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Welcome to Health Unplugged an uncensored, unfiltered podcast, to

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educate, empower and entertain.

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Hey guys, it's us

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We're back. Dr Brandon and uh,

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Dr. Kim Fletcher from Fletcher chiropractic. Welcome you guys to our first podcast drop. We are so excited and thrilled that we mastered technology.

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Yes. And she's holding a baby in that voice too. So if you're really thinking about it, yes, that's the same tone she has right now. So, uh, this last week we've been talking about stress. Technically we've all had a little different, uh, change in our lives. You know, the whole Covid 19 and , the quarantine. But we're not going to talk about that right now, but we're going to talk about the stress about it. So

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really when we're talking about stress and if you guys caught the webinar, then you got a little bit, actually not a little bit. You've got a lot of bit of my brain there and the science about what stress is. But to boil it down in simple terms, stress is us responding to our environment. It is how we interact with our world. It's pretty simple. And then we make a big deal out of stress and we try to wrap our heads around it. And it's really a simple physiological process in our bodies. And

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yes, and what we also had to get around the fact that we do not live these stress-free, carefree lives that we see, you know, your life as a hippie. You know the joke. But uh, no, it's just the whole, everybody looks at it like, Oh, we're stress free. Like, no, no, no, no, no, you ain't. You can't be, life was out. Stress is bad.

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What did you just say? Content Homo erectus died.

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That's very true. So on that, and thank you to mention, by the way, if you want to listen to his commencement speech, it's hilarious. Uh, but again, back to this, so you can't be stress-free, but you can be stress aware. So let's talk about that for a minute. You have the good, and of course the bad. So physically, we all know that exercise is good for us. So when we run, we walk and get fresh air. We are stressing the body. This is why you can still wake up the next morning sore with no legs and sore. But we

also know that Hey, we're building muscle, we're building bigger, better bone density, which requires stress or stress. So what's then the bad stress? Well to you can say that, well no stress. So let's lay down on the couch and not do anything we know is actually stressful to the body. But that's the negative kind. That's where we have, well then there's the physical lean into depression type things. But

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well there are buckets and we'll go into this a little bit later. There are, we call them stress buckets and where the our stresses come from. But you know, you have set in stations, so like, you know, playing, what is that game Fortnite for hours on end. Do we really think that that is like great for our bodies. But then there's also repetitive motions. So like bending at the waist, sitting for long periods of time at work and not getting up. Um, those are considered bad stressors on our body. They don't do us any functional. They don't give us any functional advantages. And I think the real question, like I could go on for days about the good and the bad stress, but I think we all kind of know or should know. Like I mean eating a salad is better than eating fish fry. [inaudible]

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no, don't take that away from us. Wisconsin. Hey, remember she's a fib

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for anyone who doesn't know what that is. I'm not telling you anyway. So how do we know? How do we know what stress is good and what stress is bad? And like how you feel. It's not how you feel is how you feel. And to some degree, but our feelings are pretty unreliable. It's the simple fact that you can no longer adapt. So it is kind of how you feel.

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I can guarantee after eating a pizza and a beer, I am ready to fall asleep more than I am ready to run.

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Correct. But you have to be aware of that. Yes. So let's take for instance, okay, so it's failure to adapt to stress is what makes stress bad is our inability to adapt. Because remember, stress is just a reaction to how we're interpreting what's going on in our lives. It's just how we're interacting with our everyday, you know, whatever our work or families are screaming children [inaudible]

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well I mean, okay, for all the parents out there, I can definitely have a great relation to this one. You get home and something goes wrong and you want to murder your children even though you love them, but you really do. And then you wake up the next morning and you think about it and you're like, they didn't do anything that bad. I mean it was just something little. But you were stressed out. You came into this environment already at this high level and then that little pushing, like they just pushed you right over that edge and there it is.

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So you became unable to adapt to your environment. And we see this across the scope of, you know, the different types of stress.

