



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Good afternoon everyone and welcome to the “Healthy Traveler’s Summit”. We are so thrilled to be continuing this exploration of how we can travel really well on every single trip, how we can protect ourselves from much magnetic solution, how we can learn to hydrate well, how we can end the fatigue that many of us suffer from regular travel. My goodness, we have just been blown away by each and every speaker that has shared with you their top information, their best in their careers. So, you can really enjoy travel in a whole new way, this whole new prescription of healthy travel is here. And so today we are very excited to introduce our speaker Dr. Hyde but before that I my name is Robyn Benson, I'm a doctor of oriental medicine for 23 years, I'm a founder of Santa Fe Soul Center for Optimal Health and I happened to be a world traveler, I've travelled to 70 countries, I absolutely feel like it's a passion of mine and I've certainly learned how to hack travel, were going to have courtesy speakers are sharing their hacking strategies for all of you. And it's just like part of it has to do with this self-care message that Kevin and I the co-host of this self-care evolution had been sharing with our global audience for two years were on third year. And this is our special Segway we were just going into this topic of healthy travel, because we have people literally that are watching this from all over the world and I just want to say were grateful that you're here and I'm so grateful that Kevin is once again co-hosting with me the healthy travel summit. So, Kevin welcome.

Kevin Snow: Thank you it's a pleasure to be here and again my name is Kevin Snow, some people call me the desert charm and I am an intuitive counselor at Santa Fe Sol. And this is been a wild ride as they say it's quite a journey that I had been on to become a sermonic practitioner and an intuitive counselor and really excited to talk to you. Talk to Gregory today and really see into his journey and how his journey has brought to where he is today and how important that is for each one of our listeners to really hear that message. I too spend two decades travelling as a commercial photographer and which I had some of this hacks because it is, as we've talked about with several of our gas, in exhausting process and I use to tell people "I really like being other places but to travel part of it I do not like and now I'm starting to like the travel part of it a lot better now that I know some of this information".

Dr. Robyn Benson: Exactly. You got these, you got these study of science right Kevin, especially everything that we've heard over the last years. Well, Dr. Gregory Hyde has quite an amazing bio, it's just I can't...I really don't know where to begin, his in his 20th year in his practice as an ear, nose and throat doctor. He is the father of five kids which I think is quite

amazing. He's practice in Oklahoma and Texas since 1995. Well ask why he chose to practice in Texas he replies "because I was born Texan just in the wrong state". He does wife Shirley As I mentioned he had five children, he enjoys the outdoors in addition to his sense of medical career and has been active in scouts or in the Eagle Scout awarded the youth, he also likes water, and snow skiing, scuba diving, gardening and cooking especially bread, interesting. He loves music, singing and plays several instruments. And just before I bring you on Dr. Hyde I just want to mention to everybody that he did a major surveys starting three years ago to find out what are frequent travelers, pilots, people who drive buses and trains. What are they craving in many want a solution to the ear, nose and throat issues that people have like especially ears like, how do we work with their...you know when we travel with our children, how do we equalize the pressure even as adults if we get a like one of my sister had her, eardrum had a burst while she was flying. So, then the chronic sinus issues that are just so rapid among regular travels. So, we are thrilled Dr. Gregory Hyde you are here with us today to show your best information so thanks again for being here. And so, tell us a little bit about your background, I know you travel quite a bit because we met at a medical conference recently. And just talk about how you even got into the EENT worlds.

Dr. Gregory Hyde: Yes, Robyn thank you. I've always had a great love for ear nose and throat, types of things. I had a PhD in anatomy in the area of the body that always I enjoyed most was the ear, the nose and throat. And so, when the opportunity came to actually train in that area I jumped at it. Another reason that I like it is that unlike many cervical specialties we get to do the medicine in that area to most other surgical specialty is have an internal medicine counterpart like cardiac surgery, a cardiologist. Lung doctors have thoracic surgeons and so forth but we get to do it all. I was enjoyed being able to help people of all ages in this specialty to from newborn to 100 burial patients. So, it's been a great joy and it's never boring moment in my practice.

