

N.Y.B.L. Podcast Ep 157 (Rewire Your Brain Against Toxicity With Dr. Alok Trivedi) Mix 1 V1

[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zong. [00:01:00] And today I am so excited about this. I, I love, love, love this guy, and I love his topic. This is, you guys are so. In for this treat today, I have Dr. Oke trave today, and he talks about how to rewire your brain. This is going to be amazing.

[00:01:28] He is a human performance expert. He talks all about upgrading your neurology. He has spent 27. Studying the brain and developing the science behind your success and fulfillment. He helps people rewire their brains to get to the cause of how to transform your money, your lives, your businesses. He's got these amazing systems, these amazing [00:02:00] programs.

[00:02:00] He's the author of the book Chasing Success. Thank you so much for being here, Dr.

[00:02:05] **Dr. Alok:** T. . Uh, thank you for having me, Rebecca. I'm super excited to be here. I appreciate you having me and, uh, looking forward to communicating and talking and, and, uh, helping serve your community. I look forward to it

[00:02:15] **Rebecca Zung:** a lot. Ah, you're amazing.

[00:02:17] And I even forgot to mention that you're a media personality. You've done all kinds of amazing things. You're amazing. So I what people don't know, I mean, they see this. , uh, incredible personality that you are now, and you, you run these huge events. You just came off of running this massive, huge four day incredible event and you know that you, you're so successful.

[00:02:44] What they don't know though, is that you actually, once were at, you know, at this low, low point, in your life, [00:03:00] you had gotten divorced, you had lost everything, you were 50 pounds overweight. You tell us about that place in your

[00:03:10] **Dr. Alok:** life. Yeah, it was a place where I was, uh, I was stuck being a narcissist, for lack of a better word.

[00:03:17] No way. I was so blinded in my own reality and um, and I was miserable and I was going through this divorce. I, I was stuck in it and I'd lost all my money and basically couldn't see my kids cuz I didn't have the money to go see my kids. And, you know, my assets were frozen, there's nothing I could do. And like literally I had the lemon to eat for four days.

[00:03:39] Like, that's, that's all I had and that's all the money I had. And this voice right now is because I just finished a four day event inside of it. But that process was so great. I was so grateful for the process cuz it taught me exactly how to rewire. , it's not what people see on the outside that matters.

[00:03:56] It's really how authentic can we be on the inside, right? [00:04:00] And I would go on stages. I'd talk to people, I'd be telling people about their vision boards and all this stuff to be real with their life. And the reality was is that I, I was backstage with all these moguls in the industry and, and I'd ask 'em, okay, I need help trying to sell, I need help trying to build a business.

[00:04:14] And there was nothing that was actually being told to me that was actually working almost to the point that I would sit and say, like, what they're saying wasn't making sense to. that I had to go home and figure out the science of how to rewire it. I'd already been doing it for 13 years with clients.

[00:04:31] But you know, one of those things, it's like you, you don't believe it that you need your own help type thing. That's where I was, cuz I was so blind with my narcissistic personality at that time, but I wasn't humbled to see my narcissism and altruism balanced. I wasn't able to see myself grow and being balanced with myself, that it led me to a path where I went home and.

[00:04:52] I pulled out all my textbooks, I pulled everything out, and I said, I gotta figure out how this brain works. How, what's the anatomy of a belief? What's the anatomy of psychology? [00:05:00] What's the anatomy of how, what's the neuroscience of everything? And then how do I re-pattern these and rewire this so that I actually get myself to be balanced, not programmed to be successful?

[00:05:08] Because there's a delusion in that, right? A lot of people will go into programs and things like that and say, you know, wanna program myself for success. You don't program for your success. You, what I program for people to do is heal, because real success comes when you can. T. your chaos. A lot of times people will sit and say, you know what?

[00:05:24] I programed myself for success. I made more money, I made more income, I got a better relationship. But they don't see, they don't tell you about the flip side of the equation, how other parts of their life fell apart. That wasn't what I was interested in. I was more interested in how do we create a life where we can balance and master all the areas of it?

[00:05:40] And that's where I started to do, and that's where I created the path. And then every single day, including this morning, I work on rewiring my own brain, making sure that I'm constantly improving and making my brain move towards. Rather than decay and death.

