

David

Doctor Edythe Heus. It is such a pleasure and honor to have you on the show today. Where does this show find you today?

Edythe

So I'm in Southern California. I have a home in Dana Point where I go and stand up, paddle board, bike and hike. And then I'm up in Thousand Oaks, north of LA. Monday through Thursday.

David

Okay, that sounds like a good lifestyle. I love that. Well done. So I don't even know how to start this. Let's describe to me your area of expertise.

Edythe

I would say that if I could cancel a date, it would be performance training. However, that being said, I don't just do functional movement. My background is doing integrative health care. I'm a chiropractor by profession, but I chose chiropractic because chiropractors were doing integrative health care and I had a passion for muscles. This was before kinesiology was an actual career.

Edythe

Chiropractors were doing muscle testing, so I got into chiropractic school to do muscle testing and learn about movement through muscle testing. The first part of my career, the first 20 some years in New York City, I was working with patients that had really weird neurological things. I mean, I was getting patients that had no hope. Like their doctor said, well, you can be on this medication and that's not what they wanted, and not that I knew how to do it.

Edythe

I just had a willingness and like, well, let's just see what your body will reveal to me and let's see if it makes a difference. And the success was incredible. And I kept track of what it took to go from illness to wellness, and then had an epiphany 20 years later that I needed to move to Southern California and apply the principles to see if those patterns helped athletes go from injury or good athletes to the best version of themselves.

Edythe

And I was so blessed that within three months of moving here, I had developed the program and was working with a professional baseball player. That led to a whole bunch of other professional baseball players and then track and field athletes, and it went stuntman. So I just had the range of athletes, which has been incredibly rewarding because everything I learn from one patient or client somewhere down the road helps a whole bunch of other clients and athletes.

David

What's your clientele is not just the high performing professional athletes.

Edythe

No, no. So, you know, when I got into doing the sporty part of it, it was all high level athletes. And at one point, somebody that skis year round, he he can ski anything. And he is a president of a senior living facility company. They, they manage senior residences. And he said, could you create a program for seniors?

Edythe

And I thought, you know, like, that's not my demographic, you know. Then I thought about it and I'm like, yeah, this this would be fun. And so I was able to create that program, which is doing incredibly well. It's called vitality. You know, I worked neuro atypical children to my oldest patient is 99 years old.

David

So I took a class last week. What was the class that I took? It was a level one to.

Edythe

Yes. You took a hybrid, which is a level one. That is a good entry into Rev six, but you have the option of doing it on BOSU balls and slant board. So there is an additional equipment option to the exercises.

David

I want to tell people my experience of this, and I mentioned to you earlier, I've done Feldenkrais to martial arts, all kinds of stuff. This was I didn't know what to expect. I found it a much harder than I thought. I kept falling off the ball, I don't know. Well, okay, that'll get better. But what was super interesting to me was the effect it had on my body.

David

I just did this one class I found myself. I think the right word is springy. There was like this sort of springy thing and it was different than stretching. Or it was just like

different. It felt easier to propel my body through space than it had been beforehand. This is really remarkable. Like, I can see how if someone was in a sport like on a ski racer.

David

So okay, this makes total sense to me and our mutual friend Rebecca Rusch, the champion bicyclist. She's also a huge fan of yours. And I know people who are other really high performing athletes. Why this would be great for them. But I think just regular people, if you haven't experienced this sort of sudden spring, essentially talk to me about this.

David

What did you do to meet it? Why did this happen?

Edythe

David, I have to say that the amazing thing is that you were able to allow your body to feel and to experience that. Some people have such a fixed idea of expectation out of a workout that they do it very tense instead of, you know, relaxing into it and letting your body do what it wants to do when it's in contact with something that feels nice, like a ball, or the instability wakes your brain and your nervous system up.

Edythe

The movements are the result of the design of our body. The exercises are all full body and take into consideration things like the small muscles, which is really contribute to your core. I referred to the small muscles like your lower abs, the muscles of your spine deep in your hip rotators, even your your pelvic floor, your hands and your feet.

Edythe

I see those small muscles which are more rich neurologically to be the megaphones that tell your bigger muscles how to move now, because my work works with the design of the body and the design of the fasciae, it's the fascia that makes you springy and elastic. And the cool thing is, the fascia is it's like a unitard. It touches every cell in your body, and it's also so moldable.

