
John Gray, PhD: Venus on Fire, Mars on Ice

SVHI Transcript, Transcribed by [Bulletproof](#)
Originally Recorded: 07/22/2012

File URL	https://www.youtube.com/watch?v=7tVoveAiL50
Length	98 min (01:37)

Speaker 1: John Gray, PhD is a best selling relationship author and leading voice in communications. He's the author of seventeen books, including The New York Times, best selling book of the last decade, Men are from Mars, Women are from Venus. His seventeen books have sold over fifty million copies, in fifty different languages around the world. He's a leading internationally recognized expert in the field of relationships. His unique focus is assisting men and women in understanding, respecting and appreciating their differences. His advice can easily be used to improve your relationships at home and in the workplace. For more than thirty-five years, he has conducted public and private seminars for thousands of participants with his highly acclaimed books that he has for highly transformational seminars. John entertains and inspires the audience with practical communication techniques. His purpose is create a world where men and women understand, respect, appreciate and ultimately work together. I think that's enough for now. I give you John Gray.

John Gray: Thanks for having me back again to talk about another book. How many have heard me speak in public before? Wow. How many heard me speak here?

Audience: I heard you speak in prison.

John Gray: I have spoken in St. Quentin, that's true. That's true. I wasn't a prisoner though. I visited. I teach. They asked me to talk about his book tonight. We're going to have questions and answers so I'll be able to talk about anything you'd like to talk about, but I'll talk about his for awhile. This is a very exciting book for me. It's called Venus on Fire, Mar on Ice. I remember I was trying to come up with a title for this book. I'd be at parties and women would say, "What's your next book?" I said, "Venus on Fire." They'd say, "Wow, that some empowerment, Venus on Power." Well, not exactly, Venus is on Fire is overwhelm, menopause and hormonal flares. That's Venus on Fire, this book. Mars on Ice, is no more flares for him. This is hormonal balance the key to life, love and energy.

I going to humbly say, there's many doctors here, medical doctors and so forth. I am not a medical doctor. That's my credential. I am a psychologist but I am a nutritionist, researcher, for the last, you know my whole life I've been researching things. The last twelve years it's all been about health. I had a wellness retreat for ten years at my ranch. I'm done with that now but I used to do it. I wanted to try out my ideas. I'm a little alternative here and there and very conventional in other ways. I just wanted you to keep that in mind as I'm talking to you. Minus education only, first of all when I talk about hormonal balance, what I see is today is that Suzanne Sommers has done such great work in terms of helping people learn about alternative health. She is very committed to that and I like her very much. She's very pretty, all those things.

I'm not a big fan of recommending taking hormones. I believe most of the menopausal problems that are happening today, certainly that woman are having, are something to do with our environmental pollutants. Also due to just taking birth control. Birth controls is a huge amount of estrogen going into your body. Never in history, have people done this. You know you're interfering with being a woman. It is just to me insanity. What we have, we all went through it, but whatever. Fortunately

our bodies are amazing and they can heal from it. My focus is and I hear women swear by their hormones. They take their hormones, Suzanne Sommers says it changed my life and I'll never be without them. That's fine. I'm sure her doctor will be prescribing and testing her for it and so forth. We hope down the line that there won't be side affects.

I teach sometimes a class at Stanford with a woman who did the big study on hormones. She had to stop the big study on hormones because the risk of cancer was doubling for women. It doesn't mean double the women were getting, lots of women were getting cancer, but they know the risk factor they have and they were doubling. They went way up with as far as dementia and Alzheimer's. Again, we just see we're being inundated by estrogen. Then you say what about all these problems men are having, they didn't take birth control. Correct, but also men's hormones have been thrown out of balance by excess estrogen as well. Which is all the environmental pollutants. Whether you're taking hormones or it's the environment, the estrogen suppresses testosterone in men and estrogen in inhibits the production of progesterone in women. John Lee did a lot of tours, a lot of back peddling, telling everybody forget about all this estrogen supplementation women, you don't need that. At menopause, you adrenal can make enough estrogen.

If you go to indigenous cultures, you'll see that women go through menopause about eighty years old but they don't have hot flashes. They don't want to kill their husbands. None of that stuff happens. There's no Venus on fire. There's no Mars on ice. Men's testosterone levels can stay steady from twenty years old all the way till a hundred years old. Men are having babies at a hundred years old.

Audience: Really.

John Gray: As opposed to American men who have sex everyday, sex almost everyday, emphasis on everyday I almost have sex. I like the English research which has been done. The English have done lots of big studies showing that men who have sex three times a week, live ten years longer. Men who have sex three times a week have dramatically less heart disease. Dramatically less cancer and sex is one of the greatest things you can do. All you old timers should go home and say to your wife, honey, my life is in your hands. If you not in your mood, at least you can give me a hand.

Audience: That's great aerobic exercise.

John Gray: That's great aerobic exercise. There's really no better aerobic exercise than sex. We'll be talking about that. It's not the only way, but it's a nice way to stay healthy and live a long life. I think the key to it is we're learning more and more about hormonal balance. I like to share some ideas that maybe some of you haven't heard. Put it together, if you've heard them in the way that most people have never heard. My specialty is looking at gender differences. I love talking about hormones because there's just no question about the difference between men and women.

I recently did a tour of Scandinavia. Where it's like an alter reality. I did a big talk show for [inaudible 00:07:26] show, it's called. Three million people watch it. There's only five million people in Norway. It's also in Sweden too. I had the leader, I don't know the politician on the show with me. It was a debate on gender difference and the Secretary of State for Norway, the most popular man in the county, was there. This woman who's leader of a liberal party there. They did not believe that men and women were different. I was dumbfounded. I was really put into a shocked state. I apologized for my behavior. It was just shocking to me. I was thinking, knock me over, maybe twenty years ago, I had human resistance but they did not believe men and women were different in any significant way at all. Just completely politically incorrect to talk about differences at all. I ended up coming back and had five hundred people at my seminar. Which was my revenge.

After the show, they got all these women writing in, like horrible John Gray, the truth is out. He's terrible. I was leading this show and walking down the steps. I thought it was a great show. This man wanders up to me and he says, "I like this show." I said, "Really, you like it?" He says, "Yeah, but don't tell my wife." I'm standing in line at the airport, man walks up. I mean everybody had seen the show basically. He's standing next to me, "I saw the show." I said, "What'd you think?" He says, "I agree with everything but don't tell my wife." This is the whole culture. I mean it's shocking. We have different issues when we travel around the world. I teach in China, all over the place. Gender is a big issue today. What I see, although it's different in different cultures. What is happening universally is women are becoming more like men and men are becoming more like women. When I say men becoming more like women, there's a lot of pressure to become more like women because women have certain expectations to be happy. Men are biologically designed to want to please the woman. We just want to make the woman happy. Women are not biologically designed to make men happy. Women are biologically designed to pick the man she believe will make her happy. It's a huge difference.

If we look at, as a marriage counselor and I've been doing this for over thirty-five years as a marriage counselor. When men want a divorce, it's almost always the same reason. No matter what I say, no matter what I do, it's not enough to make her happy. I'm living with an unhappy woman. When women want a divorce, they say, I give, I give, I give and I get nothing back to make me happy. You get that same dynamic.

Women by nature give, give, give, give. Now let's put this, it's in your wiring in your brain that when you're not getting enough, what do you do if you're a women? You get more. If you're stressed out in your life, what do you do if you're a woman? You give more. You start noticing everything. Who needs this and who needs me here and who needs me here? What does the house need? What do the children need? What do the pets need? Women go out when they're under stress. Now that's pretty curious because whenever women come into counseling and they're stressed, why are they stressed? Because they're giving too much. Is there some kind of missing code there? No, it's just that we've changed the world for women. Actually women changed the world for women. It's a great step forward.

I have three daughters, I certainly want them to have the opportunity for careers, for education and so forth. That's what all this is about. At the same time, without teaching women how to manage stress effectively, the more educated they are, the more stressed they are and higher the risk of cancer. These are statistics. They're also, the more stressed they are, the higher the risk of divorce. The more educated they are, the higher stressed they are, the more the opportunity to stay single their whole lives or get a divorce. You can go, well that's because they don't have to put up with this drip. They can make a lot of money on their own. I go, that's right. I'm not going to disagree with that. The reality is, men do not know how to meet the needs of women today. Women do not know how to help men meet their needs. That should be the solution.

Hey John, your whole book is about how to make women happy, what about us men? I've never seen a man unhappy in a marriage if his wife was happy. If women are happy, I know a somebody that did a research study that I heard about, Ann Thorough, that listening to a woman for ten minutes in a day will make you happier if you're a man. Just listening to a woman talk. Particularly if it's not your wife. We all laugh at that because, we've had the experience. If a woman's talking about problems in her life, a man goes, "It's not my fault. Not my fault. Not my fault." If your wife's talking about problems in her life, guy goes, "She's blaming me. She's blaming me. She's blaming me." It's really hard for a guy who really is designed in wanting to make her happy when she's not happy, he takes it personally. Which is a neurosis, we men have. Granted we know that's just what happens. The positive side of that tendency is that it's really easy to motivate men to make you happy, once you understand some of these dynamics about men. Even if they're a little neurotic.

