

## AJR - Dr Daniel Amen Transcript

0:00:01 - Annncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan

Hi everybody, welcome to the Ask Julie Ryan Show.

0:00:47 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. I'm so excited because we have world-renowned brain specialist Dr Daniel Amen with us. We discuss many topics, including my personal brain scan to see if certain areas light up when I'm communicating with spirit. So join us for this fascinating conversation on the Ask Julie Ryan Show and, oh, please remember to subscribe, comment and share this episode with your family and friends. Thank you for taking the time to join us. Let's just get right into it. You espouse four tenets for a healthy brain. What are they and why is spirituality part of the equation?

0:02:03 - Dr Amen

Well, we're whole people. What I learned first week of medical school, never think of patients as their diagnosis. Always think of them in these four big circles. So what's the biology? That's what we're there to learn in medical school, the physical functioning of your brain, the moment by moment physical functioning of the brain. So I think that it sort of is the hardware of your soul. And then there's the psychological circle how do you think and what's your programming? How did you grow up? What are the quality of your thoughts and the chatter that your brain produces? And then there's a social circle what's happening in your life and your connections, your joys, your stresses. It's coming out of the pandemic that was social trauma for all of us. And then the spiritual circle, which is, ultimately, why do you care? What is your deepest sense of meaning, purpose, connection to the planet, to God, to the past and the future?

0:02:56 - Julie

Do you find when people are missing that spiritual component? If they find it when they're under your care or one of your colleagues cares, does it change things?

0:03:09 - Dr Amen

It helps things Having a sense of purpose or an understanding as to why you exist and that it means more than just you. It helps, it always helps.

0:03:30 - Julie

I agree, I saw Dr Herbert Benson probably 30 years ago from Harvard who talked about when there's a spiritual life it really helps with the body, helps the body heal, helps the body, you know, really function properly, and he was really kind of a leader in that from a scientific and a research perspective. So I thought that was fascinating. And then when I started following you and what you teach, I thought, okay, I heard this from Dr Benson a long time ago, so I think that's part of why it resonated so much with me what you talk about, because you do combine

the whole person and so often when we're seen by physicians it's a six-minute visit and it doesn't involve everything that's going on in a person's life.

0:04:30 - Dr Amen

No, and in many ways we need to be our own physician, because health care has changed so dramatically that managed care and business people have taken over the business of medicine and the dollars clearly have gone up, but our health has gotten a lot worse and almost 50% of doctors are burned out because it's different than it was before. So I tried, through my work, to empower people to really take care of their health and not be dependent on that six-minute visit where you may end up on an antidepressant, an anti-anxiety drug, something to sleep that you're stuck on for the rest of your life. Yeah, exactly.

0:05:24 - Julie

Well, speaking of those routine physicals, most of us have had blood tests and, if we're female, mammograms and urinalysis and sometimes colonoscopies and other routine things. Why is the brain always left out as part of the equation? Why is the brain not involved with just the regular care that we all think is what's keeping us healthy?

0:05:51 - Dr Amen

Yeah, a little crazy when you think about it. When I turned 50, my doctor wanted me to have a colonoscopy. I asked him why I didn't want to look at my brain. Wasn't the other end just as important? Yeah, it's this crazy disconnection. We screen virtually every other organ except the most important one and we can tell on a spec scan that's the study we do at Amen Clinics whether or not you're headed for Alzheimer's disease 20 years before you get it and some people go well. I don't want to know, and it's like of course you want to know. If you knew a train was going to hit you, wouldn't you at least try to get out of the way? And imaging and screening brains is so important.

0:06:48 - Julie

What's the difference between a spec scan and a regular CT scan?

0:06:53 - Dr Amen

Well, MRI's and CTs typically are structural scans. They look at how the brain physically is there right. The brain physically is there right. It looks at structure, sort of like popping the hood on a car engine. Ct or an MRI would show what it actually physically looks like. Spect looks at function. So it's sort of like turning it on and seeing does it work too hard, not hard enough, or is it tuned just right? Is it healthy? And most mental health problems are not structural, they're functional and that's why I fell in love with SPECT 33 years ago.

