



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Dr. Keesha ([00:01](#)):

Welcome back to the Reverse Autoimmune Disease series, everybody. This is of course Reverse Autoimmune Disease 3.0, The Autoimmune Brain. I'm really pleased to bring you Dr. Ryan Wohlfert, who has helped thousands of patients upgrade their brain, energy, and longevity, both online and in his multiple chiropractic, nutrition, and wellness clinics. He's the co-creator of the Superhuman Brain Masterclass and Leaky Brain Summit reaching over 100,000 people worldwide. He brought together the world's top neuroscientists, brain researchers, and doctors who uncover proven solutions to upgrade your brain function, energy, and performance. Welcome to this series.

Dr. Ryan ([00:40](#)):

Aw, thanks for having me, Dr. Keesha. I'm excited to be here. I always love talking about the brain.

Dr. Keesha ([00:45](#)):

Me too! And there's a—loving your brain needs to happen really early in the process, not after something's already going wrong. So we're going to talk a little bit about that. But what I always like to start with is how you got interested in this subject in the first place. Everyone has a pretty compelling story about what brings them to their work, and I would love to know yours.

Dr. Ryan ([01:07](#)):

Wow. I mean, that's a great—I love that too, because it helps me to connect with people. So they realize, I always haven't been like this brain conscious, or I haven't had other obstacles in my life to get good health and great brain health. I mean, mine starts way back when I was in the eighth grade, actually. Even before then, I was in my like early years, like 5, 8, 10 years old, I remember being sick all the time. So that's even before I had my first—I'll get into that 'cause I don't wanna spoil it. I was sick 4 or 5 times a year, just colds. They weren't really allergies. And people said, "Okay, that's normal." But it progressed. Then I remember in the eighth grade having my first— what is actually classified as a neurological disorder, but I'll walk you through what happened. I was sitting in class and I was trying to read and you know how if you look at the sun or a light, you get that spot. That's what it was. It was covering up the words. I couldn't see out of my right eye and I didn't know what it was. About 10 minutes later, now my hand starts to get tingly, down the right side of my body starts to tingle and just the pins and needles feeling. Again, I was like, "What the heck is going on?" And the teacher was wondering too, because she asked me, "What's wrong?" I'm like—and this was the scariest part was I couldn't speak. Where the words wouldn't come out. Again, I could think, but the words wouldn't come out. Again, looking back, and we're going to do a lot of looking back over the next 45 minutes to an hour, because this is how I learned what was happening. Looking back, I'm like, "That's kind of like stroke symptoms, right?"



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Dr. Keesha ([03:06](#)):

Right.

Dr. Ryan ([03:07](#)):

I wasn't having a stroke, but what happened about a half hour after that first visual aura symptom, I had my first migraine headache. And that is actually classified as a neurological disorder. I didn't know that until probably a few years ago when I actually looked that up. I didn't know it was a migraine at the time. I thought it was just your run of the mill headaches, which I had suffered with before, but it was the worst headache I'd ever had. I didn't do anything about it. I just went home and slept and I'm sure I took some Tylenol. I'm sure my mom gave me some ibuprofen, but we weren't a big drug family, just those types of things. But then what happened the next week actually changed my life because it happened again. And that's when I felt it all happening, I went down to the school office. This was at school at the time, eighth grade, 13 years old. I asked the school secretary, "I'm about to get a headache. Do you have any ibuprofen or Tylenol?" And she's like, "No, I can't give that to you." Can you imagine if she had said, "Okay, here you go." But what she said is, "It sounds like you have something wrong with your nerves. Why don't you go see a specialist?" And at the time it was a chiropractor who I went to see. Again, I was eighth grade, 13 years old, it's not like I could drive myself there. So she told my mom, my mom was open to it. Wasn't closed off, like, "What is that going to do?" She just said, "Okay." She didn't know what to do. She's not a doctor. So she took me there and that is—looking back, it set me off for the rest of my life and health. I'd always been fitness healthy, playing sports all my life. But it's just created this progression of my spine and posture with fitness and appreciating that even more. With my—I call it my six pack of health, which we'll get into probably either towards the end or as I go along where it's the function of my posture and body. The fitness, food and nutrition, my focus and mindset, my sleep, what I call refresh, and also faith. All of these things have shaped me. And this goes along with brain health because this is how we can reverse cognitive decline, how we can prevent cognitive decline, how we can reclaim our brains. It applies for autoimmune and it applies for brain, it applies for gut. That's awesome. I just know how my brain has been affected. I know how I've seen other people progress from these—I don't like the word lower level neurological disorders, because I'm not sure if you know this or not, but brain and neurological nervous system disorders, they are the leading cause of healthy life years lost. By that I mean, they're the leading cause of disability in the world and the second leading cause of death. So if my school secretary hadn't had said—

Dr. Keesha ([06:17](#)):

Many of them are autoimmune and a lot of people don't understand.



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Dr. Ryan ([06:22](#)):

Of course.

Dr. Keesha ([06:22](#)):

Yeah, that's why I said, "Okay, we're doing the Autoimmune Brain Summit", because people need to know that piece of information. And then also that these—if you think about the autoimmune spectrum, which there is, that we have to get in it early if we're actually going to be able to reverse it.