Edythe

It's plastic. So when you stimulate it with the weight in the way that we load things and the instability, the fascia gets healthier and it gets more durable. So you can undo injuries, you can prevent injuries and you remain more mobile and durable as a result of it.

David

That makes total sense to me. It felt like my rubber bands had been like, reactivated. Not hugely, but it was like enough that I could definitely feel it. Talk to everybody about fascia, because I think that even for people who are medical professional, I had a meeting with my doctor and I told her about this and she was like, oh, that's interesting.

David

We don't know much about that. so even for people who are, well educated about this sort of thing, they don't necessarily understand what this is, what it does and how pervasive it is through the body.

Edythe

Think of it as connective tissue that surrounds every cell. They even speculate or hypothesize that it goes into the nucleus of the cell. The possibility of that is, is staggering and exciting. Between the layers of fascia is gliding substance called hyaluronic acid, and when the hyaluronic acid gets dehydrated, it has a change of patch. It gets sticky. So then things don't slide.

Edythe

And if you rip heatedly, do things or injure things like we do, if we sit at a computer for a long time and we lose gliding ness in one part of the body, other parts of the body are going to try and make up for that resistance and they become more glide. But obviously you've got some stuff stuck, others stuff glide here.

Edythe

Over time, what's overly gliding now becomes stuck. So you start to create the wrong kind of tension and lack of glide in your whole body. So we were talking about your knee and many knee problems are because of lack of glide in the ankles or the feet. So you want to diagnose where it's coming from. But with my system we're covering the whole body.

Edythe

But people get that are participating, get to notice like on my shoulder blades don't glide on my ribcage. Oh, that explains why. You know, I keep hurting my shoulder. The other thing that's just fascinate about the fascia. And I came to understanding the fascia the way I use it now. I was moved to Southern California, was training athletes, and I put them on the unstable surfaces and things like that.

Edythe

And I'm like, that is changing too quick for it to be the nervous system. Something else is going on here. There's a family in Italy. It's a stucco family, and they are doing pretty much the most revolutionary work in fascia. And so I looked at their books and I said, this is the first time I've seen a manual therapy technique match up with the way I see the body move.

Edythe

Their research has explained so much about why my work works. You know what the fat is a synapse like. It's the thing that connects the nerve to the muscle. So if your fascist messed up your nerve, muscle signals not going to be precise and it'll be slow.

David

Talk to me a little bit about, you know, you've written a bit of controversial things about yoga. You have some strong feelings about yoga.

Edythe

I do.

David

Tell me about that.

Edythe

Okay. So when I was practicing in New York, yoga was. So I started my practice in the beginning of 1983, and yoga was starting to make its way into New York. So you had the interval Yoga Center because you're from New York, I know, and then the Iyengar Center. So I was getting these yoga instructors and they tended to have problems with their sacroiliac joint in their low back, and I would treat them and they would come back with the same problem.

Edythe

Don't do that to me because it drives me crazy. Was going to try and figure out, okay, I don't want to correct the same thing more than once. What are you doing? And I said, could you just not do yoga for a week? And then the treatment would hold? Now that I understand how the fascia works, when you hold a position too long instead of the way the shape of the collagen and fibers of protein fibers in the fascia, they straighten out so you lose your elasticity, your rebound, you get flexible, but you lose your durability and you lose your responsiveness.

Edythe

There are fun and good ways of doing yoga. It's just holding postures is not the answer. And I think that there are better ways to get mobility. If that's what you're going to yoga for.

David

I will tell you, of all the things I've done in my life, I have hurt myself worse in yoga than anything else. Then martial arts fighting like I did. Ski racing, no yoga.

Edythe

I hear you. Oh my God. So used to work with Broadway performers, dancers and they wouldn't hurt themselves dancing. They hurt themselves in yoga class and they went up.

David

Right? Right. So now you've opened this little box for me. And when I get up in the morning, I. Of course, I'm 65. I'm a little stiff. And before I go out and do any activity, I spend about maybe 3 minutes or 4 minutes. I do a couple down dogs, I do some up dogs. I, you know, try and stretch things out a little bit.

