



Day 5 – Emotional Detox – Video Transcript

Dr. Pompa:

Emotional detox, look, this entire program is about removing interference and letting the body do the healing. Look, whether it's physical, chemical, or emotional, any of those stressors or interference can interfere with the body doing what it is meant to do and that's ultimately heal. Today's topic is removing emotional interference, which I love to call emotional detox. I think we get it when we talk about chemicals, removing chemicals or physical interference, removing subluxation or interference in our spine and letting our bodies heal. What about emotional detox? I think we have two groups of people watching this. Some going, oh, my goodness; I really need this emotional detox, and others going, eh, not so much.

I can promise you this. By the end of this, you're all going to realize why you need emotional detox, and why it is really important not just in healing but, really, in all of our lives to live longer, function better, and even with performance. With that said, I am here with a very special guest, Phil Kaplan, which, Phil, I like to call you the exercise guru and mind guru.

Phil:

That's nice of you.

Dr. Pompa:

Yeah. Okay. You actually did have a radio show, right, at one point? It was based on the mind and body, right? I mean, these are both of your areas of expertise.

Phil:

Yes, for 15 years, *Mind & Muscle Fitness Hour*. I think that having come from a world that's very physically oriented, fitness and exercise, it was a leap for me. I'd always heard mind, body, spirit, but I didn't quite get it. There's



an irony to me sitting here with you talking to this because it was a journey to really come to connect them. What I'll tell you now is they are inseparable. When we're talking about health, the mind is probably the most important healing piece of the entire process, so like me, you deal in the physical, right?

Dr. Pompa:

Right. Mm-hmm.

Phil:

We're looking at the physicality. Somebody's sick. How can we make it better? We can go to the cellular level, but it's still physical. We're looking at the cell. How do we change the cell? The emotional part seems so far removed until you understand that connection, and I think that's the key to healing in a great majority of cases.

Dr. Pompa:

My fear is that people would say, aw, I get the chemical stuff. Hey, I bought into true cellular detox for that reason. Hey, the physical, I exercise. They're getting their spines adjusted. They get that part. My fear was that they wouldn't get the emotional part. Really, I have learned in my life it is what you just said, the most important part.

Phil:

That would've been me. I would've been the guy watching that's going, okay, physical I'm good with, but emotional, that's not for me. I've been accused many times of being too much in here, and not enough here. I never understood what that means because I'm thinking from here. You have to learn to think from here too because they are entwined, right? What goes on in here comes from here and vice versa and the gut as well. That's a whole other issue.

Dr. Pompa:



Let me put some science to it for them, and then we can put it into real life, hopefully. There is a great stem cell biologist, brilliant guy, Bruce Lipton. He proved and now others that our thoughts can actually control cellular inflammation. Literally, our thoughts, good or bad, can either cause cellular inflammation, which they know now is really why their hormones don't work. Why their thyroid hormone can't get into the cell and get its message in there. Our thoughts can drive inflammation just like a toxin can or the opposite. He's saying that positive thoughts, good thoughts, can actually down-regulate cellular inflammation. Again, his book really...

Phil:

Proves it.

Dr. Pompa:

Proves it.

Phil:

He's not just saying it, prove it.

Dr. Pompa:

No. No, right. Then I think others after Lipton really proved this. I mean, bring some logic to that for them.

Phil:

First of all, there's a word in his book title, belief, so it's not just mind.

Dr. Pompa:

Yeah, *Biology of Belief*, right? Yeah, *Biology of Belief*.

Phil:

The Biology of Belief, which really suggests that the thought or the belief becomes your biology and it really does. Let me back up a little bit. I'm not



even comfortable anymore with the fitness guru, exercise guru thing. That was a huge—no. Honestly, it was a big part of my career, but then there was a transition. The transition, as you know, is I got sick. Here I am, the healthiest guy in the world, an expert, a revered expert in the physical, and I got sick. My thought process was you get sick. You go to the doctor. The doctor figures out what's wrong with you and makes you better, and that wasn't the way it happened.