Dr. Ryan ([06:41](#)):

Yeah. And even like—that's my goal, is to help people prevent dementia, prevent Alzheimer's. 'Cause if they get too far into it, where now their brain is reacting to normal things, like they're treating it like a foreign invader and attacking it, well now creating more inflammation, more infections, more susceptible to that breaking down. So yes, you're exactly right. The autoimmune, it sounds like this—a lot of words in science and medicine sound, "Oh my gosh. That is so out there." But autoimmune it's auto self immune, our own immune system attacking ourselves.

Dr. Keesha ([07:18](#)):

We're attacking us. Exactly.

Dr. Ryan ([07:21](#)):

Yeah. I mean, that's going way back on how I got started. I just, it feels like every couple of years I learn something new. Maybe not every day, but I implement things every day and see how they work with my fitness, with my mindset and focus, with my food and nutrition, and up until probably like 5—wait, what is now? Yeah. Probably like 7 or 8 years ago now, that's when nutrition got even bigger for me and my brain, because up until then, I felt like I could eat anything I wanted to. And I was not equating that with how I was feeling. That's what I've noticed over the last 20 some years of working with patients is they understand that drugs—which again, I try to relate this to them so they can understand it. So you think a drug or a medication can help with your pain or disorder or even your mental health disorder. That's essentially chemicals, right? So is food. It's chemical energy. So why can't—

Dr. Keesha ([08:29](#)):

Why can't we make that link? Right?

Dr. Ryan ([08:32](#)):

Yeah. Yeah.



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Dr. Keesha ([08:32](#)):

I am going to say—you thought you could get away with eating whatever you want, and I'm going to say anyone can get away with eating whatever they want, but where you'll be on that spectrum of wellness or disease is going to be correlated with what you are eating. So yeah, you can eat whatever you want. [Laughing] And you can get away with it!

Dr. Ryan ([08:54](#)):

Oh, I love it. Yes.

Dr. Keesha ([08:54](#)):

But you'll be living with some level of disease, at some point, if you haven't checked in with this system that you're living in and asked it, "What is it that you're asking from me for fuel?" You know? And that's the thing is we never check in and ask, "What does this body need?" And it's not the same for everybody.

Dr. Ryan ([09:13](#)):

No, I love that point because you're right. There's a quote that I have that, you can do anything you want or you don't have to do anything you want, but you have to deal with the consequences of either what you do or you don't do.

Dr. Keesha ([09:26](#)):

Exactly.

Dr. Ryan ([09:26](#)):

That's what people like—they don't take that into account. It's like, "Why do I feel like this?" And it's not a one step thing. It's not a, "Okay, I do this now the next second, I feel like this."

Dr. Keesha ([09:39](#)):

Right.

Dr. Ryan ([09:39](#)):

That's both the perfect design or a cruel joke. I think it's a perfect design because—

Dr. Keesha ([09:43](#)):

I do too.



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Dr. Ryan ([09:43](#)):

—If we could feel everything wrong, I shouldn't say wrong, but that was not serving for our brain and our body right away. Geez. We won't be able to do it. That's where that whole freewill comes into it too. [Laughing]

Dr. Keesha ([09:57](#)):

Well, I think about it like if you have a clear glass of water and it's clean, right? Then you start adding all the drops of food coloring in a box. So all of them and you keep adding more drops. Eventually that color in there is, first of all, it's not going to be clear any longer. It's not going to be clean, but it's going to look kind of sludgy. It won't have a real color, it'll be sort of gray, black, brownish. Right? Then you dump that out, clean out the glass, put more clean water in there. Then when you add a drop of red, you can tell red just went in. But in the sludgy one, if you add a drop of red, you can't tell red just went in there. So for a long time, people will be able to have this level of wherever they are on the spectrum of disease to wellness, right? Then you and I, or someone like us gets in front of them and teaches them. They start really pulling things out of there that aren't adding to their energy system in a positive way. Then they eat something later on down the road that hasn't been in service to them. Now they can actually feel it pretty quickly, almost right away. Because now the body is saying, "Whoa, Whoa. I actually really liked it when you got rid of that stuff." And people will say, "Well, how come it used to be I could eat this and now I can't?" And I say, "Well, your body now is acting in a collaborative team with you and is giving you feedback pretty quickly now, instead of having it just add to the general load of... The sludge."

Dr. Ryan ([11:28](#)):

Yeah. I mean, I love that analogy. Yes. That is perfect because now—and that's what I tell people too is, "Well, how come, yeah, I can't eat this now and I couldn't before?" Like how you said, you can, but now you're feeling what the effects are 'cause our bodies unfortunately are toxic a lot of the times with all these different substances and chemicals and we're not attuned to what that one thing can do.

Dr. Keesha ([11:56](#)):

So the cleaner you get, the more readily your body does actually notify you. It's just when it's gone for a really long time of you not communicating, tuning into it, asking the questions when it's just like slowly, slowly, slowly getting crushed under it. It can't give you exact information, right?

Dr. Ryan ([12:16](#)):

Yes, I mean, I like to use the analogy of like the threat bucket or the stress bucket.



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Dr. Keesha ([12:21](#)):

Yeah.

Dr. Ryan ([12:22](#)):

So basically, your brain is the bucket and it's constantly analyzing, "Is this safe or is this not safe? Is it a stress or is it not stressful?" It can fill up a certain amount of the way, but if it fills up all the way, that means your brain thinks you're dead or you're going to die. So what it does is these little fail safes, so it has a fail safe about two thirds of the way up, where as that stress level—Now, we're not just talking about this like mental stress, but we're talking about the physical stresses, the chemical stresses, the emotional stresses, the mental, the financial, all these things.