One of them, we take credit for anything that makes you happy. As long as it's not another man. If I take my wife to the movies and she happens to love that movie. Without any more oxygen getting to my cells, I'm feeling quite alive. I guess she likes the movie. I wrote that movie. You take credit for it. I produced that movie. I directed it. I choose that movie. Even if she chose it, well I decided we should go. I drove the car. I bought the tickets. Whatever it is, he will take credit for it. This is when a woman is happy, the man is feeling very, very happy. He'll take credit for it. The down side of that is when she's not happy, he tends to take credit for that. He feels blamed or he feels defeated. He doesn't understand one of the principles that I teach in the book. Which is a tough message for men to get. Although they like it, do they really get it? There's nothing you can do to ever make a woman happy. Men just absorb that and go, well that's crazy. Of course he makes the woman happy. Women are like, that's why I'm with this guy. I say, it's a potential to make me happy. Yes, that's true but what men have to get is that you can't make a woman happy. All you can do is make her happier.

That's why women need men today, to become happier, not to be happy. When a woman looks to a man to be happy, it's failure. You cannot make a woman happy. You can make her happier. You can make her happy for a short period of time to be realistic. It's not even you that does it. This is where I have to get into brain chemicals.

All a woman has to do is imagine you can make her happy. You don't have to do anything. She's suddenly happy. I have three daughters, when they're mating with boys, an adult process, "He called, he called." There so happy that a guy calls. It's all he had to do. He hasn't done anything except call. He doesn't say much and they had a big conversation about what does it mean. It could of been this, it could have been that. It could have been ... They have this whole big world going on about the meaning of things. This is the beginning of a relationship. He didn't do anything and made her happy. Of course women are attracted to men. He goes, "Okay, I did that and I didn't have to do anything." That's like a great job.

Then the dating process, men do the little stuff. They open a door, you go "ooh, he has manners." This is great. You're all delighted. He pays the check, maybe some guys do that. I encourage it but some guys are afraid to. What do you think, you can buy me or something? Men get all kinds of responses today of women being the guy. Instead of there's a place for men and women, in a sense to nurture their femininity and their masculinity. That's what romance is. It's an opportunity to say, all right let's play this role. I'll be the man and you be the woman. Granted, you're a cardiologist and you do heart surgery or you're a ... Not a combat woman, I won't put her in this category.

What we found is that all combat women come back and get a divorce. It's just too masculine. People hate me for this. I got the statistics. The Army hired me to fly into and all the big brass were all there and what is our big problem? Everybody's coming home and getting divorced? Every woman who comes back from combat gets a divorce. You can't put women in that environment. They become men. When you're a man yourself and that's the extreme version of woman becoming a man. Moderate version of woman as a man, what I hear and I see here are a little bit older generation than the younger generation, that I hear a lot from. We go younger, this is the crisis they have. They go, I can support myself. I got more muscles than the guys. I can protect myself. I can get a lawyer if I need it. Why do I need him for money? I can earn my own living. What do I need a man for?

Audience: Someone who kills spiders.

John Gray: Someone who kills spiders, somebody said. Wait, wait, I just have woman as a construction boss and there was a spider in my office. She killed it before I could even move, the lady was so fast. There's women that can do it all. Except if you're a can do, I can do it all woman, which the younger they go, the more they're being trained this way. What do you need a man for?

Audience: There's some anatomy.

John Gray: Did someone say anatomy?

Audience: Yeah, sex.

John Gray: You're over forty and you're saying anatomy. These women they can do it themselves. They watch it on Oprah. You get your vibrator, what do I need a man for.

Audience: It's not the same.

John Gray: I agree it's not the same but they don't know that. They don't know that. They don't even get the guy to come into their life. How do you get a guy to come into your life? He's like a little bee, goes for the honey. What is the honey that men are looking for? Femininity. If a man is around a woman who's in touch with her femininity, what does he feel? More masculine. This is what men are needing more than anything, is to feel masculine. Why is masculine so hard to define? We'll define him tonight. What is femininity? That's what I talk about in this book. Chapter one, Venus on fire, Mars on ice. Why? What happened? What happened that women as so overwhelmed? That men tend to lose their libido. They lose their drive. They lose their motivation. They don't have excitement, that I'm here to achieve this goal. I've been there, I've done it. I didn't do it. I can't do it. It's over, you know. The excitement, the imagination is done. This is Mars on ice. Venus on fire is not happy. Overwhelmed, no time, so what happened is there's a hormonal imbalance.

From one point of view I'll explain it. From many points of view, I'll explain it. Here we have to understand our basics of how we regulate stress. In simple terms, what happened is our stress levels went up in our lives. There's a study that was done, a big mass study that was done and showed that women today, on average, not everybody but on average, women's cortisol levels ... That's the stress hormone. Who's familiar with cortisol, the stress hormone? Yes, right. You actually can't get cancer unless you have stress. You can't get heart disease unless you have stress. Stress is linked to all of these conditions. Women's stress levels today are on average as twice as high as men's. A women in the workplace, you test her stress levels, they're twice as high as the men in that job.

Now that woman comes home and that man comes home, whether they're single or married, the woman's stress level now jumps again.

Audience: Wow.

John Gray: Four times higher than a man at work, is women's stress levels at home. This is measurable stuff. This is the new state that women are experiencing. It used to be that women were happier than men on a scale like this. Now they're less happy than men. Women's estimated life span is getting shorter and shorter. Men is still short but that because we kind of do all these crazy accidents. As far as sicknesses, women are now rising up. There are now more women getting heart attacks than men. We can look at all the different cures and the different causes of cancer, once you have cancer, there's all kinds of amazing great cures for it. What causes it, is a weakened immune system. What weakens your immune system? Is when you're cortisol levels are chronically elevated. You can look at your immune systems function under a microscope by taking a drop of blood. If you were to get a speeding ticket, which for anybody is a big stressor, right.

Who remembers getting a speeding ticket? You remember because it was such a big invasion into your life. Where somebody was ... Even this way, I remember once getting this ticket for riding in the fast zone, the lane, the diamond lane and it was just me. I was driving my fancy Mercedes at the time. It was all fancy, it's not now. Big fancy, V12 car zooming down that lane. Policeman pulls me over and aw, this is terrible. I had to get to the dentist. I gave him all my reasons and he says, "Stop, this is only a parking ticket." This doesn't even go as a violation. Yeah, but it's still 271, two hundred and seventy one dollars. He says, "In this car, you're not supposed to matter." Think about it. Okay. That was the least stressful of all. There's this sense of violation and I've done something bad. An authority figure comes in.

The point being that when you have a sudden shock to your system. You go and you test your blood and you have no white blood cells. Which is your killer cells, your immune system not putting out the white blood cells. Generally what you'll notice is that a week later, after having a big shock, you'll get a cold or a flu. What the cold and flu is, is actually your immune system waking back up and those little white blood cells saying, wait, all these infections have been growing throughout the body, all this time. Now your body's attacking all the infections and you have a cold or a flu. That's actually saying your immune systems working again. It wasn't working for awhile and bacteria had a chance to multiply, grow and viruses can grow. Imagine what you have if you have chronic cortisone levels. Then you have chronic compromised immune system and your risk of cancer goes up. Sometimes when I speak at a forum and some medical doctors, I always start out by saying, "You know we have all these great reasons for people's sickness and great solutions for it. Great all this ... You know the number one factor that determines your health in your longevity is happy marriage." Number one factor of all the tests and everything.

If you're happily married, not married, happily married. Generally speaking happily married couples are having regular sex. It doesn't necessarily have to be a qualification there, but generally speaking. What we want to do, is not necessarily say we have to be happily married because some people decided been there, done it, not going to happen again. Fine. Know what about hormones of happy marriage and learn how to generate those hormones rather than take those hormones. What happens when you take hormones, is you get to feel good without earning it. See for me to generate testosterone, I need to do some things to make my wife go, "John's my hero." Of course we have skills with each other. I know how to be the hero in the house. I don't have to do big things, just once a year, anniversary maybe. I lucked out on that date, valentines day. One big thing is like the super bowl, it's always good to have a good thing every year.

You have to do something every week. What do you do every week? How can you, for a man, the one that stands in my mind was taking my wife to San Francisco on our anniversary to Jersey Boys. Man, that show is spectacular. Just off the chart great. How did I feel? I did that. I wrote the Jersey Boys. I acted in the Jersey Boys, a great, great show. She love it and somehow we got great seats too. She's like, "You got these seats?" I immediately took credit. I had no idea that they were that good. Yes, I

arranged this all. Of course that was spectacular, a very romantic evening. I can't do that every week. Today women want romance. Why? Because the romance that evening stimulated a hormone that will lower women's stress. That's what it does. That hormone is oxytocin.