That led me to this place where I was meeting people, and they were saying you got to take care of the emotional stuff. I don't understand. This is physical. Give me the solution. Give me the drug. Give me the pill. Give me the treatment. Let's get me well. It wasn't until I really made that connection that I said this is the key. This is what I've been missing.

My exploration into, we'll say, mindset and the mind, that started early on because I was always fascinated by influence. I would look at great leaders. I would look at concert. I remember seeing Paul Simon standing in Central Park in front of 10,000 people, one man, one guitar. I'm turned around looking the other way going I can't believe it. Suddenly all these people are happy. Then all these people are sad. He's controlling it.

I wanted to understand influence. I would go to every seminar, and I tried to study it. I tried to study it by studying psychology in college. I started in premed but a minor in psychology.

Dr. Pompa:

B. F. Skinner stuff and that whole thing, right?

Phil:

Yeah, Sigmund Freud.

Dr. Pompa:

Yeah, Sigmund Freud. Yeah.



Phil:

I wasn't getting it. I wasn't understanding how Pavlov's dogs relates to the guy standing on the stage influencing people. I did come across the work of somebody named William James, and that changed everything. William James is looked at as the guy who coined the term "will power," willpower.

Dr. Pompa:

Willpower, yeah. Okay.

Phil:

It is the power of will. For many years, being in the fitness world, people go I'd like to do it, but I have no willpower. The truth is we all have will, right? Will is what gets us to go to the breakfast table and eat breakfast. We're hungry. We will ourselves to go there.

Dr. Pompa:

Get out of bed in the morning. That's willpower. Yeah.

Phil:

Exactly right. It's not a thought where we go let me now swing my feet off of the bed, right? It is will. The question becomes do you have the power to steer, right? We have the will, but do you have the power to steer? If the belief is I don't, then that becomes the reality. If the belief becomes there's nothing I can do to get well, that belief sets the tone, and that belief becomes the biology, right? Your brain hears what you think and what you say. If you say, no matter what I do I can't get well, the brain hears that, and now decides...

Dr. Pompa:

Your subconscious, that's what's running your body right now, doing everything. You're not thinking about it.



Phil:

Correct.

Dr. Pompa:

That part of your body that runs your body called the subconscious mind hears those thoughts and words.

Phil:

I think, in essence, it's like running the wrong programs, right? You get this great computer, and you want it to do something. If you run the wrong programs, it does something else, and that's what happens. It's not intentional. When you say it's subconscious, that means people aren't even aware that they're running those programs. Step one is the awareness, and then step two is the change.

As I was going through my career, at a certain point, I was invited to write a book about motivation, about influence. I loved that because that's what I'd been searching, and that gave me the opportunity to interview great coaches. I mean coaches not only in athletics, although that was part of it, NFL coaches, NBA coaches, but also like chest coaches. I mean, just anybody who changed an outcome. It always came down to mindset. The performance always came down to mindset.

Dr. Pompa:

I agree, absolutely, right.

Phil:

The greatest coaches in the world are the ones who know how to change somebody's belief about what is possible. All of this process led me to, when I became sick and when I was finally open to it, I started to think differently. I started to think there is a solution. There is an answer. I'm not going to get it from a doctor. I'm going to get pieces, but I'm not going to get it from a doctor. In fact, the answer is within me, and it was that



willingness to believe that I could find that that opened the door for me to say there's an emotional piece, a mindset piece, and that's the key.

Dr. Pompa:

Let's back up because there was a physical piece. I wrote an article here with this program that talked about the three amigos, or what I like to also call the three big boy toxins that really make people extra sick, shuts down their detox pathways. Now we start accumulating every type of stress, every toxic stress that we come in contact with. One of those is mold. Tell a little bit about that because this is true cellular detox. You dealt with the physical first. You had a nasty mold exposure. Tell that story briefly.

Phil:

I had perhaps the worst mold exposure I've ever come across. Since then, people contact me. I was exposed to mold. What do I do? My office, 45 hundred square feet, Hurricane Wilma peeled the roof off of the office. I came in the next day. I'm seeing sky. The next day a tropical storm came and flooded the building.