David

And then I seem to feel better. Should I not be doing that?

Edythe

It's fine if you feel better because you motion is lotion, so you're not holding those positions. But in six minutes I could give you a program that would be better. And truthfully, if you wake up stiff in the morning at any age, I'd like to think that you're not doing enough. Rev six because I don't wake up stiff.

Edythe

I don't think regular participants in the virtual classes wake up stiff either. But you know what? If you do, you know. Then you have to start thinking it was inflammatory in your life, you know, and then things like, how are you sleeping? What's your mattress like? But I think investing six minutes when you wake up in the morning is a small and then for a deal.

David

So hopefully through that I have no allegiance to any system or any methodology. It's just, you know, what works for David. That's really all I'm interested in.

Edythe

As I mentioned earlier, if there were a better system than Rev six, I'd be doing it because all I care about is results in lasting results.

David

Let's talk a little bit about that. What's your goal? What are we trying to achieve here?

Edythe

So when I developed my program and you know obviously it's an evolution. But I wouldn't say it's an evolution as much as it's a refinement. When you see the kind of results that I see and the trainers and the people taking class, see, you want it for everyone. I want people to age well, feel empowered, maintain their posture, their gait, their zest for life.

Edythe

I want to be active until, you know, you put me in the ground and you know we will temper our activities depending upon, you know, our history, like you've taken yourself up with what you've done. You know, you might be creaky in your knees or something like that, but you might not be. I hold the possibility that with healthy fascia, I'm so surprised that things that I thought were not going to go away and people go away.

Edythe

So I'd like everybody to really have fun in their life. And, and we spoke a little bit. The another cool thing about when you get the fascia organized is what it does for your well-being and keeping you in, having access to the flow state. Who doesn't? That right.

David

Once you during that, it's like, that's the drug I want you to. So yeah, since other people may not know what that means, like being in that zone. Being in flow. Say, what do you mean by that?

Edythe

I remember the first time that I experienced flow state. I was skiing down I was mountain, maybe it was a bump run or something like that. I was 17 and I felt like I was hit by a bolt of lightning. And I'm like, what just happened? Did I just have a God moment, you know, a spiritual awakening? Because, you know, you're fully immersed in the experience for me, time.

Edythe

And this is what happens. Time slows down and you feel oneness with all of it is like it's you know, I know people look for that in their meditations and that's really cool. I would love to get it every time I'm moving and exercising and I so rev sixes helps keep up, keep people on that in that micro flow state.

Edythe

So it's easier to drop off when say I'm going to do a five hour hike, you know. So it's accessible because it keeps us healthy, keeps our body healthier, our brain healthier, and we get to take more advantage of what we're doing.

David

Is there a neurological benefit to doing this?

Edythe

Huge. So everything is on unstable surfaces. So your recruiting a lot of neurons to keep yourself balanced and so yes, I train we work with older people doing the workout in, sitting on chairs. And I know this sounds hard to believe, but one of the ingredients that I think is super important for a good training or performance program is that there has to be a perception of risk.

David

100%. Yeah. Thank you, thank you. I'm such a believer in risk. And I think what happens is people, as we get older, myself included, we narrow that risk boundary down. I had lunch with a guy who just badly injured his leg and is being repaired now, and he was telling me like, well, you know, considering this and this just sort of weird thing happened, I was hiking, I guess I'm really going to have to sort of like reevaluate my activity.

David

I said, absolutely not. Like now, if you do that, your life is it's just going to keep collapsing down and very small. And I believe in stress and I believe in risk. People give me some pushback on that. You don't have to risk like I do risk, but you need to keep pushing out because the entropy going the other way will crush you down to zero if you don't.

David

Anyway, that's my that's my wrap on risk.

Edythe



I'm so glad to hear you acknowledge that. Like when I was starting the training and I was working with baseball players and I'd put them on the flat side of a possible, which is like, what, eight inches off the ground, you know? And I saw that their performance was as though I had asked them to cling from a cliff, you know, hang on.

Edythe

And I just saw that how the performance went up for them. So I just began to build it into everything, you know, and like falling off the ball, like you're like, I'm falling off a ball. You know, it gets to be expected. It gets to be fun. It's like, oh, good. I pushed my limits a bit so we can push our limits.