There are three basic things that stimulate oxytocin in a loving, happy relationship. A little romance on a regular basis. It doesn't have to be the Jersey Boys either. Doesn't have to be spectacular. That's what we're going to learn about this hormone. The hormone's oxytocin. Oxytocin is the hormone we discovered ... We, those scientists out there. I just read their work. The hormone was discovered that lowers stress for women. Oxytocin lowers stress for women. When you're doing a job in the workplace, that stimulates testosterone, it inhibits oxytocin production. All you have to be doing is a job that has to do with risk, danger, urgency, emergency, sacrifice for money. Any of those activities release testosterone. That testosterone makes you feel good, you get to feel like a man. I did that and I did that and I did that but it doesn't lower your stress. It does lower man's stress.

NIH, National Institute of Health says the number one risk factor for men, for heart disease is low testosterone. What's the remedy? Let's give them testosterone. No, don't give them testosterone. Now we got huge research showing you put that testosterone cream in there, you're risk of prostate cancer goes up. How do you get and why do need extra help to get that testosterone up? Because of all the estrogen's in the environment. The Xenoestrogen in the environment suppressed your testosterone levels. High estrogen suppresses testosterone. Some research shows the average fifty-eight year old man has more estrogen than his wife. One of the symptoms of that estrogen dominance is the belly starts getting bigger. This is your highest risk of heart disease, right there with the belly. Once the belly starts getting bigger, it's now making estrogen. That estrogen piece pushing down testosterone. Estrogen clogs the ... The plaque starts building up as a result of all these toxic estrogens, which are being produced by your belly fat.

Not only that, estrogen itself, lowers testosterone. I see you had a speaker here, Dr. Chee. One of the products I recommend on my website is Dr. Chee was here a few weeks ago with myomin. Myomin prohibits the enzyme aromatase, that converts testosterone into estrogen. What unique, what's odd, it's paradoxical. What happens is when a man has high estrogen, the brain says stop making testosterone. Now why would it do that? That doesn't make sense. Everything in the body's intelligent, so why would it do that? We'll you see for millions of years, we evolved in an environment that didn't have all these Xenoestrogens. Men didn't have environment estrogens to deal with.

only time a man experiences high estrogen levels, is at times of great danger. What happens if there's great danger, I have to react faster. Testosterone gives me faster reaction and energy. If there's danger, my testosterone levels increase. If I start to feel like I can't handle this danger, they spike and they convert into estrogen. This enzyme aromatase at times of danger and powerlessness. Now see, I'm in danger right now. I'm being videoed. The whole world could hear what I say. My wife could

hear what I say. I have to be very careful about what I say. I just heard something from somebody on TV today, who said they're trying to teach kids not to be violent. They're all trying to get the police to do it. They did this study which said, how many of you people are afraid of police? Only five percent said they were afraid of police. They say, how many of you people are afraid of your mothers? One hundred percent. All raised their hand. It's the mothers who could get these guys. That's okay. Random thought, I always like to share a few random thoughts for fun. You're like, I'm thrilled to hear that.

The mothers have a huge, huge thing. If you study the ancient histories in the eastern world. I spent a lot of time in India and so forth, Iranian system and so forth. One of the most healing elements there is mother at home. That when mother is not at home, sickness will develop. This is just antidotal information. I think it's what's happening today in our society, is when mother is not at home, we have problems. Mother is the nurturing energy, the healing energy and so forth. Clearly we have father not taking care of mother, which is also a major crisis. When you see these things hormonally, then it all really starts to, you know you take it out of the psychology and the belief system.

Just take a look at our basic hormones. When mother is at home, oxytocin is produced. When mother is at work, oxytocin is inhibited. Oxytocin lowers stress for mother. If mother is stressed, she can't nurture. She gives to her children and then she feels overwhelmed. I give and give and give. See women are designed a mechanism which is universal in women. That's when you're under stress, what do you do? You give. Whenever you give, unconditional giving, not for money. As soon as you put money into it, it's a different kind of giving. Unconditional giving releases oxytocin. Oxytocin being released lowers stress in women. If you're stressed, what do you do? You unconditionally give and it lowers your stress. It's the natural physical substance oxytocin. You're giving and giving and giving, you have to make oxytocin.

What are the conditions that allow you to make oxytocin? Mother's at home. Mother's at work inhibits oxytocin production. Mother feeling unsupported, alone inhibits oxytocin. If you have a mother at home today, she's still alone. It used to be mothers at home was a tribe of women. When I go to indigenous cultures, in the morning they have to do the laundry. They all go down to the river together. They're never alone. They're babysitting each other's kids. One of the biggest sources of stress for modern women today ... I can just playfully say this. Is the washing machine. The washing machine in all the commercials, promises to give us more time to enjoy our lives. Did the washing machine give anybody more time to enjoy their lives. No, it gave you more time to take on more responsibilities. Then you have this to give you more responsibility.

Then you've got networking. You've got networking. You've got the world in your hand. You've got fifty Facebook friends, instead of ten around you. By the way looking at your friends on Facebook doesn't produce oxytocin. It's an illusion. It's like men thinking they have a relationship by having sex with a girl on the computer screen. Pornography is an illusion of intimacy and weakens the soul. It weakens our being.

Women have digital communities. It's pornography of the female side. I'm not against them and I'm not against pornography. Don't go there for your health. It's having real people, real situations. You need sugar for your house or you need flour, you've got somebody to go ask for them. You walk over to their house, get a little exercise and you get it. This world is no longer available to women today. We have to adapt.

That's the only problem, we haven't learned how to adapt. Insight to that helps us to get clarity into moving into that direction of adaptation. Of course, when is oxytocin released the most for a stress reducer? Climax. Sexual climax. Women can't have orgasm without oxytocin. After awhile as women's oxytocin levels are dropping, they're never in the mood. Their body doesn't even lubricate. Then the body starts experiencing vaginal dryness so if she did have sex, it's painful. Women certainly don't want to tell their husbands that. When I found out it was like, oh I don't want to cause pain at a time when I want to cause pleasure. That can stop everything. Fortunately, there's easy remedies to this. One easy remedy is to put estradiol in your vagina. Now you're taking hormones again. Took me the longest time to find a natural remedy, aloe vera. Three weeks, aloe vera in the vagina and you've got a twenty year old bitch on you. God's gift.

Who discovered that? I did. It's the greatest gift ever. I have all these women who've seen ... I have all these little videos on my website of everything that I've talked about, a ten minute video. A ten minute video of the anti ageing vagina. You got it. It's a certain application, you put about a teaspoon in. You've got to do it for about three weeks straight. You do it once or twice a week as needed. Everyone will have it. It's just hormonal imbalance which you want to do. That's more of a symptomatic thing. Aloe, it helps irritation. It causes cellular regeneration three hundred times more. You want to regenerate down there. You don't put a hormone in your body. If you put a hormone in your body, your body stops making it. As for men, we put all the estrogen in our body, due to the environmental estrogen, the plastic that's in this water. The hormones that are in the beef, the chicken and the ham, hormones everywhere. With men being exposed to all this stuff, the high estrogen, the brain goes, oh my gosh, we must be in danger. Let's convert that testosterone over to estrogen. It say's you've got too high testosterone so stop making it.

Let me summarize this. An ancient day is the only time a man would have high estrogen, is if he was in a very dangerous situation, testosterone levels were up. He realized, I'm going to die and so his testosterone converts into estrogen to make him submissive to whatever is about to kill him. This is what men do. You'll see it with guys when they fight, okay uncle and we're done. It's like I won, you lost, I'm king. It's this whole thing, if you have a big guy you want to fight him and you can't. Then what do you do? You say, hey I'm good at helping you here. If you're in prison, you're the bitch. You become the woman. This safety mechanism is better to become the woman and surrender and yield rather than fight and die.

The only time men would have that situation, was in a situation where testosterone would get in the way of their survival, so men would have high estrogen. When men have high estrogen, the brain send a message to the testicles, stop producing

testosterone. There's one herb, there's many herbs to help increase testosterone. You do not have to take creams to increase it. This is all proven stuff. There's a particular herb that handles that particular pathway. There's a lot of different herbs that handle testosterone different ways and libido in different ways, and the brain in different way. The one that focuses on that pathway is tongkat-ali. T-O-N-G-K-A-T dash ali. On my website, I give you the whole description, ten minutes of how to use it, to cycle it and so forth. It doesn't create too much testosterone that would convert into estrogen. It doesn't even do anything to testosterone,. It just sends a message to your brain, to send a message down south to make testosterone. That's the whole key to it.