Dr. Pompa:

The amazing part, I remember the story, is you came in. There was papers on your desk. They weren't moved.

Phil:

Untouched.

Dr. Pompa:

Yet, there wasn't a ceiling. That's pretty crazy.

Phil:

What happened is I found out a tornado came down the road after the rain had passed. It took the roof, but there was no more rain. The next day the rain came, so I was determined to fix that office. That was my



livelihood. That was my headquarters. I was determined to fix it. I had insurance. I was going to get the right contractors to tear out the rotting drywall. Tear out the rotting carpet, and rebuild it.

The foolish thing was I stayed in that building. I didn't know anything about mold. At the time, I felt invincible, invulnerable. I could do anything. They fixed my office, and it looked incredible. I mean, better than ever, so I was thrilled.

Then I started developing a horrible, horrible cough that I couldn't even describe. As bad as I tried to describe it, like if I say my lungs felt like they were coming out, you still wouldn't have envisioned how bad it was. I never had a cough beyond a little cold in my life. I went to an allergist, and the allergist said I'm allergic to cats. I don't think that's the issue.

Dr. Pompa:

It's random, all of a sudden. Yeah.

Phil:

Yeah. There's random cats running around my office? This is not the—so he goes, "You need to go to a pulmonologist." I went to a pulmonologist. I was diagnosed with emphysema. I don't have emphysema.

I said, "I can't have emphysema. I was riding my bikes 20 miles 3 weeks ago. There's no way that I have emphysema." "You're testing as if you do. Here's an inhaler. Here's a prescription. Here's a corticosteroid."

Dr. Pompa:

Typical, typical.

Phil:

I left. I actually used the inhaler once, and I threw it away. I threw it out the window of my car. I apologize for littering, but I just needed to get rid of it. I just didn't like the way it made me feel. That started me on this journey



going from place to place, doctor to doctor, and it took me about a year and a half to come in contact with the doctor who diagnosed me correctly in mold toxicity. By that time, I was a wreck. I couldn't keep my balance. I couldn't talk. I was stuttering.

Dr. Pompa:

You were even diagnosed with Parkinson's before that.

Phil:

Yeah, but let's misdiagnosed.

Dr. Pompa:

Misdiagnosed, right. Okay. Yeah.

Phil:

I was misdiagnosed with Parkinson's. I don't have it, right?

Dr. Pompa:

Correct. Yeah, exactly.

Phil:

That was a journey for me, and when you talk about the mindset, my mindset is I'm strong. I can beat this. Then along the way, when you get punched, you got Parkinson's. It's hard to pull that mindset. Wham! You get knocked back. How do you find that mindset again? I'll tell you. I don't know that everybody would have the will to do what I did, but the day I got the diagnosis was a really bad day, just the emotion.

Dr. Pompa:

That would be a bad day for any of us. Yeah.

Phil:



I mean, honestly, I was sitting in bed that night. I couldn't even lay down. Every time I'd close my eyes, I'd get visions of my daughter who was probably 5 at the time feeding her dad who's drooling, sitting in a wheelchair, and trembling.

Dr. Pompa:

I feel that right here.

Phil:

Yeah, it was horrible. The following day I woke up, and I had a thought. I thought either I have Parkinson's, but I'm still here. I'm still functional. I'm going to find Michael J. Fox, and do everything I can to raise money, and create awareness, and learn.

Dr. Pompa:

That was a good mindset.

Phil:

Yeah.

Dr. Pompa:

Immediately you went to what can I do?

Phil:

I've learned that about myself. The worst thing for me in the world is to feel stuck so as long as I have a place to move to.

Dr. Pompa:

Same way, yeah.

Phil:

That was one option, but option two was maybe I don't have it. That's what kept me searching. Let's think about the mindset. Had I believed the



doctor who misdiagnosed me, who was really a very high-level doctor—I don't want to name the institution, but it's a major institution. Had I believed him, I would've lived the rest of my life taking those medications and having the symptoms.

Dr. Pompa:

Do you believe if you believed it you could've created it?

Phil:

Absolutely.

Dr. Pompa:

Yeah, I believe that too. I see it.