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We can even say this chiropractor will put out as a

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chiropractor. I hurt my back and he asked the patient, Oh, I don't know what happened. I don't know. They stare at you. And then we started asking questions because we're not assholes and we're good doctors. And you say so. Oh, so I see you sit as a job and I see that you recently got divorced and you know, you recently got diagnosed with cancer. You know, like all like that's a really wild swing to the left. Like wow, that went dark fast. But anyway, it's the inability to adapt that tips, the scale from stress that is good and healthy and necessary into stress that is pathological. And it's somewhat how you feel because you'll probably experience symptoms. Pain is a big one. That headache that you get every once in a while, not a big deal. I'm going to pop a few Tylenol. It's your body's inability to freakin adapt to the environment and you're covering it up. You're covering up your symptoms. So it's your body sending smoke signals, letting you know that there is something going on in there that needs dealing with.

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So they did a study with men, um, and especially men with children. And I liked this study because they had them listen to you.

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Okay?

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Anyway. Uh, no. It's because everybody wants to say that men are less child caring, blah, blah, blah. Um, but they had them with a screaming child. And the men that tried to ignore the children got headaches and migraines versus those who actually tried to help the children. The reason this is our body telling us to do something, this is a reaction to an outside stimulus. And these guys were getting these headaches and migraines. And for those who want to say like, Oh, it's dehydration or it's this, no, it's actually a child is crying and their body is reacting to it that way. So you can have a physical response to something that's not physical.

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So let's talk about that and unpack it because there are these three different buckets that we can attribute different stressors to. And the first is, I think it's the most obvious, but the physical, like you lift heavy boxes day in and day out for work. That is a physical stress. And then there's the mental, emotional bucket of stress. And then the third bucket is our toxic load. What are we putting into our bodies? What are we eating, drinking? Are we drinking and

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well, are we getting in a full pallet of nutrient density that we need? Uh, are we

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taking shitty supplements from Walmart? Don't. That is a totally different podcast coming your way next week. Is that right?

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Oh, nutrition is next week. Oh, buckle up team. So let's talk about the physical one first. We all understand that when we're overworked physically, when we run, we can get shin splints. If we lift too much, she can get rammed a mile. ISIS, if you, what are the counters to this? You know, and when we talk about stress and how would you manage it and you want to work out and let's say a small one mile run gives you all of this pain and you're thinking, how can I go forward? Well, a, let's slow down and take it.

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You know, it's taking you back to the basics because it's, again, you're not able to adapt to running. So how can we take you that next step? Let's just go from step a to B and see if we can't get you to be able to adapt to that stress. And then you can go one step further because your body is okay, Hey, I'm cool with this. I can adapt to this. Uh, but it's, it's taking all three of those buckets and understanding that if one bucket gets filled up, let's say your physical stress is freaking out of control, it's filling up and it's overflowing, that is going to overflow into the other buckets. So I am a perfect example of this because I don't really feel stress. I don't really feel stress and it's because my emotional bucket is usually pretty empty. That sounds awful.

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I'm not empty emotionally, but my, I can fill that up very easily. I do a lot of things to do that. But if I feel stressed, it is mean. That is like me at the, like I'm 100% at capacity. I need to take it down a notch because my body actually responds negatively, physically first. So when I know that I'm under a lot of stress, my back hurts. I have this pain in between my shoulders and, um, that is my body's way of letting me know that you need to start doing stuff to help yourself. So it's my emotional bucket getting too full and it dumps over into my physical bucket and it's causing me symptoms.

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So this is where, Oh, we get long talks and we have some fun things said to each other every once in a while and during these emotional ones. But if that has helped pour out that bucket, then that's how you know anybody that's married here can understand exactly what I'm saying right now. Um, and it's sleep. Sleep is a good way to empty all of your buckets. If you're skipping sleep, you are, Oh, you are making, you created smaller buckets. You have really tiny buckets without sleep. You're, you're gonna whittle away at a lot of this.

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Um, it's actually an excellent analogy that if you don't sleep, your buckets become teacup.

