin levels to go up, which will cause her stress levels to go down, which then causes her body to go into fat-burning mode, now she has got 20 times more energy.

Who cares if you've got an unlimited to-do list because you've got all this. You have the sun's light. It comes into the body and it warms up the body. The body warms up the cabin. The cabin actually gets warmer. You can actually put your hand on the heating element, which is the light. There is some warmth that's putting out because the water and the air heats up a bit. You're not warming up because it's heat hitting your body. It's light going into your body, vibrating your cells, heating up on the inside, and you sweat about seven times more toxins out. That's going to be measured compared to a real sauna and of course a thousand times more than if you're jogging.

Just to know what's really working and what's not, I want to say something else because when you're over 40, you're hydration levels, you start becoming more and more dehydrated. You get to 60 and 70, 80. One of the big common trait is dehydration. What's everybody going to say to you? Drink water. Now, what happens if you've got a dry sponge and you put it in water? Not much. It doesn't absorb much. If you drink a lot of water like they're saying, "Okay, everybody should be drinking eight glasses of water a day." You're dehydrated, you're putting eight glasses of water right through your body. As it goes through your body, it can pull minerals right out of

your body. You have to be very careful to only drink when you're thirsty, which now goes in the opposition of now the new knowledge that everybody is tell you is if you're thirsty, it's already too late.

I mean, is this craziness? It's madness as far as I'm concerned. You drink when you're thirsty. They say, "The only thing that will hydrate your body is water." Excuse me, vegetables are packed with water. Almonds are packed with water. Fat is packed with water. The best thing you can do to hydrate your body, the very best thing besides water, you can live without water for a long time. How do you live with water for a while ... Because you have to have water. This is all water. The body has got water throughout it. You just have to get the water moved to where it needs to be, into the cells. How do you get water into the cells? When your body burns fat for energy, it converts fat into water. Literally, sometimes if I want to really stay in fat-burning, just for fun, I experiment with my body a lot. I just stop drinking water. I fast and I don't drink water. I burn. Then I go, "It's too much fat burning." Literally, you can just lose inches.

I have people not having to go that extreme but just to experiment with it, is that literally your body, when you're in fat-burning, the cells start becoming more hydrated. Then if you're thirsty and you drink water, it's like a wet sponge. You can absorb that water. How do you get yourself in fat-burning? Knockout your carbohydrates for a while. There are certain carbohydrates which are fine, they are complex carbohydrates. Things like lettuce, tomatoes, all of the things you get in a salad bar basically, but no croutons, no carbohydrates, no breads. The bread, just forget about the rest of your life. See, you're all addicted to it. You're addicted to bread. Now, I'm not against bread. If you're looking like this and you want bread. But you know what? I look at bread and I don't even have that ...

I used to be one of those people who had to have it. That's because I used to be in sugar-burning. When you're in sugar-burning, your body knows, "The only way I can feel good and have energy is to eat bread." It goes right in ... It's like refined sugar, just take it right in. Now, if it was stone ground, and really we had to chew it a lot, that's different. This stuff that just dissolves in your mouth, that's just like taking refined sugar. Your blood sugar just shoots up and your muscles go into sugar burning and your body stops burning fat. We've seen all these problems that can result from when you're not burning fat, remember? No enzymes, no digestion, no immune system, no elimination. Also, when you're burning sugar, your insulin levels are elevated all the time. When your insulin levels are elevated all the time, your brain cannot release growth hormone.

Now, you've heard a little bit about growth hormone, whatever. Again, they give these guys shots of growth hormones, they get lean and they get this. Then we're going to see them get cancer. It's all going to happen down the line. It will happen. Again, if you want this symptomatic relief now, I have no problem with that. Why not just use your body? Your brain will already give you all the growth hormone you need if you just take the right amount of nutrients, understand what those basic proteins are, B vitamins, Omega 3's. Then you have to create the situation for growth hormone

to be released. This is knowledge out there. I don't see anybody talking about it. It is proven, fasting dramatically increases growth hormone production and release in your body. All you have to do is not eat for a day. Your brain is going to flood your body with growth hormone.

Or, all you have to do is not eat for four hours, at four hours after a meal, your brain will release growth hormone. What we all do now is like our new religion, eat every two or three hours. We have to. Why? Because we're sugar burners. If you're sugar burners, your blood sugar keeps dropping. Rather than they'll go crazy and all the unhealthy things of low blood sugar, we eat sugar. People go, "Oh, I'm just eating more food. That's a good thing. Eat, eat, eat, eat." It will keep your blood sugar up but it inhibits the release of growth hormone. The Swedish people did this study is that four hours after you eat, your insulin level will start to drop then your brain will release growth hormone.