[00:05:53] **Rebecca Zung:** Yeah. It is a choice, right?

[00:05:55] **Dr. Alok:** It is for sure. It's a choice and it it, [00:06:00] if we don't choose to rewire our brain, our brains will default to the lowest, lowest common denominator, and it falls into what's called the amygdala of the brain.

[00:06:09] Right. And that's the survival center, the the animal brain. But we'll go into the survival center of the , but no one on this, on this podcast, no one on this channel is listening to this saying, you know what? I just wanna live to survive. That's not why we're, that's not what we want, but our brain is not built on abundance.

[00:06:26] It's br built on the mechanism of survival. So unless we brain our brain and actually wire our brain to do the things that we want it to do, it will default the lowest common level and lowest common level of consciousness.

[00:06:41] **Rebecca Zung:** So a narcissist. Mm-hmm. . . I mean, I, when I just finished writing this book. Okay.

[00:06:48] Yeah. And what I understand a narcissist to be, you know, to, to, to still be is [00:07:00] the, during their childhood, they were exposed to trauma. Mm-hmm. , and during that trauma, they were. You know, as all of us, even as adults, when we're exposed to trauma, when we're in trauma, when we're experiencing this fight or flight situation, our brains, you know, emit these chemicals, right?

[00:07:34] Yeah. So that we can. Fight or, or, or fly, right? So that we ha we can be stronger, that we can run faster so that we can, right, you know, it's, it's the epinephrine or it's what, whatever it is that gets emitted, right, so that we can sure be, you know, faster or whatever we need to do in order to, to go and, but as [00:08:00] children, when those chemicals get emitted, it, our, our brains get

bathed in these chemicals and it caused a retarded development in the, uh, in, in the limbic system of the brain.

[00:08:18] Right. And so what happens then as adults when. When, when narcissists then get presented with situations where they feel threatened. Yeah. That narcissistic. Uh, part of their, well, the limbic system then takes back over and there, you know, that narcissistic injury is triggered and then narcissistic rage or whatever [00:09:00] comes flying back out.

[00:09:02] Right. Correct. And, and so that is what really is happening. When you're dealing with a narcissist. You're really dealing with a a, a child. You're dealing with a person who has arrested development. That is what I understand, a narcissist to. .

[00:09:27] **Dr. Alok:** Yeah. And, and that's just one side of it. If I can, if I can kind of maybe just have a discussion with it that everything you said neurologically is correct.

[00:09:35] Right. And there's two parts of the nervous system though, right? We, there's the sympathetic nervous system and then you have the parasympathetic nervous system. What you were talking about here is the sympathetic nervous system where in their fight, flight, or freeze. In that mechanism, if anything that attacks me, I've gotta make sure I protect myself cuz a brain is built on that protection.

[00:09:54] Completely accurate, right? However, science has also shown us, and neuroscience has [00:10:00] also shown us that you also have another part of the nervous system. And another part of this nervous system is your parasympathetic nervous system. And the parasympathetic nervous system is the rest and digest. And this part of the nervous system is actually designed for altruism.

[00:10:16] So we have the narcissist and the altruist both in our personality styles, but when we are in a. Gregger state, as you said, rest development. Absolutely correct. We are in a state where we need defensiveness. We, and we show protectiveness and it's gotta be our way because we're afraid of the world attacking our conscious realm of what the world looks like to us.

[00:10:40] And if anything breaks our identity in that, we're gonna sit and say that we're sick, we're we're ailing, and you know what? We have to protect that. And that's where the narcissistic expresses that personality. However, In my

research, what I've also found is that an individual has a narcissistic side. And here's the thing, Rebecca, you have it.

[00:10:58] I have it. Everybody has [00:11:00] moments of narcissism that we're expressing, trying to heal ourselves. Cuz what I've figured out in, in, in all the years and over 500,000 clients and patients over the years is that ultimately we're trying to heal ourselves. And healing is an acronym that I use that just helping energy align with love.

[00:11:16] We're all trying to figure out how to love our , and that's ultimately what we're here to do in trying to do that for ourselves. There's another side of that, and there's September, uh, April 16th. The Scientific American talked about this, where we've been talking about this in a psychological perspective.