What happens, is you'll see a lot of these guys, my friends who take testosterone, in spite of what I tell them. You know we all have our different things. One of my friends says, "John, I take testosterone, I feel younger." There you go, can't beat that. That's his choice. I take tongkat-ali. I feel younger, that's my choice. There's different choices here. Tongkat-ali's an herb. It grows. The best stuff grows in Bangkok, Thailand. A place where there's more sex than anywhere else on the planet. It doesn't grow other places. You can't get the same bang for the buck. This is tongkat-ali. I have at my website, we have like a thousand bottles a month. This stuff is, people just keep ordering it, ordering it, ordering it. It is so wonderful. I never gone through a whole bottle. If I take it, I'm like a giraffe. I just follow my wife around like this. You know just hey, hey. If I wake up without the giraffe, then I go take some tongkat for awhile till it's waking me up in the middle of the night and I can't lay on my stomach. That's too much.

It's an amazing thing. Who knows? Who knows this stuff? Who knows the quality? That's another thing. Somebody wrote me a letter because I do carry it at the store. He said, "Your tongkat-ali's not real." He didn't know where mine came from but he gave me a list of eighty different companies and how they do. There's is fake and they put something else in and this is real. I don't know what to believe with it. I tested around and some gave me headaches, some didn't work at all. Some gave me a fever. The stuff that I have, works. When I say tongkat-ali, I don't know for sure that it's going to work. Unless you get the right quality. It's certainly something good to experiment with if you're a man. In my opinion, way, way better than taking testosterone. When you listen to Dr. Chee's talking about what I told you, that men who take testosterone have a much higher risk of prostrate cancer. One of his products which I recommend to people, as well as have in my store is myomin. Yet, it's on their list of talks. Dr. Chee's talks, it's a brilliant talk. It's his best product. He's got like fifty products or something. Myomin is some Chinese herbs that inhibit the conversion of testosterone into estrogen. This is like amazing to help boost men's testosterone but also to keep their estrogen levels down. It's a romacase enzyme that converts testosterone to estrogen.

I recommend for men, Tongkat-ali and myomin. Maybe he's got testimonials from people, tremendous amount of documentation. This guy, he's just like, what is it? People who just never stop working, a workaholic to the nth degree, you know. Which by the way, I'm teaching in China. That is the Chinese person. They just work,

work, work, work. They're stressed out of their minds. Their marriages are suffering tremendously. Actually, they have no sex education to add to it. One of my courses there, I spent a day and half explaining how to have sex. Of course I can do that to American audiences as well but they were like stone faced silent. I just kept talking and talking. It wasn't even supposed to be part of my talk. I turned it into respond to what needed to be said, at least I think so. The place is [inaudible 00:42:04]. I'm sitting there talking about sex all day long, with everybody not reacting at all. I was having a dinner with the VIPs. I said to the leader, "How did my talk on sex go over?" Then the VIP leader, he says, "John, we have learned to not show feelings of all in our face but as soon as you start talking about sex, we're doing cartwheels of ecstasy inside ourselves of excitement." They never heard any of this stuff. They just didn't even understand the whole process.

By the way, I always like to just toss in when I talk about sex. About half the male population, has premature ejaculation. Premature ejaculation means that you always like worry about you know, they got all these techniques. The squeeze technique and the pause technique, the healthiest thing you can do for your body, is the movement of pelvic thrust. Okay, a good ten minutes of pelvic thrust is like amazing for the body. Most guys are fifty percent done. I have processes. I teach how to give a woman an orgasm first, then it doesn't matter how long. For his own health, he needs a good ten minutes of pelvic thrusting. Also as women get older and babies, it get's bigger down there. Everybody wants to feel the sensation, all your nerves are going down there. You need feel the sensations. It's completely invigorating to all the nerves in your body, so a tight vagina is like gold. Do you have a cure for that Dr. Gray? Yes.

Audience: Aloe vera.

John Gray: Well, no the aloe vera actually rebuilds the thickness of it and rebuilds the blood flow to it. Helps it to lubricate again and takes away pain. If the skin gets really thin, it tears and it can hurt. Anyway, that's one thing but here's the other side. Mother Nature did this one. Most guys don't know this and some women don't even know this. Is that after a woman has a orgasm, when a woman has a real orgasm, what happens is the vagina bowls up like this. I mean for a brief moment you go are we in or are we not? Okay, so it will just completely bowl up. There's nothing she can ... Then it will clamp down, tight, tight, tight. If it happens, if you leave it in there just at the right time, you can't get out, okay. You get stuck. That's not in my book. The point being, give her, her climax, first. Then her vagina clamps and when you come in, whoa. You really feel it and she really feels it too. You have to be very gentle. This is like big stimulation here. Whoa, whoa, whoa, whoa, big guy here for a little guy like me, you can be a king, okay.

Understanding physiology. Sometimes guys are like in a hurry. They're all excited. You just stimulate him for awhile. He notices when his climax is coming. He says, okay put her hands back and now it's time for her to practice receiving. Remember the thing women are most challenged with today is receiving. When you're under stress, what do you do? You give, you give, you give. Just relax and receive and let your awareness go down. It takes awhile. Men, you have to realize this is like ten minutes before she

even notices she has a clitoris. You get a pillow. You go down south, you camp out. You look at the clock. Who knew I was going to give this talk but somebody wants to hear it, I tell you. We have tiny people here. Can I get some more water? Do we have more water over there? If there is anymore. It's very thoughtful of you to give me this water. Anyway, got a little off the subject there.

Audience: We enjoyed it.

John Gray: Besides tongkat-ali for sex drive, tongkat-ali it restores testosterone levels for men. There's nothing ... Thank you very much. There's nothing healthier for a man than testosterone levels. Testosterone lowers his stress. Testosterone is the hormone. Men have to make thirty times more than a woman. At the end of a day, this was a paradox for me. We know that to make muscles, it's testosterone that makes muscles. You get these big muscle builders, big testosterone guys, then I look into all of the muscle magazines online, muscle stuff for years. This is twenty-five years ago so was magazines, it wasn't online. Why do they all have libido ads? These are like twenty-five year old guys and they need libido pills. I don't need a libido pill, just give me two legs and I'm ready to go. I'm just like where can I get it, all the time. This twenty-five year old guy needing a libido pills. What is this about? Well, what it's about is ...

I learned this because one of my clients in Australia was into these big body builders and everything. He was counseling his relationship, he couldn't get it up in his relationship. After a few times, there's nothing. What is it? I'm going what is it? These body builders can't get it up, what's the big deal? Well, I asked him to have his testosterone levels checked and there were zero. Zero, now how could a big body builder that like that have zero testosterone? He used all his testosterone up making the muscles. It is testosterone, it is the juice but too much muscle can deplete you. You can use it all up for that. One of the most important things I learned from the body builders is how do you make sure that you don't run out of testosterone so you can build big muscles? The most important thing in body building for men, who build big muscles, so they have to have more testosterone to build those big muscles, is you use your muscles to the full extent you use up all your testosterone. Then you recover. It's called take a nap. It's rest. It's recovery time. It's in the recovery time, that men rebuild their testosterone. When men run low in testosterone, what does our brain say to do?

Audience: Take a nap.

John Gray: Take a nap. Lay on the couch, relax. If we don't use it all up, then it doesn't work. When you retire, you're brain goes, oh god let's hang out. No that will raise your stress. You actually have to use up your testosterone to rebuild your testosterone. There's a cycle here. You have to use it up. What uses it up? Risk, danger, hard work, sacrifice, selflessness for a noble cause are major testosterone releasers. The insurance companies know. They'll list their averages, not everyone in this room of course. The insurance companies basically point out, that within one year of retirement for a man, he will have his first heart attack.

Now fifteen years ago, before they had all the technology to keep us alive, the statistics were three years after retirement, the average male will die. Now we can keep them alive but quality may go down and down and down. Which this is a different group. If any of you have had heart attacks, you're here and you're teaching your body, you're getting the nutrition and the support you need to counteract that. On a behavior level, there's nothing more powerful than work for a man. As soon as men stop working, they die. There has to be ... Come on in. Come on in. I promise to show up at a certain time and if I don't show up at that time, somebody is going to suffer because of my neglect. That's what keeps a man alive. See women, you don't need that. You already know everybody's suffering and you have to help them. You're out there, giving, giving, giving. Men don't have that. Men have to have a motivating factor. Something to rise up and go, I said I'd do it so I'm going to do it. If you just go, what do I feel like doing today? You're going to feel like whatever it takes to die. You're going to go down. Masculinity is what I have to do to achieve some desirable goal. What do I have to do?