Dr. Keesha ([12:59](#)):

The things your body is dealing with unbeknownst to even your conscious thought process. [Laughing].

Dr. Ryan ([13:05](#)):

Exactly, 'cause that's what your brain does.

Dr. Keesha ([13:07](#)):

Right. Filtering all the time for you.

Dr. Ryan ([13:08](#)):

Yeah. With everything that's happening, it has to decide. As that water level rises, it's like, "Well, I can't let it get to the top. So I gotta let some of it out." So there's a spout on the side where it lets it out. It's not just dispersing it away from the danger, but what happens is that's your symptom. That's your red flag. So that could be your autoimmune disorder. That could be anxiety, depression, pain, physical pain. That's your body's and brain's way of saying, "Hey, dummy, look over here. I got something wrong." That bucket does not fill up to that level in one day, typically.

Dr. Keesha ([13:46](#)):

No.

Dr. Ryan ([13:46](#)):

Unless you're in a horrible accident, but our lifestyle, that's what fills it up. The great news is we can decrease that water level. We can get that water spout moved up so we're building our resilience, our



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strength to these stresses. Just like how, again, that analogy of the sludge water or the clean water. You're going to be able to see that drop in the clean water, but not the sludge.

Dr. Keesha ([14:12](#)):

So when you hear the term autoimmune brain, what do you think?

Dr. Ryan ([14:18](#)):

I think of a battle going on in your brain. Just like these—like military almost. Where when the brain gets confused, at first it knows what to do, but the more disease it gets, the more it's exposed to these things it doesn't know what is. Like different, maybe food particles, maybe like gluten, or dairy, or casein, or... All these different things. Infections, even. Pathogens. Where it's used to dealing with, but now, because it's been filled up because your body and cells are getting confused now. Well now it's starting to equate, "Okay, this substance looks like this part of my cell." So it starts attacking each other. Then that creates more inflammation. Your brain gets on fire. That brain inflammation continues to break it down. And it's funny—I say funny a lot, but I mean, it's not funny. That's just the expression I use.

Dr. Keesha ([15:22](#)):

Ironic, funny.

Dr. Ryan ([15:24](#)):

Ironic funny! It's just, when you say it, it doesn't make sense to where we're trying to find—I shouldn't say we, but pharmaceuticals—again, they have their place, but drug companies, and if we're talking about Alzheimer's or dementia which is coming out more and more to be a form of autoimmune disorder.

Dr. Keesha ([15:50](#)):

Exactly.

Dr. Ryan ([15:50](#)):

I just read this two days ago, how—Let me go back because for 30 years, they've been trying to find this magic pill to fix this plaque in the brain of Alzheimer's, because they've equated that as the cause, but that's not the cause that's a symptom of your brain not being able to clean out those plaques as they grow. 'Cause we all have them to different degrees, but by our lifestyle—



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Dr. Keesha ([16:18](#)):

—And not just that, not just the plaques but the overactive sheers that are in there trimming away neurosynaptic. Right?

Dr. Ryan ([16:28](#)):

Yeah. We think that, okay, Alzheimer's, dementia, autoimmune disorders, it's not a single factor. It's a multifactorial thing. So over the last 30 years for Alzheimer's, for example, they spent what? \$30 billion—no, sorry. \$65 billion on drug research, but 99.6% of them have failed because they're trying to attack one thing, the plaque. So in the study or the article I just read is, "Oh my God, there's these new proteins in this plaque that we just found. Now we just have to attack these proteins." And again, obviously I shake my head and breathe like, all right. So now I'm glad I'm doing this interview today. I'm glad I'm doing an interview tomorrow and teaching patients and teaching clients. Because we have to actually, just like we are bombarded with this training of the commercials that we see of drugs and all the side effects, we need to bombard the world with the actual true health information. So that's why I'm glad you're doing this summit and that's why I'm so happy you invited me on here. It's not just one thing. That's why these drugs have failed. If they're gonna try to keep creating these new drugs against multifactorial diseases, like dementia, like Alzheimer's, like cognitive decline, like autoimmune disorders, it's going to keep failing.

Dr. Keesha ([17:56](#)):

Well, let's call it what it is on that spectrum. We have brain fog, and how many people come in to see you that complain about brain fog? Brain fog and fatigue over here, and Alzheimer's over here. I don't think people are making the correlation. They are afraid when they start losing—"Oh, I have brain fog. I'm starting to lose names, reasons why I walked into a room, where my car keys are." People do start going into, "I'm afraid I have Alzheimer's." So there's that, but not the, "Well what's underneath that?" Right? What you just said is, I really want to highlight that for our listeners. It's always multifactorial. There can be the one thing that tips the scale, but that scale was already loaded to be tipped with a whole bunch of stuff. And it's going to be different for every single person. I just can't even emphasize that enough. So that's why drugs—I mean, I did a study called the Healing Unresolved Trauma Study to look at female sexual desire. Women's libido, because there are no drugs for that either and the reason is because we're coming at it from this place of, "Libido is the same for everybody and means the same thing for everybody. And that there's one reason and it's a lack of a drug." Right? When there are actually five identified root causes that I found in my studies and it's the same thing with Alzheimer's or rheumatoid arthritis or MS, or any other autoimmune disease. That's where we go awry. The



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pharmaceutical industry studies are always looking for the one thing. We're always looking for a smoking gun.