The only reason we're still alive is that nobody has got a diet plan where you wake up in the night and eat. Because you have four hours of sleep where you don't eat. That's when you get your growth hormone. You can have growth hormone all the time. You could be vital and young and all that energy coming back, if you have growth hormone. It's so key to the whole thing. Stress is going to inhibit because whenever you've elevated cortisol levels, your insulin levels will be elevated or deliver sugar to your muscles. That will interfere with growth hormone being released in your hormone. Growth hormone causes cell regeneration. Now, minerals, just real quick. I help people go off of anti-depressants all the time, regular. I help people with bipolar go off of all their medications. My brother, the reason I got into health. I was a yogi. I was spiritually enlightened off in the mountains, very happy with my life. I have a wonderful life, fasted all the times, heard angels sing, leave my body, all that stuff you read about in the books.

My brother was bipolar. I thought teaching him yoga and meditation would help him. It didn't, doesn't help everybody because he didn't have the physiology to support higher consciousness. He was like a Mozart, who was even more high than I was. When your brain is really peak performing, which a lot of these bipolar people are, their brain work so much faster, it uses up minerals faster. Like Mozart composes this huge big thing and then crashes into depression, alcoholic, drug addict, all that stuff. Then finally eats enough salad to get his brain minerals back up. He is back and he'd lay it again.

When you function at a high level, you deplete yourself of minerals or if you eat sugar, you deplete yourself of minerals. You can have super brains or you can just have kids who are addicted to sugar, and then that can cause over stimulation of brain cells, a high, which then is followed by a drop. The research has shown that there is a mineral that protects your brain from becoming over excited and brain cells dying. What is that mineral? Lithium. Lithium is the most potent, powerful mineral that we are all missing in our society because when you say the word lithium, it's against the law. It's bad because they discovered this many years ago, about 70 years ago, that in hot springs, most of the really famous hot springs are filled with lithium.

Lourdes, who has heard of Lourdes? I used to fast on Lourdes water, getting so high on that water. People will come, I see MS people walking away without their canes and their clutches and all that stuff. Millions of people go there every year. It's magic water. What is it? We measured the water, super high on lithium. Lithium water is magical. They have these springs in Australia, they found that when schizophrenic, bipolar, depressed people would get in these waters with lithium, their depression would go away. Their emotions would stabilize. They say, "Well, let's figure out how to do this. Let's give people lithium." It didn't work because they couldn't get the lithium into the brain. They say, "Well, let's get more. Let's get more. Let's give them toxic levels."

They end up giving you 100 to 200 times the safe limit. What your brain really requires, they give you 100 to 200 times. Of course, it finally gets to the brain, so it gives a lot of relief for them but the side effects are terrible because if you were to take 100 times of any mineral. You'd have toxic side effects. 20 times more potassium, you have a heart attack. You can go to health food store right and buy a bottle of potassium and eat that and die, euthanasia in a bottle right there. Tylenol, just take a whole pack of Tylenol, it will kill you. Anything you overdose, eat 100 times more calcium, you'll turn into Mr. Arthritis. You won't even be able to move your body, it would be so dangerous to you. Minerals in excess are bad.

They took lithium and they gave you excess and it was bad. Now, we have this rule, lithium is bad. Dr. Nieper, who is familiar with Dr. Nieper work? Dr. Nieper had a clinic that was against the law from the [count 02:11:14] America. Regan went to him, famous celebrities went to him. He was curing cancer and a variety of other types of diseases, particularly, he was healing migraine headaches. For migraine headaches, he was using lithium orotate. If you bond calcium with orotate, it delivers the calcium right into your mitochondria and will start stimulating fat-burning. The best weight lost program you can ever do, they've got all these things that suppress appetite, just take calcium orotate and your hunger goes away.

That's what he said he was doing, using calcium orotate to cure cancer. He said the only side effect of giving them calcium orotate was that all the overweight women lost their weight because they had no more hunger. Basically, it's such a wonderful thing. If you're plagued by sugar burn, and where is our hunger coming from? Sugar burning. The calcium orotate is proven to go right into the cell. Of course, some people, "Well, it didn't work for me." Well, maybe it's because you're eating all this junk food as well. You've got to make some ...