Femininity, is what would I like to do? What else would I like to do? What do I enjoy doing? What do I love doing? This is what rebuilds your oxytocin. Is when you put yourself in situations where there's no sacrifice and you're a princess. You kind of look at me like well grandma would look at me like selfish. I say, grandma lived in another time. Where women's lifestyle was promoting oxytocin all day long. The number one inhibitor of oxytocin in women today is being in a hurry. Whenever you're in a hurry, what are you saying to yourself? I have to do this. I have to do that. I listen to my wife sometimes, just the language-ing. Oh, I have to have lunch with so and so. Then we have to go on a walk. Then I go get my massage. You have to do all these things, oh my goodness. Oh my goodness, what a rough life. It is a rough life because she has to do these things. If she feels, it's the feeling I have to do it. It's like a disease, whether your even have to do it or not, you're a woman and all the other women are feeling this. Kind of like women living together, the menstrual cycle goes into harmony to sync. They're all just stressed out together. You feel guilty not being stressed. I've just having fun with that. I'm sorry.

There is this rhythm of life that which has been lost. Go to an indigenous culture, the women are never in a hurry. While I was on African safari with my wife, photographic safari and the women were doing hard work during the day. It's not the work, hard work, easy work, it was time. They had the women, they were digging some kind of ditch and some plumbing thing. Some guy was just standing there directing. Whenever possible, guys will not move. This is just our nature because to rebuild our testosterone, what do we have to do? Relax. A guys going shopping with his wife, where's the couch? Can I find a couch to sit down. There's nothing exciting about it. I'm shopping myself, I've got a goal. I get there, I kill it, I bring it home, done. With my wife, I don't know what we're going do, when we're going to finish, what the goal is. It's changing midstream. There's like ... Testosterone needs a goal and how do I get there. Let's do it fast and get out of there. For her it's something, if she has time, it's shown that a woman likes to shop when she has time. It produces huge amounts of oxytocin.

I try to relate to these types of things. The only way I can relate to it, is the thrill women get out of shopping. Some women are too masculine, they won't. That's another sign of how you are on the masculine scale. I just don't like shopping. Then you say, well do you feel like you don't have time to shop? That's right because I have to do all these things. Okay, basically the shopping thing, if I'm looking at a new car or an engine or something like that, or some gizmo. I'm going yeah, I like this, I like this. There's excitement about that. Just multiply that by a thousand into all kinds of things when a woman wanders through gathering. She's gathering her berries, like women like doing. There's a sense of oh, I can wear that or not wear that. How would that look on me? How would that look there? What she's doing is exercising the right part of her brain.

The left part of her brain is being used all day long doing what you have to do. The right brain is curious. What would I look like in that? What would people... ? How would I look? How do you look in that? It's like this whole shoe thing. What is it with shoes? I was just walking in town here before the talk. I'm noticing this women walking with really crazy looking shoes. The men will all notice that they weigh more than the men. It's like women look at each other's shoes. They look at each other's outfits. How do I know this? I have three daughters and a wife. We go on vacations to Hawaii so I'm around them all the time. What's she wearing? How could she wear that? What are we going to wear to dinner? Where we going to eat dinner? All this stuff that goes on, that is so foreign to a guy. We do it a little bit but not like that.

It's like this is a real difference and then boom, the research there on the brain shows up. The left IPL, Interior Parietal Lobe, Interior Parietal Lobe, left brain, has to do with testosterone activities. Which is time and space. How fast can I get there and how will I get there? What's the right direction to get there? What will I get as a reward for getting there? This is what men, we live in a whole world of why should I do that? Why should I do that? Why should I do that? How can I do that? What's the best way to do that? How do I get the best recognition for doing that? What will I get? What will I not get? Let me weigh, if I don't do this, what's going to happen? If I do this, what will happen? This is the world we live in. Now women you can relate to that a bit. We're like a hundred times more than you there. It's in the brain, that shows. The left IPL in a man, and every man in this room is bigger, than any IPL in the woman. Einstein had the biggest left IPL in history. The guy developed the theory of time and space. Completely analytical side over here, has to do with time, space, distance and so forth.

Of course what is the big deal about men that women go, what is this big deal that men always want their space? Well, they have to IPL. How much space? I need more space to be me. All right I'll get this. It's all about this for men and little bit about this over here. Which is the right IPL. All women, the right IPL is much bigger. The right IPL has nothing to do with time and space. It has to do with me and you. It has to do with what do I feel, what do you feel? What would you like? What would you like? What do you think of me? What do I think of you? What are you wearing? What are you not wearing? What are you eating? What are you not eating? What can I feed you? What

can you feed me? This is a whole world that women live in. Men, you have to realize they live in a world that's a hundred times more than you can imagine.

It's like as a gift to my wife, a big oxytocin producer for my wife. I say well honey we're going to go out tonight. I give you full permission to tell me what to wear. She feels so happy. Oh my god, so relaxing. She can dress me. Why is that so relaxing for her? She might not be embarrassed by what I might wear. You just never know what I'm going to come up with. I don't want someone telling me how to dress. On romantic occasions, I go, honey would you like to pick my outfit tonight. I'm happy to wear whatever will make you feel comfortable tonight.

The three big oxytocin producers is romance. The romance doesn't have to be the Jersey Boys or the big, huge thing. In our minds, we think it is and a lot of women think it is. Just to kind of understand what romance is before you become bitter and say I don't care about it. Here's what romance is on the extreme. Which is totally unrealistic but it produces a lot of oxytocin. Whenever man knows what you want and you don't. He does it without you having to ask. Boom, you feel seen, heard, valued, special, the center of attention. This is why men are great to have in your life. We want you to be the center of attention. We have no problem with you being the center of attention. To women it's like they're always competing for the center of attention. This is like Metro Man came out the 90's. Right when it came out, everyone's interviewing. What do you think about Metro Man? That's a man that like notices his own shoes, dresses up all the time. Looks all pretty, hair slicked back, always done perfectly. I said, "This is a big joke. You'll see in a few years, women will have disdain for Metro Man." They do cause he's the woman.

She thinks, the imagination, oh my god if he wears my shoes, he'll appreciate my shoes. If he can take care of himself, he'll take of me. No, that's not the reality. Metro Man, he looks in the mirror and say's, how good I look. He never looks at how good you look. He's like wanting you to take care of him. Well, what about me? He does something for you. Then in response, he says what about me? Men, the wimpiest, weakest thing you can every say is, well what about me? I did this for you. What about me? That's a girl thing. They will always do it. Let them do it. You're about selflessness and in taking all selfishness. It's one or the other. You give and then you give to yourself. The part of us that needs and depends on others, is our female side. I'm not saying discount it, not at all. I'm just saying don't let it dominate you. When I see marriage problems, almost every time today ... It wasn't always this way. It's role reversal. It's, I'll give you one hint of it. I do a whole seminar on this but this is called Soul Mate Seminar. You can find that on my website.

One of the things I see which is so helpful. One concept ... How much time do I have here? It takes awhile to develop these ideas but I give you this shortened version of it. Something we men do, is called tit for a tat. If you complain women, then we complain back, equal and more. We feel justified in it. This is the stupidest thing you can ever do, men. It doesn't serve you at all and it doesn't serve her at all. I can give a big theory about this and explain it. I'll just tell the story when I learned it. I'm like a paid professional listener. Okay, women pay me lots of money, just to nod my head. I

understand and ask very intuitive questions that bring out thoughts and feelings. I've cultured this ability. I'm well paid for this thing. I'm married and I have the same wife that every guy has, who says, you're not listening. They all say it. Anyway, one day I decided, my wife said we need to talk. I said, okay I'm going to pull up from my reserves, all my super human listening skills that are impossible but I have developed them. Okay, this is my super power.

I listened to her for a full hour. I used all my skills reflective listening. It's sounds like you're saying this, is that right? She said, "no." Oh, well explain it to me. Oh, I see now, let me try saying it again. I want to make sure I really understand. I was really understanding. I went through this whole thing. I said, "is there anything more?" Well, yeah there is this. She'd go on. This went on and I'm looking at the clock. How could somebody go on and complain for a whole hour? You know without any resistance from me at all. Just support, support, support. Now later on, I asked her how she could go on like that. She said, "Well, I thought it was like the sun and the moon were in conjugated in some bizarre way that my husband had learned to listen." She thought she'd take opportunity to do it. There she is, she's sharing. I'm being a really wonderful listener. At the end, like any man however, as I'm doing this. There's another part of me that's going, yes she says that but she did this. She complains about me but that's not even true. I said this and this. I'm like a lawyer over there, behind the scene, keeping track of every comment she's made with my rebuttal.

How many men can relate that little rebuttal inside of us? We've got it going in there. We're smart if we never talk about it. Okay, that's the thing. Anyway, I had yet learned this lesson that I'm about to teach you, to share with you. I've got my whole list, really to destroy every argument that she had. Basically pointed out that you're wrong about this, you're wrong about this, you're wrong about this, you're wrong about this. This is what men don't understand is when you try to talk a woman out of how she feels. If she's upset, we want to explain to her why she shouldn't be upset. It's the worst thing you can ever do. It's one of those times where you're trying to make her happy and nothing will make her happy except you doing nothing. Just let her talk and know you that you have the power to change the whole situation by this magic, I'm about to explain. I didn't know this so there she is, she's talking, going on.