Dr. Ryan ([19:38](#)):

Yeah. You might find that one that tips it over, like how you said, or in my threat bucket or stress bucket analogy, that last drop that goes in there comes out the spout. But we're just barking up the wrong tree because what are the different factors it could be? How you mentioned that the brain fog, the low brain energy—'Cause I'm also the lifestyle director for fitness and function for this company called MIOS health, where what we do is we want to help prevent the Alzheimer's. So it's called pre-Alzheimer's, where you have that brain fog, or you have the subjective cognitive decline. You mentioned that, like where you know that you're just not right.

Dr. Keesha ([20:23](#)):

You're not quite as sharp as you're used to being.

Dr. Ryan ([20:26](#)):

Yes. Not as sharp. You go into a room, like, "Why am I in this room?" Then that progresses into more of a mild cognitive impairment where that is more of a diagnosable objective finding where now there's tests that you can do to identify that or your significant others also noticing these issues. Where, "Honey, why are your keys in the freezer?" "I don't know..." And that's a gradual process over that 20 to 30 year period. But then the more sharp process is once you're diagnosed with Alzheimer's or dementia or autoimmune disorder, where it just—it's a steeper slope down—

Dr. Keesha ([21:13](#)):

We're talking about leaky brain right now.

Dr. Ryan ([21:15](#)):

Well, yes. Exactly! Well that's leaky brain. And you're right, leaky brain is more of a, I would say an all encompassing term that we use. If we're thinking about an umbrella term for brain disorders, for disruption of the blood brain barrier, which are the same things that cause that can cause Alzheimer's, can cause autoimmunity. 'Cause again, the toxins that get in, environmental toxins, heavy metals, infections, parasites that aren't normally welcome in there. Now they can get through because of leaky brain, then you can't have the superhuman brain. So my goal is to help people get to that—not superhero, but the superhuman brain. Thinking, feeling, and just living a long active life, no matter how old they get.



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Dr. Keesha ([22:06](#)):

So that we don't have these—like in leaky gut, we have a breakage in our barrier that makes it so things that are not supposed to get out into the general system, right? The immune system behaves just how it's supposed to. It's not doing anything wrong. So the barrier has been breached and now the immune system, which is supposed to be your defender, says, "Wait, you're not supposed to be out here and you're not me. So therefore..." Right? It can be like blueberries that it's going after. [Laughing] It doesn't necessarily mean gluten and casein and soy and alcohol and caffeine and sugar. It could actually be kale. So that's the crazy part about this, right? So let's make that connection between leaky gut and leaky brain.

Dr. Ryan ([22:57](#)):

Well, it's very similar because, I did the leaky brain summit and we talked about how leaky gut leads to leaky brain. If you have leaky brain, you have leaky gut. So what we're putting into our body definitely plays a role. With leaky gut, those junctions are looser to begin with, and even in the brain. The blood brain barrier, those junctions are really, really tight. It takes a lot for them to get through, the immune system in the brain is even more powerful. So if the immune system in the brain is more powerful in that it attacks itself, and you're going to see—I shouldn't say—you might not even see mental or physical issues of the brain. You might see it in other areas of your body. You might feel it more in the gut. You might feel it more or not feel it at all, but just that overall lower energy in your body, but also in the brain too. So I love how you went back to leaky gut leaky brain, because the same substances, if they get into the blood, where do they go? They go all over your body, but they go to your brain because it's trying to get fuel up to your brain. So it's bringing everything with it. So there's certain things that can break through that blood brain barrier and it's just under attack, under attack, under attack and get through to the brain. What happens is if it's an infection or virus, a bacteria, a parasite, mold—Holy cow, mold! That's a huge problem nowadays.

Dr. Keesha ([24:30](#)):

You just inhale it right in!

Dr. Ryan ([24:33](#)):

Straight pathway, right in. [Laughing] So we can use that to our advantage too, right? Right before I got on here, I was smelling my peppermint oil right here. It gets right into the brain, gives it a good pick me up. But what we do is—these heavy metals, environmental toxins, I haven't even brought up glyphosate or pesticides and herbicides, EMFs electromagnetic frequencies, all of these disrupt the blood brain



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barrier. So when that happens, we already mentioned it, it makes perfect sense, right? So these attack the blood brain barrier, it's tight like this. Well then now it starts to loosen up and get damaged and all those substances—I mean, food particles, if you're allergic to that—or shouldn't say allergic—sensitive to. Or your body's not used to it. 'Cause allergic is way down the line. If you're intolerant, you're sensitive to it. And you had mentioned—I've been going back—the whole sludge versus the clean water. So mine was peanuts. I was putting peanuts into the sludge and "Okay, I can eat that." But as soon as I started cleaning up my fitness and my nutrition and the other parts of the six pack health, my sleep, well now it was going into cleaner water. I noticed my nose running every time I had peanuts. Now I can have them, but I just have to deal with the consequences of what that might be doing to my body and my brain. So yeah, we have to—

Dr. Keesha ([26:14](#)):

And that runny nose, that's really important for people to know, because the body says, "Oh, mucus will help protect a mucus membrane." Right? So it doesn't say, "Oh, just like in section G4 of the large intestine, there's a break in the gut wall. A loose junction, so we're gonna put a little mucus patch right there. Just spackle it up." It just says, "Mucus, everywhere." So then you're going to get a runny nose. People need to know that a runny nose is not normal. That means you've got mucus in your gut that's trying to protect where those loose junctions are. Your body tries awfully hard to run interference for you. [Laughing].