Phil:

Absolutely.

Dr. Pompa:

What about labels? What about people going around saying, well, I have hypothyroid?

Phil:

It's even worse than that. They don't say I have hypothyroid. They say I am hypothyroid.

Dr. Pompa:

That's actually what I meant to say. See, I couldn't even say it incorrect or correct. Yeah, I am a thyroid—how do they say it? I am hypothyroid.

Phil:

I am diabetic. I am depressed.

Dr. Pompa:



Yeah, I am diabetic. Yeah, that's right.

Phil:

When you talk about the label, well, that's what the doctor does. He gives you the diagnosis. It's like, bam! We're stamping this on your head. From this moment forward, you are depressed. The difference between you getting a splinter and going I have a splinter; I'm going to remove the splinter, and you are a diabetic is one of them defines you.

Dr. Pompa:

Yes, identity, identity.

Phil:

When that mindset takes over, now you're running that program. I am depressed. I am diabetic. I need medication.

Dr. Pompa:

Now, according to Lipton's work, and again, and others, literally, the thoughts, of course, they affect the cell, but more specifically, they literally start to change the DNA.

Phil:

Correct.

Dr. Pompa:

Then the DNA starts to form new proteins for better or for worse. Now, proteins, folks, these are all your hormones. This is who we are, proteins. Literally, we start to change the DNA. It's called epigenetic changes. Toxins can do this, but thoughts do this. Our mind does this. We literally create what we think about for better or for worse. Literally, we're creating ourselves.

Phil:



We become.

Dr. Pompa:

Via the DNA, we start creating proteins, and we literally become that person. That's why I ask the question. If you thought I have Parkinson's, I am a Parkinson's patient. You become it. That's a scary thing. I mean, that really is.

Phil:

The empowering moment for me was maybe the doctor was wrong. That suddenly gives you a different power, and a different sense, and a different optimism. With that, not only does mindset change, but the programs you've been running change and the way it affects your biology changes. When you fear something, anything, or if somebody makes you angry and I say think about that person, close your eyes. Picture their face. Listen to what they say. You're going to relive that anger, and you're going to not only create the emotion of anger but the physicality of anger, the physiology of anger.

If I ask somebody to think of a time they were very sad and very depressed, they're going to go to that place. If you have fear, even if there's nothing to fear, but if you have that fear emotion, you go into that adrenal response, so there's a physical outcome. If somebody runs that fear program again and again and again and again, it becomes a loop, and it becomes habitual.

Dr. Pompa:

It becomes a chemical addiction.

Phil:

That runs below the conscious level. If you say to that person, "Are you afraid?" They're going to go, "No, I'm not afraid," but the body's going, yes, I am in fear 24 hours a day. They may be given a prescription to calm them down, but they're still running the fear response. The drug isn't changing



that. What if we could get them out of that state, and get them running a health program? I'm talking about a mindset. I think I would be deceiving or misleading people if I said all you have to do is think about, and you'll be healthy. That's not true.

Dr. Pompa:

That's not true. Yeah.

Phil:

I'll say it is the missing piece very often. If you're still running those bad programs, no matter what you do physically, your brain, your mind, your subconscious keeps taking you back to that place.

Dr. Pompa:

I mean, you have to even just believe you can get well. I mean, it starts there, right?

Phil:

I want to tell you about...

Dr. Pompa:

I look at people, and if they can't believe it, then I don't even think I can help them.

Phil:

I'm sorry to interrupt.

Dr. Pompa:

Yeah. No. That's okay.

Phil:

I want to tell you about Jim Sayih. I think I've told you about him before, but I just think it's relevant with what you're talking about. Jim Sayih is a



good friend of mine for many years. When I met him, he ran the Miami SWAT team. He would train the Miami SWAT team. He was a cop.

Dr. Pompa:

Yeah, remarkable story.

Phil:

He was also the toughest cop in the world. They had a competition every year, and I think he won it two years in a row, toughest cop in the world.

Dr. Pompa:

That's pretty tough.

Phil:

Yeah, great guy.