0:07:42 - Julie

Right and I know from following you for many years that when you're seeing that baseline of a brain, that you help people heal their brains and I think a lot of people are under the misunderstanding that the brain can't be healed You're just screwed with basically what your brain situation is. It's kind of like the cards you're dealt.

0:08:08 - Dr Amen

Which is insane From based on, you know, 250,000 scans. Now it's so clear every day You're making your brain better by the decisions you make or you're making it worse. And even if you've been bad to your brain better by the decisions you make, or you're making it worse. And even if you've been bad to your brain, you can make it better. I do a show on Instagram called Scan my Brain and I've scanned, like some really wonderful people like Dave Asprey, our friend, and I did, troy Gloss about two and a half years ago. It's a World Series MVP, played for

the Los Angeles Angels and, uh, his brain was awful. Um, he had four concussions. He was drinking way too much and two months later, because he did everything I asked him to do, his brain was dramatically better. So even if you've not been good to your brain, you can make it better by making the decision to love your brain, to avoid things that hurt it and do things every day that help it.

0:09:23 - Julie

As you know, I went to one of your clinics I went to the one in Atlanta because I live in Birmingham, Alabama, so that's the closest one to me a couple of years ago and I had my brain scanned just as a baseline, because I heard that Dave did that and I know that that made sense. I wanted to see what kind of shape my brain was in and how I could improve it, and I asked you to review my films to see if there was a part of my brain. As you know, I'm a medical intuitive and a psychic medium and I learned how to do all this stuff. I wasn't born with dead people chasing me.

So if I was, I wouldn't have known what to do with that, so I learned how to do that, and I teach people all over the world how to do that, and so I asked you to look at my brain scan and see if there was anything different that about my brain scan from somebody who didn't necessarily have the skill sets to be able to communicate telepathically. I'd love for you to share what you told me about that.

0:10:29 - Dr Amen

Well, one of the things that happens with people who are intuitive or who have more spiritual gifts is we see more activity on the right side of their brain, often in their right temporal lobe, and your scans show evidence of that, which I thought was really interesting, really interesting. There's a God area in the brain and people go what, and there's actually a professor at Laurentian University in Canada and he stimulates the outside of the right temporal lobe and people have spiritual experiences. And so, if you think of it, it's right about here, and yours was so busy.

0:11:44 - Julie

I think it would be fun for me next time I'm in LA, put me in the scanner, put me in the scanner and let me, you know, be communicating with a deceased person, or let me be scanning energetically somebody on a medical scan and really see what's going on with my brain when I'm doing that.

0:12:02 - Dr Amen

I think it would be interesting. And I did a study on prayer and as part of it we had people speaking in tongues. And if you think of speaking in tongues, it's channeling. You know, the theory is it's a gift of the Holy Spirit and the Holy Spirit is speaking through you, and the hypothesis when you channel so that's a little bit different is your brain activity drops and then you can become a vessel for another entity, and that's what happened in six out of ten of our subjects. But sometimes we'll get this big activation in the right temporal lobe, which is what I saw for you. We did your scan twice once at rest, that's when we saw the big activity in your right temporal lobe, and then once when you did a concentration task and your brain sort of dropped in activity. That's a really interesting scan.

0:13:19 - Julie

Interesting thing about that too, is different from channeling. I'm totally awake. I mean, I'm coherent, I'm talking, I'm I'm seeing in my mind's eye. I've told you I'm like a human MRI. I can see broken bones, torn ligaments, viral infections, bacterial infections, I can see cancer, and then that's corroborated with actual films at the doctor, and so I'm able to see it energetically. But I learned how to do it. I've been doing it for 30 years. So you know, with anything, you can learn how to throw a football, but you're not going to be Tom Brady without a lot of practice,

and I think what I've been able to do and what I teach is people to develop that area. So what I'm hearing you say is I know it's possible to do it because I've done it myself and I see many other people from all walks of life do it as well. What's happening in the brain as we're developing new skill sets?

0:14:18 - Dr Amen

Well, there's this big idea called neuroplasticity, which is the brain changes over time based on the usage, on what you do, and the more you do something, the more your brain will develop that track. And it's hard, everything new is hard because your brain doesn't have a pathway for it. But I've been thinking a lot about recently is neuroplasticity can be really good, learning new skills or it can be really bad. For example, if you have pain and then you become afraid of the pain and then you predict disaster, you're actually going to create that fear-pain circuit in your brain. It will grow and your world will become smaller with suffering.