[00:11:32] Our brains are actually creating what's called anti neurons and anti memories and anti inside this, and this is the parasympathetic side of the brain that's being built. And so as we're expressing the narcissistic side, we're repress. the altruistic side. Mm-hmm. . And as we repress the alt or express the altruistic side, we're repressing the narcissistic side.

[00:11:53] Mm-hmm. . And so it might work what I've, what I choose to help people do, and if people are interested, that's what I help people do, is [00:12:00] love your narcissistic side. Love your altruistic side, but there's no need to disbar any of it. Mm-hmm. , it's rather than to integrate it so that you don't have to run from it.

[00:12:09] You can actually own all parts of yourself. Mm-hmm. .

[00:12:11] **Rebecca Zung:** Mm-hmm. and. In doing so, then you can sort of replace, you know, slowly replace the, the kind of, I don't know, say the, the, the not so healthy side. with the healthier side am might, I don't know if I'm using the right terminology, but Yeah. I mean, I,

[00:12:40] **Dr. Alok:** I, I I think we, yeah, absolutely.

[00:12:41] You can take, you can take the side where you can balance out the narcissist side where it's all about you and your defensiveness mm-hmm. , and you're welcome to, and you're welcome to another opportunity. I'll give you an example of this. I just, it just happened to me this morning to be very honest. Okay.

[00:12:53] Okay. At the time of this, you know, it's a couple weeks before Christmas and we were just planning a, um, a Christmas. [00:13:00] With me and the family and that, and my girlfriend and I were having a discussion and I said, you know what? And my family's there. My kids are there. My parents are there. We're thinking, oh, should we go to Mexico?

[00:13:11] Should we go down to Miami? What should we do? And the narcissistic side of myself, I want a vacation. I've had a hard year. I've had a tough year. We've worked hard. I need to go rest. But then there was a moment that kicked. that said, you know, wait, hold on, let's take a step back. Let's take everything into account.

[00:13:33] And I asked my girlfriend, I said, do you wanna spend time with your family because your grandmother's gonna be here. You haven't seen her in a while? Was this something that you'd rather, you know, would you rather do that inside that? And, and I said to her, I said, you know what? I didn't stop to ask your consideration of what you ultimately wanted to do.

[00:13:53] You know, the old narcissistic side that expressed a lot of that wouldn't. . Mm-hmm. . Right? [00:14:00] But as you rework yourself, you rewire yourself, you start to realize, hey, wait a minute. You don't need to be in that fight or flight. All or none response. Mm-hmm. , you can actually manage multiple states of emotions.

[00:14:11] Mm-hmm. . But when we get angry and enrage, it's, you can be a zero and then go to en rage. All of a sudden, that's an extreme state. That's where the brain is in the amygdala and the lowest level of thinking. It's a fierce. , and I know I'll be transparent. I mean, I, I've, I've gone through that. I've lived that and I don't know if I boxed myself as a narcissist alone, but I definitely could see myself where I've gone into bouts of rage, I think we all have as human beings.

[00:14:35] Mm-hmm. , right? Mm-hmm. . But this was an experience where it was like, wait a minute. Let's take another level of emotional awareness and balance out and see that there's more to it. And I think as the more you re wire. The greater emotional awareness you get and the more you move towards your, your prefrontal cortex to make much more logical executive based decisions where you can actually think clearly about the world that's around you [00:15:00] and not be so emotionally driven.

[00:15:02] **Rebecca Zung:** Yeah. Well, I think having, um, control of your emotions. Mm-hmm. is absolutely the most. You know, the highest level of, of mastery that an a human being can attain.

[00:15:22] **Dr. Alok:** Agreed . I couldn't agree with you more. It's, it's not easy to do, but I think it's the hardest thing to do. But I think when we do, that's, that's when life becomes a beautiful place to live.[00:16:00] [00:17:00]

[00:17:06] **Rebecca Zung:** Absolutely. So, I mean, how, how do you do that though?

[00:17:11] **Dr. Alok:** Well, the interesting thing, right? And that's kind of what my work is around and that's, you know, I've. I sat down and I said, how do you rewire parts of the brain? And I wanted to take all seven areas of my life and I wanted to master them. And I wanted to take from, you know, from mental to physical, to spiritual, to to work and career, to financial, to health.