After I listening to this, I'm feeling very confident because I have all these ways to explain to her why she shouldn't be holding this grudge, that it sounded like she had. I said to her, I said, "Honey, is there anything more you want to share? Do you feel completely heard?" She said, "Oh yeah, this is amazing. I feel really good." I said, "Well, when would be a good time for me to tell you how I feel?" Of course she had been married to me for many years so she said, "Well, I don't know but I'll let you know." I'm like stunned. I went through all that and I don't get my rebuttal. I'm like wait a second, what about this equal sharing thing here about equality? She said, "I don't know." I said, "When do you think it would be a good time?" She goes, "I don't know." Then there's this pause and she ponders and she says, "I just want to bask for awhile, in the sunshine of your love." I went, and I did that.

I would say that my frustration which was back here went down about twenty percent. Curiosity, like wow, that actually worked. She had all these complaints. She seemed so unhappy. See man, when a woman's unhappy, down in this part of the brain back here. Unhappy woman means you'll never have sex again. The rays will die. This is a major stress, major danger, testosterone now converts into estrogen and now you become a girl and you want to share all your problems. I'll just repeat that one. This is how men become feminized. As men feel powerless, if there's danger and a man doesn't know what to do, his testosterone converts into estrogen. That's where men become whinny, complainy, making those lists, having that tit for a tat and they're unhappy, they're moody and they're dark. All of the stuff comes from men converting their testosterone into estrogen. Which is what men do when they feel in danger and they don't know what to do.

See it's a big difference between there's danger and I know what to do. Like I mentioned, be right here and this be on the internet. That's danger but I know what to do so I'm calm, relaxed, cool. All my testosterone is right there. If I felt out of control, like I did on that TV show. I was shocked, I was knocked over. I just couldn't believe anybody could be that stupid. I lost all my good manners. I said, "You're much stupid. You're like idiots. You're blind." It was just like I went out of control. I didn't know what to do with these people. Are you nuts? It was like I landed in some crazy land. Anyway, so I had this reaction. Then I got defensive, which is the female side. Now I'm getting all this emotion. My face was red. I was like, I thought every thing I said was brilliant still. Half the country thought I was brilliant still, the guys. Still all the women were, see he doesn't listen. He doesn't listen. He writes about listening but he's a terrible listener. They interrupted me over and over. You can see, I'm still processing that experience.

What happens when a man knows what to do, then he doesn't convert his testosterone into estrogen. What you can realize men, is when you don't respond with tit for a tat, this is wisdom, this is skill. You know just what to do because she's going to walk away going, gosh I thought he was going to get all defensive. I thought he was going to get all upset. I thought he was going to be mad at me. I thought he was going to complain. He didn't do any of that. He took time to listen to me. Wow, I feel heard, like I'm not alone. Not alone, when a woman feels not alone, seen, heard, touched, oxytocin goes up. My testosterone, my stress put it that way, dropped about twenty percent. Then she said, "You know, I'm going to change my mind and make you chicken and mashed potatoes and green peas." We knew that's my favorite meal at the time. I'm going to make your favorite meal tonight. She was in the kitchen and I'm sitting there thinking, that was sweet of her. Another ten percent of stress goes down. She's doing this nice thing for me.

Then I watched her in the kitchen and literally she started to sing. I don't know what she sang but she was humming and singing some little song. Then out of nowhere came bluebirds, flying around the kitchen and I was in a Disney movie. I still see this singing, it was like Disneyland had some to life, right here. A Disney movie and Snow White was happy as could be. I'm going, and I did that. My stress levels now about down to here. I'm still kind of grumpy inside, a little irritable. You know I was clearly

on my estrogen side which makes men grumpy, irritable and moody. It's from their estrogen side and their testosterone is down. We've got to reverse that. Whenever a man feels I'm a can do guy, I know just what to do, his testosterone is rising. We don't have the education, we don't know how to deal with his stuff. That's why this book's so important.

Now we come back to that night. We go to bed. I'm on my side of the bed. She's on her side of the bed. We're getting into bed and then she goes to this drawer and starts picking out some little outfit to wear. I say, "What are you doing honey?" She says, "I'm going to wear this to bed tonight." I said, "Well, I'm just going to take it off. Why do you not bother with that?" She said something very feminine. "I just want to be in the right outfit before you take it off." I was like, this is really great. Now as soon as arousal occurs in a man, blood goes south. Men have two brains, north and south and only enough blood for one at a time. Now, I've forgotten everything. We had sex and it was quite enjoyable sex and really quite wonderful. Probably because she feels heard. All her oxytocin levels are there. She's quite ecstatic and I'm going, Yes, I did that. Then take credit for that. We go to bed and that's that.

I'm waking up in the morning. She's cuddling next to me. She says, "Oh John, this would probably would be a good time if you wanted to talk." Talk, talk about what? Well you know last night we talked and you said you wanted to say something. I go, "Yeah, what did I want to say?" It was all gone. There was nothing. I realized that all that gibber jabber, all that defensiveness is some fear mechanism thinking I'll never get laid again. It doesn't have to do with the front part of the brain. It's this part of the brain. Sex is for survival. It has to happen. When a woman is upset, this part of the brain, the monkey, the reptilian part of the brain, reacts the woman's upset-ness as big, big danger. Bigger danger than it is. Here's one of the differences between men and women's brains. If you look at history, historically women always knew you never get upset at a man because men get very defensive. Men can't interpret an upset woman correctly.

My message, they can learn to do this. Okay, I have big courses that teach men how to do this. How to correctly interpret a woman's emotions. Her brain has emotions differently than our brain. Here's how this would look. On a brain scan under moderate stress, there's eight times more blood flow to the emotional part of the brain in a woman. Eight times more, heaven forbid twenty years ago I said women are more emotional than men. They were shooting me for that. I figured out linguistics. I said, "Women have stronger emotions than men." They actually have, they're designed to have these stronger emotions than men. Then we know men can be emotional too but in a different circumstance. High stress, men will have strong emotions. For women moderate stress, women have strong emotions. This is bizarre. This means when she has her moderate stress, emotional reactions to things, when he see her, he hears that from his own reference point, of when he would have those strong emotions. He only has those strong emotions when there's danger that he can't do something about. Lions, tigers and bears and they're bigger than him. He has no weapons so now he's in danger.

That's the only time men have strong emotions, is when they feel in danger and powerless to solve the problem. I've been in a tiger's cage with a tiger trainer showing me how to do it. There was some anxiety for sure but it was feeling like trust. You walk around sheep, you for sure had no fear at all. Complete danger he taught me, just carry the meat. While you got their meat, they're like kitty cats in your hand. Don't let go of the meat. You got to feed them, a little bit here a little bit here. The idea there is you can be in danger, if you know what you're doing. By example from my life was driving my car fast, when I used to. I don't anymore. I wasted gas. I don't need it. I'm happy just driving. If you're driving fast, there's a point where every man can tell, you're feeling good driving. Then there's a point, a speed amount where suddenly it becomes anxiety. What's happening at that moment, more brain differences here. Is as soon as you're feeling, okay I'm in danger but I know how to drive. I've got a good car, everything is safe. You get this huge amount of dopamine and testosterone. It's like this is like great stuff but not too much. Then you start to feel the anxiousness, that's where you're brain says, this is dangerous and I could die. That's when you're starting to feel powerless.

At that moment, you're testosterone converts into, your dopamine converts into adrenaline. Adrenaline then can convert into cortisol. You get that whole cortisol thing there. Which by the way, I saw a show the other night on Parkinson's disease. They had the guy, there was a race car driver, who was taking his Parkinson's medication. None of these great experts could see the relationship between a race car driver and Parkinson's disease. Race car driving overstimulates dopamine, excitement, stimulation, danger. Receptors flatten out and gradually they don't grow back which is Parkinson's. He say to them, he says, "It's amazing. I've all these Parkinson's symptoms but when I get in my race car, they go away." Duh, because you're overstimulating your brain again. Just like you need all this super stimulation. Just as a point, what they're finding out with the Parkinson's is when you start taking L-dopa, which will take away symptoms. After awhile you're brain habituates to L-dopa.

That's after you taking more and more because it keeps flattening out your receptors sides more and more. This guy in Florida, I don't know his name. What he found out is it doesn't have to. He discovered if you're giving someone L-dopa, it's just like giving dopamine. You're giving them dopamine, as soon as your brain has lots of dopamine. It sends a signal to the body to stop making the enzymes to convert protein into dopamine and serotonin. People who take L-dopa, suddenly had dramatically low hydrazine levels, low serotonin levels, low enzymes to convert these things and [inaudible 01:14:20]. By taking again, taking a drug in a sense, the body says, oh we don't need to make it. Then all the mechanisms to make it go down and that's why the brain habituates. It doesn't have to habituate. We can just give them L-dopa along with hydrazine, along with 5HTP with serotonin. The same thing works for kids with ADD. It's the same problem. That's my next book, it's on ADD. If there's questions when we end, I can answer some questions on that. It's just simply giving these kids that. Our next speaker, what's her name? Next week's speaker.