Male: Lithium orotate or calcium?

John Gray: No, I'm first doing calcium and cancer and no hunger. Then I'm going back to lithium, thank you for that clarification. Lithium orotate, if you bond ... Orotate, by the way is something called Vitamin B13. Nobody knows about it but that's what orotic acid is, it's Vitamin B13. Also, another substance that is naturally high end is mother's milk, it's whey protein. B13, he found bonded orotic acid with a mineral became an orotate.

Lithium orotate, you take four and a half milligrams and a little pill you can buy on the Internet. It's completely legal now because they tried to make it illegal and there is no side effect, no danger. They can't prove anything wrong with it. One little pill, four and a half milligrams of lithium orotate. If I'm angry or annoyed and the only person that can annoy me is my wife.

I mean, I'm grown up now, the world doesn't affect me much. I just ... I have critical people come up to me, I say, "Well, you can stand in line for an autograph." They want to talk to me, and I say, "I'm happy to talk to you but stand in line." They always go away because they don't want to wait in line. I mean, I have a blessed life now. I mean, I got a good life all going. My wife still has that ability. She can just dig in there, the look or comment or whatever. We all know that, guys. Women know that, women do it actually more. They go ...

It's like recently, my daughter wouldn't do something for my wife. She says all that happened. Suddenly, this huge list, "I do this for her, I do this for her, I do this for her, and she won't even do that for me." That big long list that shows up, that's the scoreboard. Men had this little annoyance and irritation that will start to just regurgitate on something. All that is is lack of resolution in the brain because there is not enough lithium. You have to have other ingredients as well but that's what's missing the most. I take one of those little pills, all the annoyance is gone. This is not a drug. This is the mineral, just like calcium, just like magnesium, keeps you regular. Magnesium will calm your body. Magnesium will help your thyroid. Lithium stimulates brain cell growth. It's the only that is proven to increase your brain cells at any age, if you take lithium.

Not only does it increase brain cell growth in just a few months. You will have more brain cells growing from taking regular lithium, in addition, MSG, which is just as bad as trans fats, just as bad as corn syrup. You got MSG. MSG is an excitotoxin that will overstimulate brain cells and they will start to die. Any time a person is depressed and wanting to die, it is completely at the same time when brain cells are dying. Literally, when your brain cells are overstimulated, and that's the extreme version of a bipolar person. They're up, and then they crash and they want to die. They want to give up. They're down in the pits, there is all these suicides, they're basically just bipolar crash. What that is, associated with that and often triggered is either white sugar that triggers or it's MSG that will trigger it.

What MSG does, you can take a petri dish of brain cells and put MSG in it, and the cells will speed up and they'll prematurely die. MSG is in everything. They don't have to say "MSG". What are some of the things they can say? Hydrolyzed protein.

Male: Flavor enhancer

John Gray: Flavor enhancer, they can say.

Male: Natural flavor.

John Gray: That's right, natural flavoring can be MSG. Natural because it comes from nature after we messed with it. What it does, MSG, I'm not going to go in the whole science of how they make it, too much information. The result is it overstimulates brain cells so it makes the food taste better. Your brain thinks, "This is really good." It's just overstimulating like a drug, overstimulates the brain, it's like a tachometer and now it burns the cell out and the cell begins to die. When that cell dies, your mood crashes as well. Whenever you feel like, "I want to give up," brain cells are dying. When you feel like, "I don't want to be here anymore," brain cells are dying. That is direct link. I've helped so many people who were suicidal, who were depressed, who were anxiety-ridden.

First, I have to give them good protein with every meal. I have to give them lots of enzymes to help digest because usually they're not digesting their proteins well, a lot of Omega 3 supplementation so you're getting that as a basis. You can do all of that and get very little results unless you pop in that little lithium orotate. Then it's magic. You can do searches on the Internet, you'll see people have gotten miraculous results from this simple cheap little pill. Others say, "Oh, ridiculous. It didn't work for me at all." I say, "Yeah, did you eat a Twinkie today?" You've got to look at what you're putting in your body as well. It's not going to override anything. It is the missing ingredient. This lithium is any time you've been exposed to a lot of sugar in your life, you depleted, your lithium supplies.