Dr. Ryan ([26:58](#)):

Yeah. Now I have a question for you. I know you're asking me questions, but have you noticed in your work where people have gotten like—their sensitivity goes away as they start to clear up everything? To more healthier foods like kale, like blueberries.

Dr. Keesha ([27:17](#)):

Yeah, absolutely. Then their postnasal drip that they've had for years or ever since childhood goes away too. Right? So when you said a runny nose, I just wanted to point to that, to help people really understand that's not normal. Anymore than having—farting when you're a child, having gas or bloating. [Laughing] That's not normal. That's a sign from your body that says, "Hey, I'm having trouble."

Dr. Ryan ([27:43](#)):

Yeah. That's why I'm not a huge fan of like—I've done them in the past—of allergy testing or sensitivity because I mean, if we take everything away and now you're eating all these other foods, well, are you going to get sensitive to those? Well now we've gotta take those away and go back to the ones that you



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were originally sensitive to. It's giving small amounts and I like the testing to give direction, but not necessarily a life sentence of you can never do this.

Dr. Keesha ([28:11](#)):

No, you always want to bring it back. I use IgG testing, mediator response testing for, I call it like the bumpers on a bowling lane so that it keeps the ball from going in the gutter. And then make sure you're rotating, rotating, rotating. Do not eat the same thing every day. The way that I think about it is if you watch a movie that's got some drama to it and maybe there's a helicopter going after a bad guy that's in a car. The car doesn't just go in a straight line very slowly. It takes evasive maneuvers. And that's what I always say, we use that test so that you can take evasive maneuvers and you can not have your immune system tag something.

Dr. Ryan ([28:56](#)):

Yeah. I mean, you got great analogies, Dr. Keesha.

Dr. Keesha ([28:59](#)):

[Laughing]

Dr. Ryan ([28:59](#)):

I'm going to have to watch this one back just to get your analogies so I can use them because it's so helpful for the listener or your patients to understand it. But yes, we understand it in the moment, but just keep reminding yourself of that. Or the listener, just keep going back and back to these analogies to help you understand. I know I do it. One question I ask myself is if I'm eating a food I'm maybe a little sensitive to, or if I want a piece of pizza, like, do I really want it? Do I want to—I don't want to say waste it on that—or would I rather waste it on like this five star meal that I get a five star restaurant? I'll wait for that time. I know that that works for me, but you have to find what works for you to keep your body in that lifestyle that's serving you and healthy for you.

Dr. Keesha ([29:51](#)):

Well, and it kind of depends on where you are on that spectrum too. If you're up here, you're not gonna play around even with a five star meal, right? You need to be getting your body back to a place of balance. So you live a lifestyle, so do I. I've had rheumatoid arthritis, 25 years ago I was able to reverse it and it hasn't been back. So it's because I make sure I don't play in the sludge anymore. I'm really, really careful about asking my body, "So how you doing?" [Laughing] I have respect for it.



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Dr. Ryan ([30:26](#)):

Then you mentioned that too is—and I'll use an analogy of being bankrupt, a money analogy. Being bankrupt or having tons of savings. If you have tons of savings, then yeah, you can play around a little bit with it. But if you're bankrupt, you can't keep charging your credit card. You have to make changes to get to that point to where you're in that savings part of the spectrum. It's just like with your health, if your health is great or disease with some autoimmune or brain disorder, you're going to have to make changes. I don't want to say unfortunately, that's your body's way. It's not unfortunate. That's how your body works. If you want the energy, if you want the health, if you want the life and what that means to you, if you want to walk your kids down the aisle like I do, if you want to be around for your—and not just be around, but be active with your family, engaged mentally and physically with your family, with your kids, with your grandkids, great grandkids, with your spouse. There are—it's not sacrifices. That's definitely not a sacrifice.

Dr. Keesha ([31:33](#)):

Right.

Dr. Ryan ([31:33](#)):

There are modifications that you can make to get there. It's just you have to decide what's important to you.

Dr. Keesha ([31:39](#)):

The way—I see a lot, I work a lot with people with what I call the missing piece of the autoimmune puzzle that a lot of providers actually forget about too, which is trauma. I hear a lot from people that they feel betrayed by God, betrayed by their life, betrayed by their bodies when they get to these places of disease rather than full superhuman, my optimal wellness and brain function. One of the things that I've been writing about and talking about of late is this idea that we're very entitled when we're in that space, right? That we somehow think we've been promised that the body is supposed to behave in a certain way and that has not ever been promised by anybody. No one has ever said that, including God, that you are supposed to have a body that functions in a specific way. Maybe have gratitude for the blessing of having your eyelids open in the morning and being able to see this beauty that surrounds you and maybe have gratitude for the blessing that these gorgeous, incredible vegetables that are the bounty of God and nature, you can taste them and that they go in and they nourish your system and compassion for this body that never gets any gratitude. I always say the body has the most thankless job on the planet because we really don't take time to check in and really have gratitude and appreciation for that it does this, just like that. [Laughing] That you can do that, right? Instead we get angry at it and feel betrayed by it when it's not functioning according to our expectations. So I wanted to bring that



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around because what happens inside of a leaky brain, an autoimmune brain, when there's resentment, when there are expectations that aren't being met, when there's anger, when there's a feeling of betrayal when this body and God, and life are actually showing up for you and saying this, "This pain is to get your attention. Hello? You need to make some changes."