Dr. Pompa:

Already I know he's got a good mindset.

Phil:

Him and his wife had a child, and the child was born with cerebral palsy. The doctor sat down Jim and his wife, and said, "There's no hope. I just want you to know right now. I don't want to give you false hope. This child will never feed himself. This child will never speak. This child will never recognize you. The best thing you can do is find a home or some care place for him. He's alive, but really, he's not here."

Jim refused to believe it. They said, "No. This is not an opinion. Look. Here's the X-ray. I mean, he's missing a huge part of his brain. There's too much damage here." Stubborn, Jim went to another doctor and another doctor. Fourteen doctors later, one doctor said, "I doubt it, but there are these people. They're a little bit on the fringe, and they do this thing called patterning to restore brain function or to improve brain function, but you



have to deal with an infant, somebody very little. What you do is you move the limbs in repetitive patterns for eight to ten hours a day.”

This became a major undertaking. It became his wife’s fulltime job. She’d get together with these women, and they would spend every day, entire days, moving these children in repetitive patterns. Now I’m going to jump ahead. Michael, the little boy, graduated law school. I mean, he was an honor student. He got accepted to law school. This is the kid that they were told would never feed himself.

Dr. Pompa:

Yeah, amazing.

Phil:

He’s in a wheelchair, but I mean, he’s an incredible, incredible kid. Does he have cerebral palsy? Yes.

Dr. Pompa:

If they look at an MRI, they see it.

Phil:

Not only do they see it. What they see is another part of his brain...

Dr. Pompa:

Developed.

Phil:

Developed, right, so it’s not even that the damage was repaired. When we look again at the belief, had Jim and his wife believed the first doctor, the second doctor, the third doctor, look how much evidence got stacked up to cement this belief, and he wasn’t letting it in. Any one of them—had any one of them gained his belief system, they would’ve been absolutely right. That child would never feed himself, would never know them.



Dr. Pompa:

Absolutely, no doubt.

Phil:

When we look at what is possible, we look at the mindset of Jim Sayih, but we look at the physicality of what changed in his son because of that belief.

Dr. Pompa:

There's a scientific word for that. It's called neuroplasty, literally meaning that the nerves grow, and that's why the brain literally formed a new part of the brain. People are taught, hey, the brain can't heal itself because it does the healing. The brain can't regenerate. Yeah, that part of the brain didn't regenerate, but it literally grew new pathways.

Phil:

Correct.

Dr. Pompa:

Yeah, neuro networking.

Phil:

We have learned the brain is plastic. The brain can be changed.

Dr. Pompa:

Neuroplasty.

Phil:

Absolutely. A part of dealing with the belief issue is learning a strategy to change the wiring of the brain. We started with the physical end of things. Now we've leaped into this strange world of emotion, and belief, and the intangible. Really, when we look at the brain's forming of networks, it's



physical. In other words, when you learn to tie your shoes, first you fumble, and you're being shown how to do it.

Dr. Pompa:

Right, right, balance.

Phil:

Then you get to the place that you can do it. Your brain figured out which series of neurons to activate, and now its got that process. The neurons, the dendrite connections literally cement themselves together.

Dr. Pompa:

That's right.

Phil:

Although it's tiny, it's still physical, so our thoughts are physical.

Dr. Pompa:

The more you practice something, the more that network of nerves just matures, if you will. It gets bigger and larger and more neuro networks form.

Phil:

Practice is a good word, but it's also important to shut down the bad program. Somebody who's running that fear program repetitively...

Dr. Pompa:

Bad practice.

Phil:

Just ritualistic.

Dr. Pompa:



Okay, all right. Yeah.

Phil:

The brain learns to run this program again and again and again and again.

Dr. Pompa:

Stop that program.

Phil:

It's almost like if there is a very dense jungle, and somebody goes through that jungle with a huge machete and cuts a clearing. For years, people are walking down that road, down that road, down that road. Eventually, it becomes an easy road to walk. Now somebody goes I want to form a different road. It's hard. You got to start to cut your way, so most people gravitate towards that easy path.

Dr. Pompa:

They would go the easy path.