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Yes. And so the, in this, this goes across the board. So there is some universal things like I can always say, drink more water, get more sleep, move and eat more vegetables. Eat more vegetables, you pretty much say yes. You just nailed up pretty much every, you actually just eliminated about 90% of all crime disease right there. But, um,

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world solved. Perfect. Thank you doctors.

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So, uh, let's get back to this, that you are the driver of this thing. This is stress. You understand once you started learning what is the good and the bad, once you started learning, what is your stress cues? I mean, uh, I know Kim already talked about hers. I guess I can talk about mine. I have struggled stress, eczema. And if you don't know what that is, it means I get itchy and I mean itchy. We're talking about I will take off. Yeah, not good. Wow. Uh, and it's always across the quads and it's really interesting because as soon as the stress has gone two weeks later, it's like nothing ever happened.

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So it's like when you broke up with your ex-girlfriend and you started dating me like, no, it was like gone instantaneously. You guys want to talk about like skin creams and lotions, nonsense. I got all that bundled up in a bag and it's called manage your emotional stress and you won't have eczema.

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Oh, that's, Hey that's, there's some other things to that. But a large chunk of it is, but again, we're, we're, we're talking about stress and how it reacts and how it, you know, is evil. You can talk about toxic strikes. Then Max used to be our son used to be very much reactive to macaroni and cheese. Any sort of box macaroni and cheese gave him eczema. So whatever stupid goddamn preservatives are in there, um, you're, you're looking at something that is causing eczema in my child all because of some preservative, still don't know what it is. So we just avoid it. You know, there's also that way of dealing with stress, you know, avoid your ex, avoid your bad food. It's not like if you're allergic to shellfish, like, Hey, guess what crap time. Like, no, you, you don't eat the damn stuff time.

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That's fine. Shrimp. I think the bottom line is that throughout all of this, you are in the driver's seat. You don't have to wait. You don't have to wait for your doctor to give you the, okay, you can ask the questions now, but it's, you know, I think we've gotten into this box where we feel like we're so disempowered that we need someone to give us permission to change. Now this isn't me saying, Oh, I'm going to stop checking all my medications now. No, don't do that. But think about if there is one thing that you know that one bucket that you know is like just topped off, what could you change today that would be one small step in the correct direction to start emptying out that bucket. You don't need anybody to tell you to do that. You need your husband to do it with you. You do it your own damn self and it's

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okay.

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And it's, it's just knowing that you have all of the power. Like this is one of the tenets of chiropractic is that you are a self-healing and Nate intelligent self-healing being who said that twice did I know it's so important. I had to say it twice. Well, yes. It's just you have all of the building blocks that you need already. Is this. You've just got to get out of your body's way of healing. Just stop interfering with it. Kim. It's my genes.

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Yeah. Genes are doing this to me. It's not your genes. I know I can fit into my jeans. No, let's talk about that for a hot minute because when people want to talk about I'm this way because of that, it's because that's what we've actually adapted to large. Let's [inaudible] the previous slightly offensive. Large families tend to have large children. Large children tends to have large families. Why is that? Because they're eating the same shit. They're eating the same thing. They're still having the same sedentary lifestyle. They're having the same thing. Whatever you're raised in is what you generally eat.

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Why is it that, so here's a, it's outside of like health, but if you started, let's say you wanted to raise your income, this is a fact. This has been well-researched for a really long time. If you want to raise your income, the best thing, the most concrete change that you could make, that would for sure increase your income, hang out with people who make more than you. You are the top five or the most, the top five people that you spend the most time with. You are those people.

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I was kinda confused where you going with, but um, there's also my friends. Ah, yes, there is a wonderful a book. Eat, move, sleep. Oh Tom Rath, Duhigg. No, no. Tom Rath is eat, move, sleep. If you want some real interesting fun facts for stress, I highly recommend that book cause all it talks about is how you can eat better, move better and sleep better and how it just improves your life. But one of those things that Kim just dropped was hanging around other people. If you have friends that are bigger than you, you instantly increase your chances of becoming bigger. Um, restaurants, I love this one. This is my favorite one by Tom Rath and that is he did a study or he read studies cause he didn't do any of the studies. Uh, and that as the first person who orders determines the rest of the table.