Dr. Ryan ([33:48](#)):

Yeah. I'm so happy you brought that up. I don't know if you remember 20 minutes ago, when I mentioned the six pack.

Dr. Keesha ([33:55](#)):

Yeah.

Dr. Ryan ([33:55](#)):

The six pack of brain health. On the bookends I put them as focus, which is your mindset, and faith.

Dr. Keesha ([34:02](#)):

I heard faith which is why I'm bringing it up. [Laughing].

Dr. Ryan ([34:05](#)):

Faith and spirituality. Those are very similar.

Dr. Keesha ([34:06](#)):

Yeah.

Dr. Ryan ([34:07](#)):

I'll touch on the focus and mindset first. That is the foundation with which I build my programs. This is something that I've learned over the last 4 or 5 years, become a certified mindset specialist through—it's called Eliminate Your Limits. It changed how I looked at my life. You said a few words there, like expectations, right? And what we expect of the world, of our body. And with the brain and how that all works is, if our mindset, if our focus, if our faith is—I won't say off, but I'll say off just to—or if we are focusing on the negative. Because that's what the brain has been evolved to do.

Dr. Keesha ([34:54](#)):

Well, or you can say if we're feeling victimized.



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Dr. Ryan ([34:57](#)):

Feeling victimized, that's part of—yes—these [Inaudible]

Dr. Keesha ([35:15](#)):

Subconscious, yeah.

Dr. Ryan ([35:15](#)):

It all means the same to me. It's something you bring into the conscious mind, but like six seconds—So here's what they've done. Studies, like these spec scans, I think they've shown areas of the brain active six seconds before you actually perform the action. So what happens all too often is people, they take a bunch of action, right? "Here, do this. I'm gonna eat this food. I am gonna think positive." 'Cause even thinking positive is an action, but what happens is the subconscious drives the action. Okay? So where do these subconscious stories and these narratives come from? They come from influences and experience that we've had that lead into the beliefs that we accept and the perceptions that we hold and then the expectations that we have for our body, our health and the world.

Dr. Keesha ([36:09](#)):

God.

Dr. Ryan ([36:09](#)):

Yeah. And that leads right back into that whole cycle there. So what I teach people with the mindset is, okay, we can do all this stuff. You can eat a great diet. You can exercise. It's not going to be sustainable unless we get to the driver of why you haven't done that, or you've tried in the past and failed, or why you think this is so hard or why you feel like you can't do it, all these stories that we tell ourselves. A lot of them come from our early life, come from parents, teachers, coaches, but they happen—

Dr. Keesha ([36:50](#)):

They haven't.

Dr. Ryan ([36:50](#)):

What's that?



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Dr. Keesha ([36:50](#)):

They haven't come from parents, teachers and coaches they've come from the meanings we made up about what parents and teachers and coaches said to us.

Dr. Ryan ([37:00](#)):

Yes, exactly. The perception that we took from that.

Dr. Keesha ([37:04](#)):

The meaning we made about what they said, right? Yeah.

Dr. Ryan ([37:09](#)):

Yes. That right there with every thought that you have, with every story you tell yourself, that activates certain areas of the brain, it activates certain neurotransmitters and neural pathways. The more you keep training that, keep believing in perceiving and putting meaning into that, whatever that meaning is, if it's on the non serving side, it's not gonna help. If it's a serving meaning, then yes, it's gonna help rebuild that neural pathway. But just like with losing weight, just like with whatever—reversing autoimmune disease, it's not one time of doing it. It's not one time of this process that we go through. It's called the four pillars of mindset training, which is learning your language, finding out what that story is—not necessarily where it came from. Just what is your story that you have about your health and your body? Is it, my body has failed me? That could be a story you're telling yourself. My body has betrayed me. I'm the victim. It's just bringing that into awareness. That's the first step, bringing it into awareness out of that shadow of the subconscious. So then you can deal with it like, "Okay, I will"—you could say to yourself, "I'm never going to be healthy. I'm never going to get rid of this. I'm always going to be this way." These are things I hear. I mean, I'm just attuned to people saying these. Me, I can't just say, "Don't say that." Because again, that's an action. It's getting them to realize is that the absolute truth? Is that the—and absolutely no, it's not the truth for your body because you've seen other parts of your life change. You've seen maybe this disease get fixed in somebody else or reversed in somebody else. Just like yourself, you reversed your own autoimmune disease.