What is your best natural source of lithium? The place where we get all of our sugar, beets. Beets have the highest concentration of lithium. Nature puts lithium with all that sugar. The brain can only run on sugar. When you got the sugar, you got the lithium. What do we do in refined sugar is we take all the minerals out. Where can you get all the minerals that they take out of sugar?

Female: Molasses

John Gray: Molasses. When I have people fast, there is two pre-days, during their pre pre-days, they take lots of coconut oil which raises your metabolism. That's the first thing and puts you in fat-burning. You want to get in fat-burning? Eat five tablespoons of coconut oil today. You get all this fat, you can't gain weight by it. Your body can't store it. What happens is your body just has to burn it. It will start burning it. You have a lower calorie than usual diet. You take three to five tablespoons of coconut oil. I have all this mapped out of my website.

Cleansing coaches are going to help you with it but I'll give the basics. Coconut oil is magic. Pine nuts as well are magic. If ever you want to get in fat-burning, just start packing up the pine nuts. You're not going to get fat, you can't get fat with pine nuts. You can't get fat with coconut oil. It will just cause your body to burn fat. Then I balance that in a little smoothie where I put some non-pasteurized whey protein. If it's pasteurized, it's deadly. Non-pasteurized means the enzymes are still active. Non-pasteurized protein, some ground flaccid, some Goji Berries, take a vitamin supplement, and you've got everything you need to make brain chemicals. Then you put in a tablespoon or two of coconut oil and you put in a tablespoon of black strap

molasses. You will get all the minerals that our whole western society is deficient in because a major mental deficiency item comes from refined sugar without the minerals.

The sugar needs those minerals to be metabolized so it pulls it from everything else. We're constantly being depleted. I also take trace metal supplement, I recommended earlier. Himalayan salt has got all your trace minerals. Molasses is ideal. What also is great in molasses, it is the highest concentration that I found of a food substance that's organic and natural with iron. It's a form of iron which is not going to rest your body. All the things doctors give you will just rest your body. Molasses is all-natural. It will not rest your body. If you are going to fast, you have to up your ... Besides getting your lithium and your minerals and so forth, you also have to increase your iron.

Remember, I told you because as soon as you stop going ... Once you start really burning fat, getting into this healthy place where your body starts detoxifying, cleansing itself and your energy levels start going up, as long as you walk. Remember, if you're going to fast, you got to walk. Sometimes I'll be really tired on a fast, I just say, "Give me 15 minutes of walking." After 15 minutes, boom, the energy comes in. It's just because your lymphatic system is overloaded with toxins, you got to move the body. Now, the body will start burning fat and you'll have energy. The same thing that makes your body work great, uses up oxygen so the body says, "Give me more oxygen." You have to have enough iron to deliver.

Your black strap molasses is your best iron supplement. Then as your body is detoxifying on your fast, then you're ready for your fast. The best fasting element I found is lemon juice. What lemonade will do is that lemon will alkalize your body, helps to alkalize the body because all these toxins are acidic. Lemon will help neutralize that. Lemon will also breakdown fat. You got greasy hands? Put lemon. Grease is gone, it breaks it down. It's a [mol-si-fir 02:20:33]. Lemon, on an empty stomach, fasting, will go straight to your liver and start cleaning out your liver. This is key. If you're constipated, not a good idea. How do you get unconstipated? Just take five tablespoons of coconut oil a few days before. Everything starts moving.

If that doesn't do it, then take lots of magnesium and things will start moving. If that doesn't move, then go by an herbal laxative, which people say, "Don't use those. You'll get addicted to them." Forget that. Just get yourself moving so you can cleanse your body, you won't need that later. You got to keep this moving, also the salt will always move it through, if you can handle the salt. Remember the ... Two teaspoons of salt, good salt, sea salt or ideally Himalayan salt which is pure, two teaspoons and a quart of warm water. You got a quart of warm water. You stir it up. If it seems uncomfortable, just do it this way, just squeeze the half of lemon in it. It just takes away a lot of the intensity of that salt.

Then what you do is you lie down on your right side for about a half an hour, that helps it get out of your stomach into the intestine and then you just get up an hour earlier for this because you're going to ... In about 45 minutes, all that quart of water is going to come straight through your body. This is a five-thousand year old

technique. I did it in my 20's. It's a yogic technique. It's a wonderful technique. It's done in India for thousands of years. Also, by the way, a whey fast, which is why I have people doing the whey protein. They cut down out all the food, just have the shakes for a couple of days with the oil and the molasses and all that.