[00:17:30] And I wanted to take every area of my life, and I wanted to rewire it and master it so that I can emotionally regulate myself and not be emotionally regulated by the environment around me. And so, . I did this for myself, right when I was sitting enough, had no money, nothing. I said, the only way that I'm gonna bring my, build myself back up is if I rebuild my brain.

[00:17:50] Mm-hmm. . And that's what I did. I took it step by step. I took one thing at a time, and now I've created a, a curriculum of program up program, [00:18:00] but literally breaking it out each section of your life and rewiring it so that you can actually have emotional mastery in. That doesn't mean to sit and say that someone never gets upset.

[00:18:09] That doesn't mean to sit and say that no one, someone never gets angry. But the reality is we all have these emotions. The real ultimate answer is, and you love yourself for having those emotions and not judge yourself for them. And I think that's, that's what the rewiring work is able to do. It's able to help people who are stuck in judgment of themselves and move past it.

[00:18:29] I like to say that when an emotion becomes, or uh, an event becomes balanced, you get to transcend the event. and when you transcend the event, it no longer hearings captivity in your nervous system and you can move forward.

[00:18:41] **Rebecca Zung:** So how do you do the, this rewiring, I mean, obviously it's not just math affirmations or Yeah.

[00:18:49] Yeah. Right. Uh, you know, or listening to meditations or something. Uh, I don't think Right.

[00:18:55] **Dr. Alok:** It's not, it's not. It's literally, it's take it, it, everyone asks me the [00:19:00] how right? The how is the most difficult. It just depends on the component of what's going. . Um, but I can tell you if I gave you a, a brief framework of I have 96 different ways that I, I rewire and I continue that as I discover a new way to do it.

[00:19:13] I rewind, rebalance a brain, I create a new way of doing it. So, um, a new path, a new system of doing it. But what I can tell you is that we've gotta get to you to a point where you're completely, you take the past and you're completely grateful for it, right? First you gotta find the, find the, the emotion of the past, and we've gotta get you to be grateful for the emotion of the.

[00:19:34] Those are the step one and step two. Step three is if the emotion didn't happen, how would your life have been? What would've been a disservice to your life? If you just take that four step framework, you can pretty much help rewire any situation that you're in. It'll get you to a state of emotional governance and emotional control so that you're not chaotic.

[00:19:58] Take the emotion [00:20:00] and be great and be grateful for the emotional. Why was that emotion? take the opposite emotion, and if that was there, what would be the drawback if that existed? The disservice of that existing. Now tho, that four step framework literally allows someone to sit and say, you know what? Okay, I can grab control of my mind at any point in time.

[00:20:18] I can grab control of my emotions if I ask myself the right questions. And literally, like there's great authors like Byron Katie's been out. and Dr. De martini's done stuff around emotions and thinking, and there's been a lot of people who've talked about emotions, but how do we take it and apply it on an everyday basis?

[00:20:35] That's the difficulty I think, and my work is more designed. How do we take things that are complex to bring them simplified so that we can use them? But I would take that. Number two, I would take inside of, I tell everyone to do this like this. One of the easiest ways to rewire the way that you think, believe it or not, it's high interval.

[00:20:54] high intensity interval training is one of the most powerful ways that you rewire your brain. Take [00:21:00] whatever emotion you have, whether it be anger or, or frustration, or whatever it is. Go do a high intensity burst training

for 20 minutes, and while you're angry, do the exercise. By the end of the exercise, you will not be angry.

[00:21:15] and what it'll do because as your anger is there, your actually body is gonna, your brain is gonna create using bdnf, which is brain derived neurotrophic factor, it's actually gonna remyelinate against that anger because it's forcing you, cuz you want anger keeps you in the brain, but it's forcing you to use your, use your body to remyelinate it so it's not just one pathway.

[00:21:34] Right? In my work, it's not just about questions, it's about body. How do we use the mind and body? How do we get the body moving in a state so that we can rebalance the emotion as. . And when we do that, then we are able to really create a, a synergy between mind and body. And that's really where I think we, uh, my opinion at least, is that as a, as a culture of moving towards health, we're gonna need to go because I like to sit and say that, you know, [00:22:00] everyone talks about mental health.

[00:22:01] I don't think we have a mental health problem in the world. I think we just have a health problem. Cuz you can't separate the mind from the body and you can't separate the body from the mind. And they're both connected to one. .