Phil:

That's an analogy or a metaphor for what happens in the brain is when you form that loop, when you form that pathway...

Dr. Pompa:

It goes that way.

Phil:

It goes that way. It's not only practicing the right one. It's shutting down the old roadway. It's letting those weeds grow back so that doesn't operate anymore. What's amazing and I think incredibly empowering is we have the ability to do that.

Dr. Pompa:



Yeah. Basically, backing up, you're saying your thoughts. Literally thinking you can create new paths, new pathways.

Phil:

Correct.

Dr. Pompa:

Literally, regenerate new nerves. Create new nerves.

Phil:

Yes.

Dr. Pompa:

Then, therefore, create new habits. Therefore, create new health, new cells, ultimately a new life. That's what you're saying.

Phil:

A new you.

Dr. Pompa:

A new you, yeah. I mean, that's for success. I mean, again, we can be stuck in our life. Not happy with where we are in our careers, anything. That could help that as well, right, getting our thinking going a different way. Otherwise, you're the same person day in, day out, same habits, same behaviors, same thoughts.

Phil:

I'll share this because we're having this conversation here, but just a few days before we shot this, we were conducting a mindset workshop for health practitioners.

Dr. Pompa:

It's true.



Phil:

A lot of the strategies are the same. When you change your thought process, you change your belief. When you change your belief, you change your behavior. When you change your behavior, you change your outcome. Whether we're dealing with somebody who's looking to run a better program for their health and wellness or a better program for their career, the process is really the same.

Dr. Pompa:

I said that this applies to everybody. One of the things I always remind my kids, they're skiers, to visualize. The best of the best, they're very close in athletic ability, but it's the ones who visualize and really get it into their mind first are the ones who do best, even that day. It's visualizing it before you actually do it, and then the body follows the mind. I mean, all professional coaches teach at that level how to visualize your body, and then, literally, your nerves just do what the visualization is about. I mean, it's the same thing. It's performance. It's health.

Phil:

There is really no mystery to it. Your brain operates on your five senses. In other words, your brain processes what you see, hear, and feel. If you can imagine something very strongly, your brain doesn't know that your eyes are closed, right?

Dr. Pompa:

Yeah.

Phil:

You're still seeing it in your mind's eye, so your brain receives that as this skier is actually practicing skiing and doing it really well, right? The brain doesn't always know what's real and what isn't, which is a great opportunity for us to coax it to change. We can imagine a reality that



hasn't happened yet, and if we do it strongly enough, the brain goes this is true.

Dr. Pompa:

Yeah. No doubt. Let's take it into a different direction. After you got well—and I can say to myself. We got rid of the chemical toxicity. Life for me came back. I got my energy back. I was able to sleep through the night. My anxiety went away.

However, even that the—most of the mercury was out of my brain. I felt better. By the way, that took some years to do with true cellular detox, but it worked. I was left with chemical sensitivity. Neuropathways, as I know it now, that would basically cause a lot of hormonal disruption, stress responses, with one smell of a chemical. Folks, I would literally just smell one smell of gasoline, a perfume, a new carpet, and it would create symptoms in my body that I would have brain fog, irritability, I mean, a whole host of unwanted symptoms. Same thing happened to you.

Phil:

This is a hard thing for people to understand. When you went through that, if we can quantify the magnitude of a smell, if there were a scale of 1 to 100, and 1 would mean you'd smell it a little, and 100 would mean it overtakes you, this was a 500. It's hard for anybody to imagine the impact.

Dr. Pompa:

People don't understand. Yeah.

Phil:

It's that odor, that chemical, that smell, whatever it is that triggers you, sends you to a place that you can't function. Your body starts to shut down. The only thing your brain goes to is get away from this horrible dangerous thing.

Dr. Pompa:



It's protecting you. I mean, that's it.

Phil:

Completely.

Dr. Pompa:

It's like the analogy I love to give. It's like a lion walks in the room. We have a physiological reaction, right? We're going to sweat. Our heart's going to go up. We're going to get a lot of symptoms, fight or flight, and it's real.