Dr. Keesha ([38:57](#)):

Do you know how—I actually, there's one little space in there I want to have a conversation about, and that is sometimes mindset training, I find, has people put a larger hold on the desire for control. I think actually disease, cancer, autoimmune disease, things that are out of our control are lessons from life, from the divine to actually witness that. Like, "Oh, I am not in control. There might be a higher purpose around this. So what if I do all of these things?" 'Cause this is what I find. I always say there are three P's in autoimmune disease, perfectionism, people pleasing, and holding onto the poison of past pain. So



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sometimes it kicks in this perfectionism part, right? "Well I'm doing everything right, and I'm still here!" Right? Then there's anger and resentment about that. So there's like an attachment to an outcome. "If I do A, B, C, D, and E, then this is going to happen. I'm going to get this thing kicked out. I'm going to crush it. I'm going to kill it." All those words, which are actually autoimmune words. A system at war with itself uses those words instead of a collaborative system. So I always try and point out, like, can you do that and then release attachment to outcome? Can you engage in self care? Which involves your mind, your body, your heart, your spirit, and then relinquish attachment to the outcome and surrender that to whatever maybe higher purpose this is serving for you that you're not witnessing because you're trying to control it. Does that makes sense?

Dr. Ryan ([40:42](#)):

Yes. I mean mindset training, at least. That's mindset, that word is just been so overused, especially the last few years. It's not—there's no end point. There's not a goal.

Dr. Keesha ([40:56](#)):

That's what I wanted to make clear to people that are listening to us.

Dr. Ryan ([41:00](#)):

It's a system just like eating healthy. It's not like, "Okay, I'm going to eat healthy till I'm 50 years old or 60 years old, I'll be perfect with that."

Dr. Keesha ([41:09](#)):

Or, "until my symptoms are gone", right?

Dr. Ryan ([41:11](#)):

Yes. It's—again, lifestyle is the word that I resonate with. It is who I am. It's not what I do. And this is another example of mindset, at least in the way that I use it and the way that, again, the training that I did, it's not—again, there's no end point. It's just daily reflection. It's observing, and you use the word attach to the outcome. I use that too. It's not being attached to it. It's not—it's observing without the attachment. It's observing without feeling the experience. 'Cause, I mean, some people like coaches I know, they want you to feel like that anger. I don't know if I want you to do that because then you're creating that neuropathway for anger. I want you to observe and say, "Oh, I see that's the awareness party."



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Dr. Keesha ([42:02](#)):

And "I'm not gonna judge myself for being angry, but how can I digest that anger so it doesn't sit in my body?" Yeah.

Dr. Ryan ([42:09](#)):

Yes. So, yes. I'm glad you brought that up 'cause I hope I didn't make that seem like it was [inaudible].

Dr. Keesha ([42:15](#)):

It wasn't you Dr. Wohlfert. It was what I hear from my patients who have gotten some mindset training and they get so far with it and then their perfectionistic tendencies latch it. [Laughing] I get some very angry patients in my practice who have gone to doctor, after doctor, after doctor. They've done everything right. And they're in that perfectionist way. Then they're so mad because they haven't been able to be cured, thinking that their doctors have failed them. So I just want to pull all this out into the space of, yeah, this is a little different. Dr. Wohlfert is standing for something that's different than, "If you do ABC, you are guaranteed to have D." That's not what we're saying.

Dr. Ryan ([43:04](#)):

But I love how you said, blaming the doctor, even blaming yourself.

Dr. Keesha ([43:08](#)):

Yes.

Dr. Ryan ([43:08](#)):

Because again, blame to me is a pretty loaded word. It just depends on what words resonate with you. Accountability I like, 'cause you're taking some accountability for it. Yes it is—I don't like the word mistake either because I don't think there's really any mistakes. I think there are learning lessons, there are experiences to help us grow. But it's funny 'cause you were leading right into this whole four A's of this—so, accept. Accept there's another way. Accept that maybe you're not in control or accept that it's not the truth. Then we go into the awareness part of whatever your story is. Just again, observing it. Then the accountability, you start taking some accountability for it where it's not the doctor's fault. It's not anybody's fault. This is your life. This is what has happened to you. But now, as you start going through this training, this mindset pillar work, is your brain, your life just starts to adapt. How you react to situations, how you react to foods even starts to adapt. It's not anything you force. That's where I think a lot of patients that you're talking about get into trouble there. I'm an athlete, I've been—I wouldn't say I've been gifted as far as a lot of athleticism, but I've always worked hard. So I thought I



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could always just bust through that wall. The harder, the more force than I put into it. But it's not the force. We have to put effort into it, but it doesn't have to be forceful.

Dr. Keesha ([44:47](#)):

There's two sides, right? You put effort and you surrender at the same time. That is a really—that's a high level mastery skill to be able to do because—I was the same when I got sick, I was a marathon runner and I drove myself like I have never seen anyone drive themselves. [Laughing] I was so hard on this poor body. And then when I realized, "Oh, that's not what this is. What if this body is exactly as it's meant to be for the rest of your life? What if this is actually going to be what it is that you are going to live with for the rest of your life? Can you accept that? Can you even love it? And also make these changes. Can you collaborate with it and engage in self care to the point where you have compassion for it by asking it questions?" And lo and behold it reversed within six months, but that was a combination of effort and surrender. I think we, in our culture, tend to be quite black and white, where it's one thing or another. I think—hopefully if anyone's getting anything out of this talk that it's actually that thing that it's not just one. [Laughing] One and done, right?

Dr. Ryan ([46:08](#)):

It's not a "Aha" one moment experience. Like you get hit with a bolt of lightning, like, "Oh, I'm all better now." Yes, it's simple, consistent practices with your mind, your body, your soul over time is what creates your life.

Dr. Keesha ([46:25](#)):

And that brings a superhuman brain and life. You get this different part in your spectrum.