[00:22:12] **Rebecca Zung:** Okay. All right. So let's say somebody feels like they are a victim of a narcissist.

[00:22:21] Mm-hmm. , and they're never gonna be able to get past that. They can never win. They can, you know, my life is horrible. I can never get out of it. I'm, I'm stuck in this situation. I, in fact, I. , I, I, I, I love this person and I can never get over this person. I'm never gonna be able to get out of this situation.

[00:22:47] What do I do?

[00:22:49] **Dr. Alok:** I would say first, first thing that's gonna be a very challenging question to ask yourself, and this is, this is not an easy question, especially when you're doing in this capacity, in this conversation, right, is first question you gotta ask yourself [00:23:00] is actually, what am I getting in holding myself in this emotion around this narcis?

[00:23:06] why? Why am I staying in this emotion? Not why am I staying in this relationship? Why am I staying, why am I staying in this emotional state? Why am I choosing this emotion right now? Because that's gonna give you a

metacognitive awareness and, and that it's just gonna make you aware of why you're actually making that decision to actually choose the emotion of it.

[00:23:28] And then the second question I would ask, and it's so. , and I've dealt with so many people in this capacity, especially, you know, in my work, I, I deal with a lot of ex uh, relationships, ex-wives, and, and the conversation turns into this is that, where are you being a narcissist? Because in my work I've found that everybody is an altruist and everybody's a narcissist.

[00:23:49] If I start asking the question, where are you being a narcissist about this is your victimhood part of your narcissism, because being a victim could.

[00:24:00] A reason that you're holding onto a story. It's just the opposite side of the spectrum, but it could be part of the narcissistic process you're holding onto because one could express it in the form of anger.

[00:24:11] One can also express it in the form of shame, depending on the individual. So you gotta ask yourself the question, number one, why am I choosing this emotion? Number two, where am I being a narcissist? And number three, do I really want to, do I wanna stay in this state? And number four, what action steps do I need to.

[00:24:30] Right. I like to four step framework in that so that you can actually make a decision. I'm not saying that's gonna heal or move everything in your life, but it's gonna get you to open an awareness to ask different questions, to move different ways, to get you to become more aware, rather than staying stuck in a victim pattern and a pattern that may not, you may not be aware of.

[00:24:49] Because I've always said that the more awareness you find of yourself and the awareness that you create, once you have the awareness, then you have better decisions. . When you're blind to the awareness, you're stuck in the pattern. You're stuck [00:25:00] in the routine of it. So I would do that to start with. That'd help a lot of people do that and then, then they start opening their questions, start opening their mind and start saying really rea.

[00:25:08] Then the reality of it all kind of sets in a little bit more and the story tends to subside. . Mm-hmm. .

[00:25:15] **Rebecca Zung:** What about people who just feel like they have no money and like they, they can never make any money? You know, that's a big issue for people.

[00:25:23] **Dr. Alok:** It is. And in my work I've found money. Money comes down to one thing.

[00:25:26] I have a book coming out in February, it's called Wired for Wealth, A Brain-Based Approach to Making Money in the 21st Century. And um, I will tell you something about money. That's money is a hundred percent emotionally driven. And whatever you resent, you resist. And I've. thousands of times. Mm-hmm. is that if you hold on to resentment in your physiology, in your neurology, you will resent and push away money.

[00:25:52] You will push away income from coming in the door. You will push away that, that dollars from coming in the door. And if you're holding onto guilt and the emotion of [00:26:00] guilt and what you're gonna do is you're gonna give away your money. And I've in, in my work, I've classified five primary emotions from pride, shame, resentment, infatuation, and.

[00:26:12] And these five emotions run our life. Everything is a subset of these emotions. But if an individual is not a hundred percent grateful for their past, not a hundred percent grateful for a journey that they've come through and they have any resentment in that, they're gonna actually create issues. I was just reading a a, an article yesterday that someone said that there's over 300 to 500 traumas they're calling that people are running in their nervous system.

[00:26:38] In my experience, it's far more, I, I think it's more, but they're saying 300 to 500 major ones. Uh, this was in Psychology Today. They were talking about this. I think it's actually more than that. The work that I do, we do 300 to 500 root, what I call root experiences in a day, but sometimes people have three, four, 5,000.