Edythe

Even sitting on a cushion. So I'm glad to hear risk is important to you.

David

I want to say to everyone out there, I fell off the ball all the time and the the ball plus the Bosu. Forget it. There was there was no way that was happening. But first time not happening yet. It will happen. I rarely get this enthusiastic about something. I have very low expectations. I want to tell you I'm a basically I'm a very negative person about new things.

David

I think all new people. I'm not going to like them and all new modalities are dumb and I should. They're a waste of time. I have this negativity bias, but the good part of the negativity bias is I'm constantly surprised. It's like, oh well, was really great. That's how I feel about robotics. It's like, oh, okay, I get this ball.

David

All right. Like, you know, here on this big strong guy, what am I going to do here? But no, this was great. I just wanna say I'm like super impressed. I'm going to order the belts. I think the belt last time. So this I'm going to order the belts and we'll do this properly.

Edythe

Fabulous. Because the the bells you fill with water. So you have the added slosh, you know, so you keep stimulating your nervous system. I'm really a stickler for the texture of the ball and texture of the equipment, because our fascia has right more neuro neurology even than our deep fascia. And so I love because it's really only been in the last two years of this research has come out.

Edythe

They were very surprised to see the histology of the superficial fascia. And it explained to me why I watch people on the ball and if it's too soft, I just cringe, you know, because we're getting feedback, you know, the superficial fascia is perceiving the tension of the ball, the texture and the tension or the tone. We want the equipment to match up with healthy fascia.

Edythe

So it's like training wheels for your fascia. I'm trying to remember what led into that question. Oh, about the nervous system, since the fascia is really the connector between the nerve and the muscle, and the fascia is so interconnected that every cell is surrounded by fascia, it happens so quickly and it's so dynamic and it's so malleable, so fast.

Edythe

That's why you could take one class and notice the elasticity. So the most common comment people say after the first workout is I feel taller. That's exciting because the only way you get taller is when you're activating your core. And I have a whole different concept of what the core is, that we don't have to get into coming at performance and exercise from a deficiency, you know, an illness model going to wellness has taught me things about the body that I, I didn't read about until 30 years later, 40 years later, and I still hold on to some concepts that I'm waiting for somebody else to validate.

Edythe

But I think I just have to do the research myself.

David

Talking about strength training, I read something about we're all doing strength training wrong. What are your feelings on strength training?

Edythe

All right, so I have this e-book that it's free on the website and it's Fitness Myths. And I think the one that's been most controversial is the webinar that I gave that said the title was The Crippling Truth About Strength Training. And there was a lot of buzz within the Rev six community, like, should you say such negative things?

Edythe

And like we're just trying to get people's attention, but most people do strength training incorrectly. Rev is a strength training program. Depending upon how much weight to unload, you can create as much strength as you want or need. But if you're

not attending to your fascia when your strength training, it's not going to convert. You know you're going to be lifting weight.

Edythe

It's not it's not necessarily going to turn into functional strength if it doesn't turn into functional strength, if it doesn't improve your posture, if it doesn't improve your mobility, if it doesn't improve your gait significantly, it's the wrong program. Now, if you love to lift weights, if you do rev sixes a warm up, you're going to get a zillion times more out of your strength training.

Edythe

And I'll tell you a quick story. I was had partnered with a studio and the trainers were required to know Rev six. One guy was really opposed to Rev six because he was all about Olympic lifting, so he learned Rev six and noticed that his Olympic lifting skyrocketed. So I pretty much can guarantee that you're going to get more out of your strength program if you incorporate a healthy facial exercise program.

David

In my previous gurus together, and I did a big story with New York Times Magazine, Olympians and their various sort of body shapes. And one of the people that I photographed was a female powerlifter. What shocked me about the female powerlifter was she's maybe five 1 or 5 two. She had the jump of a frog. Astonishing to me.

David

She'd probably like a 40 inch vertical because it's the spring, right? Of course, she was strong, but it's the spring that that really does it. Yeah.

Edythe

Well, good power lifters like Ed Cohn, who's like the most famous power lifter. He's never injured his back when he set up before he does the lift. Just the tension he's created in his body, which is the fascia lifted the weights about two inches off the the ground. So you have to have really healthy fascia to get that far in powerlifting.