Now, maybe the lion's real. Maybe it's not. Maybe we thought we saw a lion, but we went through the exact same reaction, whether we did see the lion or not. A chemical, we smell a chemical. Our body says lion. Protect you. It revs up this thing.

I was well. I was healthy. I was chemically detoxed. Yet, I was still getting this reaction. By the way, there's many people out there getting reactions like that, and they don't know what it is. What did we do? You taught me something. To say, look, you got to just think it differently.

Phil:

Let's understand what we did to get there. At first, again, it was physical. There was mercury. There was something causing it.

Dr. Pompa:

We emptied our bucket. Yeah, we emptied our bucket.

Phil:

Your brain started to—because the first time you had a reaction to a smell, it was real, right?

Dr. Pompa:

Mm-hmm. Yeah.



Phil:

Your bucket was overflowing.

Dr. Pompa:

It said wait a minute. We're going to save your life here because your bucket's full. Chemical get away.

Phil:

Your brain starts to run the program of reaction to that smell. Then when there's another one, it says, okay, I'm going to run that same program. It just starts to become very reactive.

Dr. Pompa:

It set up a neuropathway.

Phil:

Even when the bucket is empty now, that neuropathway is still controlling the outcome, right?

Dr. Pompa:

It's still going. It's still going, right.

Phil:

What you should smell just a little bit of a level of a one, your brain goes uh-oh. I have to make you very aware of this because you got to get away.

Dr. Pompa:

Danger, yeah.

Phil:

It sends out that signal.



Dr. Pompa:

Survival.

Phil:

Starts running that panic pathway. I think, when you get stuck in the disease, you are stuck there because of that panic pathway. It may not always feel like panic, but it's the program that you're running subconsciously. Now the question becomes how do we get out of that, right?

Dr. Pompa:

That's what I was going to ask, right. Yeah.

Phil:

I can go a hundred different angles as to how to get there. I think there are two important pieces. One is we have to stop the bad program, and the second is we have to create a new one, right?

Dr. Pompa:

Yeah.

Phil:

We can go through years of therapy. I'll also be careful enough to say many roads lead to the same place, so I am not the expert on emotional healing. I have some information that I'm sharing. There are different techniques. There's tapping, and there are different ways that people use psychotherapy to allow people to release the emotion. My interest was doing it quickly. That was my interest. I want to get back to my normal life. If this is in fact an issue that's going on in my brain and I have some control over it, then I want to find the path that will do it fast, so that's what I searched for.



I came to understand we have to shut down the old pathway, and we have to create a new one. What do I want to create? I want to create one that my brain thinks is joyous. I want to create one that my brain is ecstatic about.

Dr. Pompa:

This is the how-to. This is what I did. It changed pretty quickly for me after you taught me this. This is the how-to, folks. Pay attention. Go ahead.

Phil:

If I could suddenly bring myself to a place where I am not only well but I am happy. I am filled with joy. I am really living in ecstasy. If I could bring myself there, my brain would go, oh, this is possible. How do you go there when you're sick? This is the virtue of the imagination is we can go there if you will it to happen in your mind's eye because your brain will perceive it as real.

I've learned to access what I call future memories, which sounds contradictory. How could it be future if it's a memory, right? If you could convince your brain that something's real, your brain stores it in the hippocampus as if it really happened, and then you can reference it. I needed a library of good thoughts, and that's what I started to work on. I started to create, and I started first with actual memories. When was I really happy? Let me go there. Let my brain experience that.

As I learned to do that, visualize not only with the vision but also hear what I heard, feel what I felt, my body would start to respond the way it did then. I was limited though because I only have so much history, but unlimited if I look forward, right? I could create anything I want in my mind. If I could run a different program, if I could create a scenario in my mind that makes me feel on top of the world, my brain starts to run that program. Now, the difficulty is that path already is established. They've cut the jungle on the panic path, and I'm trying to create a new one. I can do it



when I'm sitting, focused, closing my eyes, but as I go through my day, it's hard to keep it because the other one wants to show up.

The second part of this is you've got to identify when you're running that program. I told you a story. I won't use the word I used, but I think people will be able to figure it out.