There is a wonderful story about how Switzerland became the center of influence in the world. 300 years ago, it was the Germans learned from the Indians that to cure any sickness, you go on a whey fast. Now, whey, they call it a buttermilk fast. They found that when you add lemon to milk, a little something, it turns to butter. The milk that's leftover is called buttermilk, we call that whey or version of whey today. That's milk protein without the fat. They took the weigh protein and would just fast on that and cure everything. That was their big thing. Another one of their big things was just to eat butter. That's why part of my pre-fast is whey, and not butter, but I use coconut oil. Butter is kind of grossing for people. They use ghee by the way, not butter. I've done that. You just live on ghee for a while. It's really something. It just comes pouring black stuff, just pours right out the rear end. Black stuff pours out the rear end anyway so whatever.

We get more fat, more fat is going to clean your body. Think about your body when you're putting good fats in your body, your body goes, "Well, this is good stuff. Let's get rid of the old stuff and replace it with the good stuff." You're really getting rid of all this junkie fat, which is all this toxic stuff coming out. You've got to be walking. You've got to be drink water when you're thirsty. Then you've got ... Other elements, is lemons is great. We have something new today that they didn't have to deal with back in those days. That is we've got heavy metal [toxin-city 02:23:32]. How do we get the heavy metals out? That's what autism is, it's kids can't get the heavy metals out. Many people hear about many heavy metals, mercury, lead, cadmium and everything. We hear about it.

Why does it interfere with the function of the body? Well, one simple way to understand it is coming back to minerals. Zinc is the magic god, he is the stud in the brain. He keeps that brain working. For that brain to function, for everything to connect, zinc has to be utilized in the brain. Zinc is caught by the blood, it goes into these little receptors sites. Zinc then produces RNA from the DNA. The brain functions really good. We all need regular zinc, not just for men but women need it as well.

Female: How much?

John Gray: Well, it's not even about how much. It's about ... This is the problem, you can take all the zinc in the world but if you've got heavy metals floating by, when mercury floats by, the body can't tell the difference between mercury and zinc. It just sucks that mercury right into the zinc receptor site and it binds. Now, zinc can't get in there. You can eat all the zinc in the world, and it's not going to have any effect in you. That's why ... I mean, this is real great. All the vitamin stuff is great and bigger doses and bigger doses. Why do we need bigger doses? Because the body is all junk jammed up. Ultimately, when you start cleaning the body of all the acids, the toxins, the pesticides, the fungus, the parasites, all that stuff starts to leave automatically. The

body does this naturally and the heavy metals. Heavy metal is a challenge to get it out of the body. However, what we found ...

I worked with all these autistic children. I've had children in two days go from four words to 25 words, just by getting heavy metals out of their brain. We could measure in their urine coming out, the heavy metal releasing. That was by combining the lemonade with aloe vera. Of course what their doctors were doing anyway was giving them shots of glutathione. Glutathione reduces inflammation but it's naturally found in aloe vera. Everything I recommend is always naturally found somewhere, not that you can't do stuff. To me, I trust the universe; but still you got to balance it in the right ways and so forth. Lemon juice with some aloe vera. You can buy this in your health food store. It's a wonderful drink I spent everyday. I start my day with a lemonade, a little aloe vera, mixed in with a little molasses and stir it up and drink it down. I get a nice cleanse. Then what I'll do is every week I'll do at least one day ... I see my time is up, okay.

I'll do one day where I do my cleanse, I have just the lemonade, aloe vera drink. In between the drinks, I also know, and I discovered this at me wellness center. It worked so well is that particularly women will star bloating up. The reason they're bloating up is there was all these acids being released and the body was retaining water. I can knock that out right away. That was by doing another old-fashioned remedy which is two teaspoons of apple cider vinegar and a glass of water. You just drink that down and for a whole complicated process. The result is the edema goes away, the storing of water goes away. The acids are neutralized and your body continues to detoxify. That's another element that makes fasting a very fun and easy thing if you're not becoming over acidic.

There is ways to cope with our new stresses so that our bodies can easily do ... To help our body do what it is designed to do which is to cure everything, or at least help the body in its attempt to cure everything to the best they can do by giving it a vacation. That's what you're doing in a fast. You're just giving the whole digestive system a vacation but you're giving it some extra help along the way. Also, during that time, one of the old remedies as well, like in the Irvadic tradition, a three-month fast on carrots will cure cancer. That's written in Irivada, I talked to guys 110 years old who say, "Cancer, I've seen it over and over, I've cured it. Three months but all they can eat is carrots.