[00:26:59] that you just, [00:27:00] that are running your system. And until we don't, here's the thing, like it affects our health, it affects our cortisol levels, it affects our blood pressure, it affects our organic function. All this plays a factor in how our body works. We can't separate emotions from the function of our body, so it's imperative that we heal ourselves so that we can actually become healthier in the process.

[00:27:21] **Rebecca Zung:** Yeah. How does one start to heal themselves?

[00:27:25] **Dr. Alok:** I think it's root with the right question. I think it's with right questions. I think it's with asking yourself questions of, you know, why am I choosing this emotion? That's one of the most basic, most primitive questions I, for me, at least, that I came up with.

[00:27:36] But I think it's so wise. It's like I remember a moment when, you know, maybe I must have been 21, 22 years old and I was angry, I was super angry. I was like in a rage state and all of a sudden, like this question, like I popped into my head, and I dunno if it's happened to you or any of your listeners who are listening.

[00:27:54] I asked myself a question, why am I, and it was like, just like this. I just froze [00:28:00] in the middle of an argument. I just froze. I was like, why am I angry? And then I said, why am I actually choosing the emotion of anger right now? I was like, huh. And it literally deflated the whole thing, whatever. I was angry, but I just chose a different response to.

[00:28:18] And it like that's, I think that's when all of this started to begin. For me, all this started to work on all this stuff, right? It's just kinda been my work over the years and I just kind of started taking it. But I think that's one of the biggest things. If you're in that pattern and you're choosing an emotion, ask yourself the question, why am I choosing this emotion?

[00:28:34] It must serve you in some capacity. So what? How is it serving me? Okay. Then ask yourself, how is it a disservice to you? All of a sudden, that entire pattern will change, and I think that's the first step to ask yourself. Reacting to emotions versus creating your own emotional response is two different states, and that those questions open that door.

[00:28:56] **Rebecca Zung:** Yeah, I, I think, you know, what you, you're really [00:29:00] saying is taking responsibility for your own emotions. Right. And, you know, and not saying, Hey, I'm angry because you made me angry. For sure. You know, because I think a lot of times people will say, I'm angry because you did this to me, or you made me angry, or you caused this to me.

[00:29:25] And I, you know, what I try to say to people all the time is that, you know, whenever you say, you know, you did this to me or you caused this to, to, to me, you know, you are saying, , you know, you're a victim or you, you know, you're giving this person power over your life, right? And that is, you're in victim mode at that point, and you're not in creation mode.

[00:29:59] [00:30:00] And that is, you know, you have to be taking responsibility for your life and. . That is a very hard thing to do.

[00:30:13] **Dr. Alok:** I, I, I love exa ev everything you could have you just said, I could said perfect. I couldn't said, I couldn't say it better myself. I agree with

you a hundred percent. 100%. You have to take responsibility for your emotions.

[00:30:24] If not, you'll create the, continue to create the story of victimhood and blame everyone else versus take your own responsibility of life perfectly. Sir, I, I agree with you a hundred. .

[00:30:33] **Rebecca Zung:** Yeah. So I mean, really that's the first step of for transformation.

[00:30:38] **Dr. Alok:** I agree. And I guess my methodology is the questions that I'm asking is helping someone take that responsibility of that state, right?

[00:30:45] And, and that, and once you say, Hey, you know what, I'm gonna take respons. It's like losing weight. Losing weight is, there's a, a scientific formulaic process to do this. Hormones are involved, all that stuff is involved. But if you diet, if [00:31:00] you exercise, and you eat less calories, your hormones will rebalance and reorganize so that you can actually lose weight.

[00:31:08] That's just, this is a physiologic fact, but we blame everything else inside of it, and that makes us a victim. If we want to take charge of our life and take charge of our emotions and take charge of our relationships, you're a hundred percent right. You've gotta take responsibility consciously, not reactively completely.

[00:31:27] **Rebecca Zung:** Right, right. So what, what is something that somebody could start to do right now at home? You know, they are dealing with a narcissist. They're dealing with a, you know, or whatever it is that they're dealing with. What, what's the first step? They could do at home, what's like, uh, something that you could leave them with.