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So when you're sitting there going, should I get that little healthier thing or should I get this really like deep fried, uh, satiating beef steak? Um, if you start off right away and say, I want the salmon and salad before, even though the waitress or waiter can even say who's at first, you've changed the entire order of everybody. If you say that you're going to get that healthy thing, everybody's like, Aw, crap. Like back of their head. Even if you don't it don't say it out loud, they are now going to order their healthier choice. It may not be as healthy as the salad one, but it's going to be healthier.

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And how many times have we said like, you know, if you're in a group and it's, you know, Oh, I'll have the same as she's having or I'll have the same that he's having, that sounds good. It's because you've already been preconditioned to want that. So if you are the first person ordering with a group of friends, not now because we're in quarantine and not doing that kind of thing, but consider that you are now changing the perception of everybody else who's ordering. But that is your, I mean going back to where we were going with this is that you're in the driver's seat and it's not your genetic makeup. Do you know that we have had the same number of genes for a millennium ever since humans have come to be. We have the same number of genes. It's the way that they're expressed that has changed. That's us peeps. That is us interfering with our ability to adapt. That is why genes shift and change. So if we want to be stronger, if we want to be better, if you want to be faster and smarter, it doesn't matter. You have to look at the way that you're adapting to your environment. If you feel like you have changes to make, start with one, start with one thing and just try to make those easy changes in the beginning.

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So since we're talking about stress, you know, even if it's a, you know, we already listed off good and bad. So eliminate the bad and increase the good. I, I can't stress that more, you know what we need to physically move you need to

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and doesn't mean that you

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have to like walk into your neighborhood CrossFit gym and start doing 300 pound deadlifts. Whoa, Whoa, Whoa. I mean I love crop. Love you Austin. Uh, so on that note though, what are other, let's start where you're at. If you're at zero, meaning like you haven't walked then start walking 15 minutes a day and then you can always add to that. But if you're already walking 15 minutes or are you already running a mile, um, then how do we progress further from there?

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And I think it's important to know that there are people out there that this is their job is to adapt exercise to you. And I am going to tell you hands down that there is not a single person that there that there could be a match for a personal trainer. Like there's just, it's impossible. Like, if you've got something going on and you need help, you gotta reach out and find the right person for you because there is someone who's gonna match with you perfectly.

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So I love group classes cause I'm competitive as hell. I'm not saying I'm trying to compare myself to everybody, but I just, it drives me harder. It makes me work more this whole, this whole self quarantine thing, socks of fat one for me because I can't really compete as well as I normally would like to. And this is, it's been rough on me. I will flat out admit I am not doing as much physical activity as I normally would be doing. Um, and then that means I should be working on my diet since, you know, I, my choloric load should probably go down since I'm not moving as much. But that's a whole different story. So let's start wrapping this back up. What are the main takeaways from this? Number one is you can't be stress-free. It's impossible. Don't even think it is possible. Stop listening to all the people that are like, Oh, you gotta be happy all the time. Like that. That's mental stress guys. You, you need stress. You need something to stress the body. You need to, you need to do Coke, you need whatever you're going to do.

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I want to just back up for a hot minute and talk about, I mean, no, you're, I agree. We probably should wrap it up, but when we talk about emotional stress,

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Oh, we didn't talk [inaudible]

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yeah. Facing your fears. Doing something that is scary is something that will be challenging and stressful to your mind, but that's necessary stress. So like we get into ruts and habits. Even. Uh, this was also a study that was done. They studied people who took the same route to work every single day. They

drove the same exact way they found the most efficient way. They thought that was great. And then they hooked him up to brain scans and then had them take a different way to work. And it completely changed the brain map. Meaning they were stimulating almost every part of the brain because a, they were worried that they weren't going to get to work on time. B, they had to find a new way to get to work and it, and it was geographical. They had to make left and right turns, but it changed their brain.