And so you have to be very careful with what you do day in and day out, even the thoughts you think. If they tend to be negative, they're just more likely to be negative tomorrow. So training your brain to behave in the ways you want it to is really important, and most people don't think they have any control over how their brain works. But you have control over the hardware, over the software, over the network connections, right? So biological, psychological, social, yeah, so it can be good or bad.

0:16:06 - Julie

Well, and you bring up a really good point about being able to control our thoughts and being able to take care of our thoughts, and I love your aunt's system, so please share that with us here in a second. But but when I tell people you got to change your thoughts because otherwise you're going to attract more of what you get and you're talking about from a physiological brain standpoint, we are but people say, well, that's too easy. How could it be that simple? But it really is, would you agree?

0:16:35 - Dr Amen

Well, it takes work and it's a practice, but it's so important. In fact, it's so important. I think it should be part of elementary school curriculum. We actually have a course for preschoolers, kindergarten, grade one to kids, where we teach them to love and care for their brain and part of it is to eliminate the ants. So ant stands for automatic negative thoughts, the thoughts that just come into your mind automatically and ruin your day.

I was 28 years old in my psychiatric residency at the Walter Reed Army Medical Center in Washington DC when one of our professors said you have to teach your patients not to believe every stupid thing they think. And I'm like, but I believe every stupid thing I thought and I always had. And because no one had ever said you know, thoughts lie. They lie a lot and it's our uninvestigated thoughts that create suffering. And you know, the idea of disciplining my mind had never come into my head until that moment. And here's the exercise Whenever you feel sad, mad, nervous or out of control, write down what you're thinking and then just ask yourself whether or not it's true, whether or not it's helpful, whether or not it serves the goals you have or it hurts and it's really using your brain to know what you want and to be intentional every day to get what you want.

So you know, in my marriage with Tana I want a kind, caring, loving, supportive, passionate relationship. I always want that. I don't always feel like that. Rude thoughts show up in my head but I don't say them because it won't help me get what I want. And horrible thoughts sometimes will come in my head and I don't say them or I don't act on them because they don't get me what I want and people go oh, but that's selfish. Thinking about what you want and I'm like virtually everything I want is good, right From good relationship with my wife, good relationship with my kids and grandkids, to do great work, to live a long time, and so no, that's

not selfish. In fact, in my book you Happier I open it with happiness is a moral obligation because of how you impact other people, right? If you were raised by an unhappy mother or married to an unhappy spouse and you ask that person, you think happiness is an ethical issue. Everybody would say yes, because it's contagious.

0:19:44 - Julie

I agree, I have a client and I want to run this by you. I'd love to hear your input on this case. This gentleman came to me on the phone All my scans are remote. I could scan you if you were on Mars or in a galaxy far, far away, it doesn't matter and so he came to me and I was talking to him on the phone and he was diagnosed with mild cognitive impairment. His father died from Alzheimer's and he said he went to two or three doctors and they all said you know, basically there isn't anything you can do to help yourself. You're on this slippery slope. There's a really big percentage You're going to get Alzheimer's too. Enjoy your life while you know what's going on.

This is him telling me this, and he heard it from two or three different doctors. So I got him on my radar and then the whole. What I saw in my mind's eye was the whole left side of his brain had been injured at one point. I mean the whole thing. I'd never seen anything like it, and I work with pro and college athletes and I work with other people that have been in bad car accidents and I can see the injury in their brains in my mind's eye. But this guy took the cake. So I said to him were you just in a horrific car accident? Were you in a bombing? Were you in the military? What happened? And he stopped for a minute and he said I am a retired engineer and I worked for a defense contractor. He said I was in Iraq on one of the bases and we had a missile that came in and exploded. He went on to say I wasn't injured, my building wasn't damaged, but that side of my body was facing the window when the bomb exploded. That side of my body was facing the window when the bomb exploded and I thought, okay, that energy from the bomb had caused this brain injury unlike anything I'd ever seen before. And so I did the energetic healing on him and, of course, as I always do when I'm looking at somebody that has brain injury, I send them to you and I send them to your website. I say go work with Dr Amen's clinics, you know. Follow everything that's on there. They have payment plans. Figure out a way to go get your brain scanned and work with them to help heal your brain.