Edythe

But I'm not sure, you know, I they're most of the baseball players that I worked with did not like lifting weights because it made them slower. So kind of all depends on what if you're doing it the right way and some body types. Sometimes it's your genetic makeup. Also.

David

I'm about 173 pounds and unless you pump me full of serious anabolic, that's all the good, that's all it's going to be. Yeah, I think it probably it depends a lot on what the sport is. And aerobics sport is an anaerobic sport. What do you.

Edythe

Do. You see the conversion of your strength training to your skiing. Correct.

David

What I learned last year, which I mentioned to you earlier, was that gym stamina, gym strength, gym power doesn't convert 1 to 1. It's a different thing and it's definitely helpful if I'm doing a proper turn. I mean, I'm not that good, but I'm pulling at least two G's on a single leg and you have to hold that because if you don't, bad things is going to happen to you.

David

I also think there's something to be said just to have a certain amount of mass, because you're going to fall down, and there's a protective element to that. I think, as I mentioned earlier, I've sort of changed up what I'm doing this year. So I spin bike like once a month, but basically all of that sort of stamina aerobic component, it's with a weight vest climbing up a mountain.

David

That will is the proprioception. There's the like, there's a core strength. If you if your core is not caught back on on, you're just going to tip over and a lot of this I found was was missing. But I still think that there's a need for there's definitely a strength component there. You can't you just can't do it otherwise.

Edythe

Yeah. So are you getting enough lateral plane strength training. Because one of the things that we get stuck on is our sport tends to be in one flight. And, you know, you can read where that's the only plane to train mix variance is that you want all planes right. Well trained. And so what kind of lateral are you doing.

David

My lateral is somewhat limited at the moment because of my issues with my left knee. So when that's behaving properly yes. Then there's weighted lateral movement. We do most things most I'd say two thirds of my training is all single leg and it'll be movement. It'll be rotational. But there's also for the sort of like big stuff. It's sagittal plane deadlift, squad leg press, something like that.

David

That's but you're correct. You need to because the movement of skiing is a lateral sport. It's not. There's an up and down component to it, but it's a lateral sport anyway. We've talked a lot bored people to death with only by skiing stories endlessly. Doctor Edythe, if somebody wants to get in touch with you and they want to understand better about what Rev six is, maybe they want to try a class.

David

What do they do?

Edythe

Go to the website Rev six. That's it. It's really cool that there was a dot fit, not just a.com. And go to get started on the website and it'll lead you to videos describing the ball that you need, how you want the ball to, the tension in the ball, what you need to get started. And there are three basic videos there.

Edythe

And then I like people to do about ten of those videos before they sign up for classes. So you can buy a pack of classes, or you can sign up for a membership, which is unlimited classes and replays. We also have an Instagram presence, Rev six. That's the best way to find me.

David

Before we close, I want to say something that you told me earlier before I got on the call. The goal here was to match health span to life span.

Edythe

You got it. So I'm sad to know that most people there, the difference is ten years or more and I think your viewers and the people that I serve, that's not their goal. So I believe that Rev six gives people one of the best opportunities to make those to align.

David

I'm going to ask something really incorrect here. How old are you?

Edythe

I'm 68.

David

Very spunky.

Edythe

I couldn't be moving like this if it weren't for Rev six. My husband, my son and his wife got back from New Zealand where we hiked the Milford Track and that is a five day, you know, lodge to lodge. And it's considered easy and intermediate. Well, there was one day where it was 17 switchbacks going up to the highest point, and then the downhill was even steeper.

Edythe

And what I hadn't trained for is the size of the boulders that you're going down. And I was the shortest person in the group, so I definitely felt my knee. But I was really pleased with the eccentric that, you know, Rev had provided. I didn't get winded or anything like that. So I love that, you know, I can go out and play on the weekends and do what I want to do.

Edythe

at this age, you know, I'm going to keep it up.

David

And you got another 30 years, I need it.

Edythe

I think so too. And I'm going to stay on the ski slope as well.

David

Park city, that's where I am coming to visit.

Edythe

I will, I will I love I love skiing in Utah.

David

Thank you so much for your time today. I really appreciate it.

Edythe

Thank you. It's really a pleasure to meet you and look forward to seeing you in class.