Audience: Julia Ross.

John Gray: Julie Ross, she's been doing it for years. Just giving hydrazine, HTTP, some amino acids. Kids with ADD, boom gone. Who would have known that would also do with Parkinson's. Again, learning the right supplements is so key. Another one for ADD and for any man, I consider all men ADD, period. I mean think about it as a marriage counselor, all the men that come in. What's the one the wives' biggest complaint? He doesn't listen. She starts talking, he gets bored really fast. He gets tired really fast. These are the symptoms of ADD. Kids listening and they're bored, tired. I can't listen anymore. Give them a ball to throw and suddenly they're alive again. What happens is males now have a much greater vulnerability to ADD because of our muscle mass. The muscles absorb the amino acids that make dopamine, simple as that. When you're under stress, your body's taking all the amino acids into your muscles and it doesn't go into your brain to make the dopamine. I mean, it's just like biology. I mean it's like right there and our society is so out of balance.

We're not getting the right nutrition. Another remedy for ADD that's been proven to be just as good as Ritalin and Adderall ... Just as good but with no side effects. Everyone knows that Ritalin and Adderall have serious side effects. It is a crime to have all these shows on TV saying there's no side effects. They're class B narcotics by the FDA. They all have those side effects. I watched an Oz show on ADD drugs saying a million more women this year started taking ADD drugs, to lose weight and have energy. There just speed. They're methamphetamines. He saying, "I have a panel of four doctors up doctor telling you all the bad side effects. All these horrible side effects that you're going to get from taking this. Of course if you have the real symptoms of ADD, you should check with your doctor and take these drugs." As if taking the drugs when you need it, exempts you from those side effects. It doesn't. You still get those side effects whether you have ADD or not. What were the four symptoms that he talked about? Which were ADD symptoms but they're kind of really, they were losing your key, procrastinating, and not finishing things. I mean who doesn't have that as they're getting older? The reality is we need more dopamine in our brains.

Some of the research besides taking the triazine, five hundred milligrams a day at three times a day for Parkinson's and fifty milligrams of 5HTP that converts into serotonin, five, three grams of glycine was assisting. That was the condition for that but for ADD for kids, they're just giving fifty milligrams and five hundred milligrams a day of triazine. Add symptoms going away or lessening. She'll talk all about her research. She's brilliant. She lives in my town. I'll take credit for it. She's a bright lady. Another piece of research that they found in Italy and in Europe that was having the same benefits as these drugs without any side effects, is grape seed extract. Grape seed extract is a miracle brain food. They're taking like three hundred for adults, three hundred grape seed milligrams of grape seed twice a day, with twice as much vitamin C. You get those two things together and you have an anti-inflammatory for the brain, for the brain. This is what needs, cause we're all ADD, all compulsive disorder, all anxiety disorder, all serotonin depression disorders, all that has to do with inflammation in our brain. There's something amazing about pine bark and grape seed extract and OCPs. They're a whole category of nutrients that will cross the blood

brain barrier. Activate the vitamin C that you took, in the brain to last fifty times longer.

Now you have this complete antioxidant, anti-inflammatory in your brain. I'll be going along when I'm reading and sometimes I'll be reading and sometimes I have to realize I didn't read anything. You know like, okay let me read that paragraph again. The way I look at it is the lack of comprehension is ADD. You can't fully comprehend. I just go take some grape seed extract and vitamin C. I just right back and start absorbing the material again. Now there's another symptom of ADD, which I want to mention because one of my friends has wrote on the first books on ADD twenty years ago. He's studied it all. I said, "Well you know, you're ADD." He said, "I'm not ADD. What are you talking about?" He's talking hyper distracted type, he's the hyper focused type. See that's also ADD. Hyper anything is ADD. Hyper focus and I didn't tell him that right away but I said, "Yes, you are." He did this on his own, he says, "I have so much focus, I can think about something and my wife can be talking to me at the same time and I hear nothing from her." That's ADD. What are you talking about? You can't even shift your attention, you're so stuck here. This is another symptom that men have. They get stuck on one thing. They can't shift gears.

Women don't understand that. I'll be sitting at the computer, my wife will come in. She'll say, "Oh, there's this mail John. What was this for?" I was doing important research. I'm solving problems of the world. I can't look at that. I don't say all that but that's what's going on inside of me. I'm trying, breath, relax. If I give her my attention now, this will produce lots of oxytocin in her because she'll realize she's not alone and she's more important than the computer. Take a deep breath and go, well honey I'm working on this but let's just take a moment here. I'll focus on this. She like, "Oh yes, okay." Now what she knows is what a great gift that was because that's one of these learning challenges that men have. They don't have the ability to shift gears as easy as women. If a woman doesn't understand that, she feels like she's not important. There's all these little insights. The more we can understand each other, the woman can realize the shifts he's making for her and go, "Oh what a wonderful husband." Instead of like, "Well any girlfriend would do that."

When I listen to women complain about their husbands, they want their husbands to be girlfriends. They want them to do everything girlfriends would do. They want them to come home and clean. That's all women do. Can you imagine they live with another woman, roommates. You come home and clean and she's sitting there looking at you. You'd shoot her. Who do you think you are? This is your mess. You think that my dad when he came home, he's was a good provider for the family, when he came home he would sit down. My mother was like, he's alive, I'm glad. Women this is like in your genes. You have this amazing ability to be happy about little things. That limbic system that stimulates so easily, either negatively or positively. For millions of years, men would go off on hunts. If a man came home alive, what were you? Happy as can be. This is like on of the key things. Always be happy that he's alive. He's moving to the bathroom, yay, he's alive.

Now what's not in this book, I mean what's not in my talk is this is like a whole new lesson. How do you motivate men to do more things for you, without sounding like you're complaining? How do you become a master, as a woman coming back to your femininity, to be receptive to draw him in? Any message that he's a failure, pushes him away. Any message that you want more, can often sound like he's a failure and he didn't do it right. After awhile, anytime you ask him a man to do something, he forgets. Did you know who has more memory space in their brain? Men or women? Women has twice as much. It's just physiology. Twice as big at the campus. In a woman it is twice as big under stress because eight times more activated. When she's stressed, she remembers almost every mistake you've ever made. When she's not stressed, she remembers every good thing, you've ever done. It's just get her stress levels down.

I haven't gone into a whole big chapter on this. It's blood sugar. One of the differences between men and women is blood sugar. Is that when a woman is hungry, her blood sugar drops all the way, death. I mean literally, she has no warning. Only warning, she says, "All right, let's look for a restaurant." Guy figures, we'll once we get to our goal, we'll look around. We're going to get there. I got to kill the animal and then we'll eat. Men can postpone it. Women don't have that design. As soon as they hint that they're hungry, their blood sugar has crashed. As their blood sugar crashes, to keep her from dying her cortisone levels double, they shoot up. Blood flow goes to the emotional part of the brain. She experiences temporary amnesia and forgets any good thing you ever did. Remember every mistake and says, "Who is this guy? Why am I married to this guy?" Then she starts telling you all your flaws and you defend yourself. Nonsense, feed her. Nod your head, let her know, she's not alone. She will have more oxytocin. Her brain calms down. Her serotonin gets released, calms down her brain. She forgets she was all upset with you.

Then the stupid thing men do, is once she's feeling good, they say, "See you were wrong and you're upset about me, about this and this and this." No, she's in a good mood, she's in a good mood. Let it be there. I teach a fourteen hour course just on the topic of following up on this. Please if this rings a bell, there is follow up. There's all these other issues of how do you ask a man? How do you motivate a man? How do you make sure he wakes up in the morning wanting to do things for you? How do you keep his testosterone levels up if you're a woman? When a man can do to create oxytocin in a woman? Planning dates, is a real sweet one.

This is one I can do very quickly. What men will often do is say, "Honey, it's Friday night. What would you like to do? I'll do anything you want." He thinks that's really romantic. Men is the worst, least romantic thing you can ever do. Not that you can't do it but don't count that as romance. Don't think that produced any oxytocin. It just caused her stress level to shoot up. Women have the whole week planned out in their head. They've got fifty things they still have to do. You say, "Well what would you like to do? I'll do anything you want." He imagines, he knows if you said to him on Friday night, "Honey, what would you like to do? I'm happy to do whatever you want." He'd go, "Yeah, that's very nice." He assumes he is doing a great gift. It's not a great gift. Certainly you can do it sometimes. I do it sometimes. I certainly not getting any points

for it. There's no oxytocin being produced in it. The oxytocin gets produced in women, when they can look forward to an occasion where they don't have to tend to everybody else and somebody's going to attend to them, just for a few hours.