So six months later he went to see the neurologist for a follow-up and his scores were back to normal and then, a year later, not only were his scores, they had gone beyond normal and he was discharged. He said you don't need to come back, there's no reason. You don't have the mild cognitive impairment any longer. So a couple of questions about that I want to hear your thoughts about. I work with so many people who say well, I haven't hit my head, my brain can't be injured because my head didn't hit anything in the car accident, or I didn't fall and hit my head. I want you to explain, please, about that, and also explain about the energy in an explosion or some other kind of a situation what's happening to the brain and what do you see, and how can the brain heal?

0:23:06 - Dr Amen

So much to talk about. If you want to keep your brain healthy or rescue it, you have to prevent or treat the 11 major risk factors that steal your mind, and we know what they are. I have a mnemonic called Bright Minds and the H in Bright Minds is hetero. Your brain is soft about the consistency of soft butter. Your skull is really hard. It has sharp bony ridges.

Mild traumatic brain injury is a major cause of psychiatric problems and dementia and nobody knows about it because nobody's looking at the brain. You do not have to hit your head to have a bad brain injury whiplash injury or blast injury. You're not hitting your head but it's the forces that go on inside your skull that cause damage and you can have a really bad brain injury without ever losing consciousness, because consciousness is a brain stem phenomenon where you can completely damage the cortical surface of your brain and have never lost

consciousness. What the doctors told that man is common in, I think, bowel practice, because if you have a family history of Alzheimer's disease and you're starting to lose your memory, that's the time to intervene, not tell someone to get their will in order and likely they're screwed. So you want to assess those 11 major risk factors.

I write about this in lots of my books. Change your Brain Every Day or Memory Rescue would be two books I recommend, and you know I'm just thrilled that he had such a positive outcome, which is what we see all the time. Very true, yeah, wonderful.

0:25:04 - Julie

Speaking of books, you have a new one that's just come out. Please tell us about that.

0:25:09 - Dr Amen

Raising Mentally Strong Kids. I am so excited about it. It just came out, made a bunch of bestseller lists and the number one strategy to raising mentally strong kids is being mentally strong yourself. So you'll learn how to be mentally strong and how to protect kids. Because we're having an epidemic of anxiety, depression, ADHD, addiction in young people and our society is clearly not helping. It's making things worse. We can do way better.

0:25:48 - Julie

Yeah, and so everybody that's got a teenager or a grandchild who's a teenager or knows a family with a teenager, go get that book and give it to them. Thank you for the work that you do. My goodness, what a brave soul you are. Thank you for your service, too, not only in the military, but also on behalf of humanity, but also on behalf of humanity, frankly. Thank you for all the work that you do to help us live better lives and educate us about our brains and take care of our brains. I believe you're very brave because I know you stepped out of the psychiatric box in a big way and have for your whole career and I keep using the word courage because I think it applies that took some serious. If for a woman I say golden ovaries and for a guy I say brass balls, to be able to step outside of the box and really pave the way for a new way of thinking in this area.

I know it wasn't easy for you.

0:27:01 - Dr Amen

Thank you. No, but there was no choice, right, I mean, once you start looking at the brain, there's no choice to go back to not looking to guessing. Yeah, there was no choice to go back to not looking to guessing.

0:27:18 - Julie

um, yeah, there was no choice and it wasn't easy, but it's been a very fun, at times scary ride well, and obviously you've been, you've you're being led, you've been led, you're being led to continue to educate the world about this stuff. So you know what is the movie that one of the chosen ones, or something? I think you obviously are one of the chosen ones to help people live better lives by having healthier brains. Everybody go get a brain scan. How many clinics do you have? 11 or 12, or something.

0:27:52 - Dr Amen

I have 11. And so they're all over Scottsdale, Arizona, Seattle, New York, Florida, Atlanta, Chicago, Washington DC, Southern California. Amenclinics.com would be a great resource, and thank you so much. It was just so great spending time with you.

0:28:15 - Julie

Oh, thank you, Everybody sending you lots of love from Sweet Home Alabama, and from Southern California too, where Dr Amen is. We'll see you next time.

0:28:26 - Anncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

0:28:41 - Disclaimer

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