Dr. Ryan ([46:31](#)):

Exactly. I love your spectrum analogy too, because it's not black or white. It's where are you in that continuum of your life or in your health or your brain or wherever it is. In your relationships, because this applies to relationships. This applies to health. This applies to finances.

Dr. Keesha ([46:52](#)):

Finances, everything.

Dr. Ryan ([46:53](#)):

I don't believe—that is the general rule. But a lot of people want to see the exceptions. Right? "My dad..." or like, to go back to health, "My neighbor, he smoked a pack a day and he lived to 95 years old." Okay. I mean, if you wanna hold your hat to that and bank on that, you go ahead and buy—



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Dr. Keesha ([47:15](#)):

Well it's a fair point! George Burns is known for having a glass of whiskey and a cigar many times a day for his whole life and he lived to be a good age with a good mind. But by the same token, he also laughed a lot, he had—we don't know those other components. What his genetics were interacting with? And the fact that he did have a whole different mental construct, right? So you can say that, but then do you have the same genetics as that person? And are you doing the other things? 'Cause there was this study that was done on the mining town in Pennsylvania, where they had really low heart disease and yet everybody smoked and there was all this pollution in the air and they said, "So what is it about this town that keeps it healthy?" You know the study I'm pointing to?

Dr. Ryan ([48:06](#)):

No, I don't.

Dr. Keesha ([48:07](#)):

What they discovered is these guys, just like the blue zones, they had those factors. They had intergenerational living, they had time that they just spent together. There was a lot of laughter. So there are—you can point to your neighbor who's smoking and find an outlier to the general rule. But then you've got to look at your own body and say, "But my body's not doing so well. Perhaps I need to let the neighbor go and really focus here." [Laughing]

Dr. Ryan ([48:41](#)):

It's just being aware. That's where this all starts, awareness. I know sometimes I'm not aware, like how often do I really look in the mirror? I mean, I look to comb my hair and do that stuff and shave, but like really looking at yourself. It can be scary. It has been for me, to really look at yourself and be honest with yourself. I've had people say, "Well, I'm fine. I don't need mindset work or health or all this other stuff." And I ask them like, "Okay, so you have everything in your life? You are completely fulfilled with... You are happy with your health. You're happy with your relationships. You're happy with—" Not even just happy, but fulfilled. And not just like a low level of happiness or that fleeting happiness that you might get by eating fast food once where you're like, "Ooh" for five minutes. I'm talking about almost like at peace. That's a better description of it.

Dr. Keesha ([49:44](#)):

[Inaudible] Yeah.



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Dr. Ryan ([49:44](#)):

You're at peace with everything. Then yeah, I would say sure. But very rarely do I find someone that says every aspect of their life is exactly in that peace with everything.

Dr. Keesha ([49:55](#)):

Yeah. Well put. So, is there anything that we have not talked about that you want to share with our listeners before we sign off?

Dr. Ryan ([50:04](#)):

This has been a great conversation. That's why I like these interviews where it's not just me talking for an hour, but we can interact. 'Cause I didn't even know we were going to go down the whole mindset part of it.

Dr. Keesha ([50:17](#)):

Neither did I!

Dr. Ryan ([50:17](#)):

'Cause that's my favorite thing to talk about because I believe it's the most misunderstood and the most powerful it can be for sustainable brain health, for creating a superhuman brain, for healing leaky brain. Because it's not a physical thing in front of you, it's hard to digest. As a society we like, "Okay, that physical, tangible thing." And it is, you just have to go inside and ask your brain and body about it.

Dr. Keesha ([50:50](#)):

Well and we've lived in a culture that really positively reinforces productivity and achievement. Therefore there's a deficit in a lot of people's minds about the amount of time that they have to engage in this kind of work. And yet—I always say supplements are 25% of the solution. Food is 25% and what's going on right here is 50. So this is your long game. [Laughing] The other parts are, they're really important, but this is the long game right here. So if you can't find time for that, that's exactly why you're sitting in front of me right now. [Laughing]

Dr. Ryan ([51:30](#)):

Yes, yes, exactly. But hey, I'm gonna use a lot of your analogies, Dr. Keesha. I appreciate that. [Laughing]



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Dr. Keesha ([51:36](#)):

Well, thank you so much for all your wisdom and spending time with us. And I think you have a gift for our listeners. You want to talk about that?

Dr. Ryan ([51:43](#)):

I believe it's—what is it? The superhuman brain shakes training? Yes! So yes, I'll give you the training—or is it the—I think it's my template and recipes, okay? So you can have that. It's basically, I go through seven steps of creating a superhuman brain shake to help heal leaky brain and just energize the cells of your body. I don't think there's a better way to get the nutrients in myself than creating this with, again, the seven steps. And you can read about it in there. I'm not going to go over it because I get going off the deep end with all this stuff. It's not your typical fruit smoothie. This adds herbs and spices and all the different types of vegetables in it, just to help create the environment to where your body, your brain, all the cells can function at their highest level.

Dr. Keesha ([52:36](#)):

Beautiful. Thank you so much. And thank you for what you're up to in the world and for taking the time to share it with us.

Dr. Ryan ([52:45](#)):

You're welcome. Thanks for having me, doc.

Dr. Keesha ([52:47](#)):

All right, everybody. Until next time, be well.