Now, what happened is Gerson, who has heard of Gerson? They're Germans, they picked that up and they decided to make it a little easier with some more raw food and some apples and make it nicer. That stuff works. What is it that's working about it is the minerals in it. What I found is the food doesn't have minerals anyway. You get these great institutes, even organic food is exposed to radiations, acid rain, all this stuff, we can't get good ... But you can dig down and you can find good minerals. You've got to find a good source of minerals. I have a blend that I put in my products which is super minerals. You take them. Every time you drink a glass of water, you take a mineral, do another mineral.

The whole day, you're getting the benefit of a real vegetable fast. Remember the vegetable fast? That was a big thing. Really, why are you eating all these vegetables? To get the minerals. Well, they don't really have the minerals, so you don't need the vegetables. What do we need most in our society because we're stressed? Fat. We fatten up, then we go on our lemon shake and the body is fat-burning. It's now releasing the toxins. We have a way to neutralize the toxins with the apple cider vinegar. We've got the aloe vera. Also, throw in a good digestive enzyme because one of the reasons fasting works, I'm almost done. I see you. Okay. Okay.

Male: I got an idea. I have a feeling that you have a lot more to say. Why don't we all get a nice snack and see if we can go to [summaries 02:28:34]?

John Gray: You don't really want to do that. You just want me to finish up. I will finish up but I just want ... I just want to say a few more things. Another reason fasting works, remember, if you don't eat for a while, your brain releases growth hormone. That's where the regeneration comes. Second thing, when you don't eat food, then your pancreas is not using all of those enzymes to digest your food. Those same digestive enzymes, all of them are necessary to breakdown toxins. They will go around and breakdown anything which is not being used by the body and the body will use it for fuel. That's what's going on, your body will actually use the bad guys as fuel, those enzymes are now available. As we get older, because of chronic stress, our production of enzymes is dramatically reduced. You need a good enzyme supplement, you get enzymes, and take a lot. Okay? A lot. You know what they say, take three, take nine. Okay.

You could space it throughout the day. You can't take too many basically. I mean, you don't want to do the whole bottle but just triple the dose of whatever you're getting, make sure it's a good quality. You're taking your enzymes. Again, every time you have your little drink, you got your enzymes, you got your aloe vera, you got your lemon, and maybe first time, you start with one day and then you do a few days of the other things I mentioned, then do another day and do a few things. Then try it for two days. Now, what I do is a systematic program where I lead people through in seven days. For women, the average weight loss, if they're overweight is seven pounds.

You go, "Well, that's impossible." It's not impossible because about three pounds of it is real fat. The other ... People go, "Well, that's just water loss." No, it's not just water loss, it's oil loss. You see, if you feel your bodies, you're getting older, it gets all jiggly everywhere. That's not really fat. That's oil. See, it's just oil holding on to toxins in your body. Your body holds on to that water, it's all jiggly stuff. That goes right away. You can drink water, it doesn't come back. What you're doing is eliminating the reason why your body holds on to all that jiggly water because you can take a diuretic and in a day, you can lose eight pound because you're just getting rid of water. Then as soon as you drink water, it just comes right back because you haven't gotten rid of the toxin, the actual acids in the body.

This is ... I see again and again, they want you to get all the jiggly stuff off, then it's about four pounds a week. Your body will heat up, you'll feel the fat burning on your

body. You'll have the energy, you'll have so much energy that to-do list is a joy. I'll just end on that thought because my mother, when I was growing up, with seven children in the family, she had ... She was in a generation where she had so much support around here in a community, she didn't look to my father to stimulate all of her oxytocin. She had friends. She had a nurturing environment. The world was a different place.

She wasn't out there in testosterone land all the time. She had a garden. She had all the natural things around here to stimulate oxytocin and six boys and one girl that were crazy. That stimulated all these oxytocin so she never got tired, never got tired. This is what women have the ability to do. I've seen it, if they can get enough oxytocin. Today, they can't do it all by themselves. They need our help, men. The way we give help is not by doing big things, it's little things; lots of little things, lots of beans and cabbage. Thank you all so much. It was a real [pleasure 02:31:49] so thank you. Thank you.

Male: Thank you. Excuse me, thank you. Thank you. Thank you.