Dr. Pompa:

The towel.

Phil:

Yeah. Yeah. This is when I was really working on...

Dr. Pompa:

By the way, that impacted me. Go ahead. Tell the story.

Phil:

This is when I was really working—I knew I had the power at this point, but I hadn't finished. I was still getting reactions at times. I would get a little angry. I'd go, oh, man, I thought I was done. Then the anger would run a bad program, so it was really a little bit of a back and forth. I learned to run a program in my mind that took me from anger to joy, anger to joy. When I'd run the anger, it would take me to joy, right?

I was in a hotel room, and I just washed my face. I went to dry my face, and there was a smell of a fabric softener on the towel. I had that reaction, and you know that feeling.

Dr. Pompa:

It used to make me react too, that smell. Yeah.

Phil:



Suddenly, the smell becomes very big. Your heart starts pounding, right? Things start to shut down. Your brain shuts down a little bit. I said it's just a hmm-hmm towel, right? I said this out loud to myself. Meaning, idiot, why are you afraid of a towel? I went from that to my joy response. I had these locked in now, so I knew where I was going to go, right? That was really powerful for me because I realized I could turn it off like that. The more I did that, the more the old pathway went away, and the new pathway started to become cemented.

Dr. Pompa:

I experienced the same thing.

Phil:

Does this work? Yes. Is it real? Yes.

Dr. Pompa:

Yes.

Phil:

Does it sound odd and strange to people who haven't experienced it?

Dr. Pompa:

Yeah. Yes.

Phil:

Absolutely. I get that because it would've sounded odd and strange to me before I went through this experience, but you start to realize the power that you really have.

Dr. Pompa:

No. There's no doubt. No doubt. I think when you look at mindset, when you look at someone who's successful, someone who gets well from a disease, I call them three percenters. These are people who think



differently. They're people who just make a decision to get better. Make a decision that their life's going to look this way. That's mindset. That's what we're saying here.

Phil:

I'll tell you one other piece of it that is really important, and I know we did a lot of this in our workshop this past weekend that I reference is thought stopping. You're running the old program, and your brain hears what you say. Your brain responds to the command. If you give your brain a command, it responds, right?

Dr. Pompa:

It responds. Yeah.

Phil:

The command is simple. You're running that old program, here's what you do.

Dr. Pompa:

Stop.

Phil:

That's it.

Dr. Pompa:

You taught me. He taught me that. Yeah. I remember the story.

Phil:

With the physicality too.

Dr. Pompa:

Yeah. Yeah, with the physicality because it's—and emotion, right? Emotion helps too.



Phil:

You know what was funny for me is I was very sensitive to perfume. I would be in an elevator sometimes, like in a hotel, Marriott Marquis. You're in that elevator, and it opens on every floor. Somebody gets in. They have perfume. Now you go into that panic mode because you're stuck in that elevator.

Dr. Pompa:

You run that physiological pattern.

Phil:

I would go, "Stop." The people in the elevator would be, "What? What?" I didn't care. For me, it worked, right? It worked, so I started doing that. "Stop." People go, "Stop what?" I go, "Nothing. Nothing. I'm just talking to my own brain."

Sometimes people think you're a little odd. You know what? It gets you where you want to get too.

Dr. Pompa:

It just shows thinking—your thoughts control your physiology, folks, for better or for worse. If you have bad thoughts long enough, what he's saying is you're creating neuropathways. Here's what I want them to understand is it literally is scientifically physical. If you have misalignments of your spine, it literally can change your DNA and change who you are through proteins. It's called epigenetics. I said it in the beginning.

I gave this example in one of the other videos. They gave chemicals to mice, and it triggered and turned on a gene. They became fat, remarkable. They took the chemicals away. It's like they can turn off the gene. It's the same as our thoughts. There's no difference here.



We have certain thoughts. We turn on certain genes, and literally, we become that person. You are your thoughts. I mean, this is the success or not. This is healing or not, and that's why I said this video is for everybody. The bottom line is this. You change your thoughts; you're going to change cells. Ultimately, you're going to change your life.