[00:31:55] **Dr. Alok:** You know, it's gonna sound so simple and it's, it's really like, it's not this big [00:32:00] crazy, you know, philosophical thing. It's not this big psychological thing. I would tell you number one thing to do is get enough vitamin D into your system and walk like, it sounds so simple, but I'm not the guy who's like, you know, everything is personal development.

[00:32:18] Everything is thinking. Your body has a certain response. You have to do certain things here to affect it here, and vitamin D is gonna help create the red blood cells so that you can actually function and actually be able to navigate with the stressing system. The more stress your body's under, the more casting and walking has been shown to move the energy through the body, get your

blood flowing, get you to think and get your BDNF and your brain up so that when you do have to deal in that capacity, however you're dealing with the narcissist in that capacity.

[00:32:49] You are not reactive. At least you can have conscious control of yourself and not react. Take responsibility of what's going on inside yourself. That. .

[00:32:58] **Rebecca Zung:** Yeah. [00:33:00] Love that. And you know, you've helped transform so many lives. You know, you have amazing stories of transformation, right? I mean, what, what's just like, name, name a couple off the top of your

[00:33:12] **Dr. Alok:** head, man.

[00:33:13] I, uh, well there, you know, last year in 15 minutes I took someone's type one diabetes and helped reverse that. Um, people with Lupus autoimmune disorders, Crohn's disorder. And I don't walk around saying like, I'm curing anything. Right? But when the body heals, then it, it, your body starts put in the right place.

[00:33:34] Um, people have gone off and made, you know, one, there's a new TV show that was launched and I helped launch that through, through this work inside that. It's a real estate TV show that's gonna be out. And it's actually funded. It's going, it's gonna rival a shark tank on the real estate side. I think, um, inside that.

[00:33:50] But people's health ailments have gotten relationships. Marriages have just transformed, like there hasn't been a marriage. that I haven't been able to, if not save the [00:34:00] marriage, if the marriage still needed to end, it was amicably ended, so there's not all the chaos that goes on with the relationship and divorce ending.

[00:34:10] And so it was actually a loving separation. It's not a divorce. It's a loving separation which happened, which is normal. It's normal that if someone has to separate a relation, great. Do you have to go through all this war and havoc and chaos inside of it, or can you do it through a loving grace and you.

[00:34:25] And I, I like to sit and say that as long as you know, love is all there is, the rest is bs. And if we can get through the BS, then we can get to the love, then the body will heal. The mind will heal, and the relationships will mend because of that. And wealth and your self worth are byproducts of that.

[00:34:41] **Rebecca Zung:** Well, everything is driven by love or fear. Right? Everything. That's it. Yeah. Well, how can people learn more about you? How can they find your book? Yeah. How can they find

[00:34:54] **Dr. Alok:** you? You know, if people are interested, they can, you know, if they wanna learn kind of what part of the brain that they're working on, like, I've [00:35:00] developed a, a technology that helps people understand their, their brain and are they using the amygdala or are they using the limbic brain?

[00:35:06] Or are you using a prefrontal cortex? Um, and mapped it out in a sense to, so people can understand, okay, here's the psychology of it. If someone isn't like the amygdala brain, they're in a, a desperation state and here's the psychology of that. Um, they can go to rewire score.com and. Take a little quiz and get an understanding and a full layout of how their brain works.

[00:35:25] You can go to Amazon to get the book Chasing success book.com or just go to Dr. Rewire. Just go to dr rewire.com. There's lots of info all over there and anything I can do, I'm all over social inside that help people in whatever capacity I can do. I look forward to helping people in the way I can.

[00:35:39] **Rebecca Zung:** All right.

[00:35:40] I love it. And obviously we'll have all the links and everything in the show notes and, uh, definitely go check him out, go follow him and we'll, um, make sure that everything is available for you as well. Drt, you are amazing and we are [00:36:00] going to be featuring him a whole lot more as well. So thank you very much for sharing your, uh, incredible wisdom and, um, I think that you are fabulous.

[00:36:11] **Dr. Alok:** Is that Thank you Rebecca. I appreciate you and that all the work that you're doing, you're helping so many people and I just wanna say thank you for what you. To help so many people as well. It's, it's, it's an, it's an honor and service to be able to be able to be here with you and communicate and help the people that you're helping.

[00:36:24] Thank you so much.

[00:36:26] **Rebecca Zung:** Thank you.[00:37:00]