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And I think that's something that is not well understood. And I mean us as chiropractors are starting to shift our focus that it's not really about, you know, the muscles and the joints and the bones, but we're talking about brain health here. All of this has to do with stressing the brain in the appropriate way. So when we talk about emotional health and you're feeling bored, overwhelmed, angry, isolated, you guys, there are ways that your brain is telling you to feel that way. Like those are your triggers. Those are things that you do feel that. It's like a smoke alarm. It's your body saying, Hey, I can't adapt emotionally anymore. That's why I'm sending you these feelings. And that should be your cue to say, you know what? Maybe I need to do this. Maybe I need to reach out. Maybe you should call a friend that I hadn't talked to in a long time, but even those little tiny, teeny tiny steps,

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let's talk about that one then. Reaching out to a friend. There's the bagel, social, you talked about that's being pack animals, social Vegas, social Vegas. So when we talk about, um, communication with people, and that's not Las Vegas. And so when you're talking with somebody over the phone, it takes about two hours to feel about the same amount of communication than if you would just sit in front of somebody and talk to them for 10 minutes. And then, and so if you're ever wondering why social media is actually antisocial, is that why you're not communicating? You don't get the voice inflection? Like right now, you can tell him I'm probably pissed or excited or sad or whatever it is. Those emotions you can only, you can only get from hearing. Now when you see somebody's face, you get a thousand more input to that. So if you really want social engagement or you want that talk, meet with somebody, have a coffee, you really want to change that stress input. Um, get face to face with somebody. Uh, there's zoom now if you can, if they're across the country, at least see them, you'll get a better reaction versus just calling them so it goes see them and talk to them, talk to them. And then for you could text the person all God damn day and it's still doesn't feel like you really talked to him, doesn't it? That is what that Vago is too.

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Um, anyway, so for all of those parents out there with kids who are like elbow deep in their phones all the time, understand that that type of connection is disengaging parts of their brain. And if they're not engaging the social Vegas, again, it's an emotional bucket. They're not getting the stimulation that they need. So if that's going to raise up the levels of their bucket, where else are you going to see that overflow into? We need to start focusing on those types of habits and understand that it's, it's a distraction. And sometimes it's okay to have a hobby like that. Like I'm not going to say that all video games are terrible. Nobody should do them. Actually, I might say that my video games, but we have to really start paying attention about time. So speaking of time, speaking of time, probably wrap it up. We did mean these to be 30 minutes. So you guys, bottom line is when you're talking about stress, it's not just an emotional thing, it's not just a feeling, it's physiology. It's something that we're being sent by our brains. Does that make sense? That didn't quite make sense. Well,

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brain controls hormones, hormones create this and that. It's a cascade of reactions, whether it's pain or this feeling of depression or this feeling of, there's all sorts of different smokes than those. So I mean the main takeaways are is know what the good and the bad are. Knowing that you can't be stress free, but you at least know what the difference is between the two and that you need to focus on the good and try to eliminate the bad. You are the driver of your seat. There's no one else that can do this for you. That is ipso facto moment of your life. If you haven't figured that out

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is no magic pill coming. If you think that there is like a magic drug that's going to be invented, that's going to solve all of chronic illness and things, it's not coming. There's no vaccine out there that's going to solve this type of thing. So be the driver. Don't just sit in the seat. Be the freaking driver of your own life. Don't wait for your friend or your doctor or whatever to tell you that it's okay to make a change and it's not your genes. Stop blaming your parents, Nigerians fit. Wow. And that don't, ah,

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enjoy the quarantine. Uh, I hope this helps manage the stress during it and talk to you later.

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And if you have any, please, please do not hesitate to reach out to us. We are here for you, um, in any way possible. So take care guys. Bye.