What that is, it's simply a week in advance. Let's sit down, "What would you Bonnie, like to do next week?" Not what I want to do. I'm fine. A few hours I'll do whatever. I'll stay awake no matter what it is. I know you're the special one. This is one of the hard things for women. You say what do you want to do? I don't know because they think, what do I want to do that he's going to want to do? Last time we did what I wanted to do, he didn't want to do it and he fell asleep. Most things that women want to do are oxytocin stimulators. Oxytocin stimulators suppress testosterone and make men sleepy. She doesn't want to hear his yawns in the middle of the symphony. If he knows, he's doing his job, this sacrifice for a noble cause and she's going to be so delighted that he doesn't make any weird noises.

I go to action movies with one of my buddies. I'll give you this example. This helps us men see ourselves. We pick the movies. The action movie's our wives don't want to see. We go and occasionally I'll pick a movie that's not so much action and more talking. He's like such a god send. That means this is long and slow, nothing's happening. Too much talking. Another fifteen minutes and I can predict he's going to go, Ahhhhh, even I didn't think I was going to take him to the movie theater. I slugged him or whatever. You picked this, not me. There's a whole big conversation. A woman doesn't want to have to deal with that. It's the opposite of romance. She is very timid and afraid to even say what she wants to do. It might put him to sleep. You turn it around with this knowledge will put another frame around this situation. Okay this romance is this thing we men do for women. It's not for the man. This is me emptying the trash. This is me in a storm, going on the roof to plug the hole. This is me when there is a dispute with the neighbors, I handle it. When I get the audit, I handle it. Anything confrontive, anything dangerous, anything emergency, I'm the man. I rise to the occasion. I don't go, "Hey, I did it last time. Why aren't you doing it this time."

This is wimpy, whinny stuff. You have to realize in order to be the man, we also get certain privileges as the man. Which is he works hard and he needs time to rest without feeling guilty. If you don't understand men are different, your sitting over there going, "What? Why is he sitting on that couch?" You haven't read this book so you don't know why he's sitting on the couch. What automatically comes to mind is, he doesn't love me. He doesn't care about me. He doesn't want to help me. Why would he want to help you? He will help you. Why would he want to if he doesn't have to? We have a gene inside of us, never do anything you don't have to do. That's the way we are. That's the left brain. That's the IPL on the left side of the brain. Never do it unless I have to. You have to get this message that if you do this it makes me happy. That's the whole dynamic of it.

Why would a man do more? Because it can help make her happy. They understand that women are under huge stress today. If you start complaining to a guy about how much stress you have, a guy goes, "What are you talking about? You don't have real stress." It's like [inaudible 01:28:42], you're talking about this, your talking about the

rushing around. He doesn't realize to you, that's not real stress. To her, that's major, make it moderate stress, that it's stress. It's enough to double her cortisone levels. Why is she talking about it? Talking about stress, makes women feel more relaxed. Talking about stress raises a man's stress levels. Men are designed to forget it. The way we do this, we have ... I know it's getting late. I think I go on, you're such a great audience, like Chinese people. The new neuroscience shows that a mans has an off switch on his brain, women don't. Say five minutes and that's it. Five minutes?

Speaker 4: Five more, yeah.

Audience: You have one minute.

John Gray: Maybe five, okay. End of five. Give me five. Give me five, where was I? On the off switch. Things and how to stop. Anyway when the sun sets, when the light goes down, we have a trigger. Just like doctors make melatonin, you have a trigger that turns a man's stress center off. We stop worrying. Women do not have that. If a woman has a fight, argument or stressful thing, her brain reunites it over and over and over it and over it. Men's brains, what we do is we turn it off by being able to shift our attention to something else. We have the ability to do one thing at a time. You have the ability to multitask. You have eight times more connected tissue in your brain. It's called white matter. You connect all the different parts of the brain, the thinking part, the analyzing part, the prioritizing part, the emotional part, the signing part, the listening part, you're doing it all simultaneously, all the time. You have no conception of what it's like to be a man, going does he have a conception like that brain. Literally when a man's doing something, he's doing one thing at a time.

He's like thinking about it, right what did she say? What does she mean by that? Go back to think about it. Go back over here, oh my god she changed the subject. Who's she talking about? What do you mean? You stopped to me in the middle of my conversation. No. It's like this whole sentence is void. I'll be thinking about what my wife saying and I'll say, "Would you say that again? Get me on the track again?" What, why should I say it again? Why don't you listen to me the first time? Men do this because they're like exhausted listening to woman for awhile. Emotions, got to run over there, come back, what was that emotion? What would happen if I say something? Oh my god, that was horrible, what should I do here? Listen some more. What is she talking about now? It's exhausting ourselves running around the ring. This is the thing, to walk away from that is to really appreciate a guy who listens. I mean this is a big thing. We're doing it because we love you. We have to learn how to do it. What we do when we listen and we think you're nuts when you say we're not listening. We are and it's hard. It's difficult and we're doing it because we love you.

What we do is we listen for a problem. We assume if you need to talk about it, you must be stressed out about it so you need help. The only time we need to talk about it, is when we don't know how to solve the problem and we're looking to solve it. If I can solve it, why tell anybody I need help. I can do it myself and take credit. The woman is like, I can tell you but you put it all together. Big oxytocin fest, we'll share my problems, your problems. We can put the together and solve them. We can be

happy together. It's this togetherness. It's what everything's about. We have to learn as men to realize that she's not asking me to solve any problems.

One of the skills you learn in here. One of the chapters is Venus talks. Venus talk is when you want to talk and you don't want him to solve the problem. If you don't want him to comment, then say that. You say, don't speak. All I need is for you to look at me. There'll be no test afterwards, nothing. I won't go on forever, ten minutes max. Don't speak, you don't have to solve anything, don't bring it up later. Just look at me and you'll find that you can talk for ten minutes without a man getting defensive, a whole new experience will happen. Massive amounts of oxytocin gets released. I mean think about it men, women pay me a hundred and fifty dollars an hour to look at them and nod my head. There are more therapists than doctors and nurses in this world. A major part of what they do ... Ninety percent of the people who go to them are women. Women will pay big bucks to talk and have somebody truly listen. This is what we have to get close to as men.

Often in counseling women will start resenting their husbands because I listen better. If he loves me, I'm married to him, why can't he listen like this? That's why I give them this little talk. The talk is for three reasons. One is I can listen to you undivided for fifteen minutes because it's not all week. I know there's an end to it. That's real. Man, husband doesn't know that, it can happen at any time, you get up to go. You never know when the storms going to hit. You know it's like unpredictable. The next one is I know it's just fifteen minutes and also whenever you're complaining, it's never about me. I can listen all day. Fifteen minutes and not about me. The third which is the most important, I get paid. In an immediate thought is you handle all those three things. You basically say, it's only ten minutes. I just need you to look, there's no test. You can't do it wrong. You don't have to solve anything. When you put problems, men think okay she's saying I didn't do it. Some start feeling it like it's a complaint rather than a share. You say, I'm not trying to fix anything, I'm just letting you know what's going on. I want you to know what goes on in my day. Who I am, what my experiences are.

The third is and when I'm done talking in ten minutes, I'm going to give you a hug because it will make me feel so good that you listened. That's his reward. That's his payment. Ultimately what a man wants for his wife, his children, anybody is for them to be happy. To do his best to make them happier in their life. I think that's kind of a good ending. Also thank you very much.

I'd like to mention that I do have longer courses available on my website. I'm allowed to get more of me is at moreofme.com. Also I have little ten minute talks on all the different supplements that I recommend for lowering stress. If I could just say one, one that I wanted. It's in here but it's ... If I could have every woman take one supplement, it would be to lower their stress. The most powerful supplement to lower stress for both men and women is lithium orotate. Who's heard of lithium orotate? They know about it This is like a magic thing. You can go on my website moreofme.com and I'll give you ten minutes more about lithium orotate. It's not lithium the drug. It's fourteen dollars for a three month supply. The only time I take it

is if my wife annoys me or irritates me. My mind starts looping, I become feminine. I take one of those.

What it does, is it helps the brain. It's the co-factor to make serotonin. When we eat sugar, we lose lithium. When we're under stress we use up lithium. If you're a genius brain, you use it up faster. If you're in love, you use it up faster. Lithium is such a wonderful substance, it's not understood by most people because the drug industry gives toxic lithium carbonate. That the carbonate that they give polarizing toxic and therefore lithium orotate which you take in a healthy dose has an amazing ... It's a simple, inexpensive little supplement. It's not everything but it's a factor that for hundreds of women and men who are convinced. They come back to me and say, I love that stuff. Anyway, that's one little extra thing for today.

Speaker 1: Thanks again. [crosstalk 01:37:05]. There is a book still here. You're book is up front. It's fifteen dollars. If you're interested, they're off to the side. Please do buy them so we can avoid having to carry them out.