Dr. Robyn Benson: So, we had a little post comment for our interview today because what happened to a 93-year old woman?

Dr. Gregory Hyde: I'm on call today. So, she had a bad nose bleed that the ER doctors couldn't stop. So, I ended up and having the run up and get it stop for her. So, that can be a common problem of traveling to noses dry out, a lot on airplanes and especially if you're going to a more arid climate what you're used to.

Dr. Robyn Benson: So, I bet you treat a lot of people who travel on the regular basis don't you?

Dr. Gregory Hyde: I do, I have some airline pilots that are patients, I have some flight attendants and of course lots of people here in Texas work in the oil industries. So, they may be here in Texas one day and then in Saudi

Arabia another day or the Far East to Russia or whatever so they are extensive travelers here in my practice area.

Dr. Robyn Benson: So, why don't we start with talking about sinuses? Sinus congestion and sinusitis which is so common.

Dr. Gregory Hyde: It is. Allergies obviously and rely a lot of that right now we're just getting into the spring season here in Texas, you probably haven't seen it in New Mexico yet but it's coming. Although I think you have the junipers and broom right now as I recall. But nasal congestion can be a big problem when you're getting on an airplane, because you're going to undergo some pressured changes that that plane takes off. And if you can't equalize the pressure on your sinuses then you're going to have initially pain and if the sinuses is get black shot then that can lead to infection which will end up burning your trip a lot. So, one of the things that I counsel my patients to do is to get a bottle of decongestant nasal spray, some common brands or things like Neo-synephrine or Afrin. There's lots of generic equivalence as well. And to use that the night before they get on the airplane to really get their nose nice and decongested, then they should take it with them and carry it on their carry-on luggage and use it again as they're getting on the plane. The time that they're going to have the most problem is not in take-off, it's as the plane starts to descend because that's when the cabinets as to re-pressurized. And so, if they start to feel any pressure in their nose, the first thing they need to do or in their sinuses is to try to equalize the pressure and that's usually accomplished for both the sinuses and the ear, just try to grabbing ear then the nose and then gently blowing out the nose like that and so you feel the pressure move up into your sinuses are back into your ears. With the decongestant on board that should be fairly easy to do.

Dr. Robyn Benson: Okay. So, people do just get chronic sinus infections. I can't tell you how much I see that pretty much from October till March or April, actually right now I have to say in my 23 years career, I see chronic sinus problems 12 months of the year. So, can you just think about that and how you deal with that because of course the healthy traveler's summit we've got a lot of doctors who try to keep us away from having to be dependent on antibiotics and what are some more natural remedies.

Dr. Gregory Hyde: Alright. Here's one of your very, very best friends that you're going to have, this is an irrigation bottle for the nose and we give this to all of our patients who come in for allergies or sinusitis. These are available at any local pharmacy, it's a little eight ounce bottle that you can fill with distilled or filtered water. The company sells little packets that have a pretty made mixture of sea salts and baking soda, you put the packet in the bottle, and you fill it up to the dotted line with filtered water if you're traveling you can use just bottled water like you'd normally drink. And then you warm it up slightly if you do it at room temperature, you may get a little bit of the ice cream headache effect. It's got a nice rounded tip on the end of it that's you going to hold up to your nose and the trick to keep from drowning is

you do this, is to take a deep breath in and make a clear clock sound as you hold your breath like this. That closes off the throat, you can put the tip up through your nose and while you're holding your breath doing that you can squeeze and then will go in one side and actually come out the other. Then the next squeeze you can alternate and so you go back and forth, back and forth to get a nice rinse of the nose. Remember your nose is a filter and the longer things stay in there, the worst you're going to feel whether it be a virus or an allergy. So, using this at least on a daily basis or two to three times a day if you're very symptomatic is very helpful. There's a huge study at the University of Michigan several years ago where they compared people using this device to those taking up to three different prescription or holding on a medications. The people who use this device had as much symptom relief as those taking up to three different drugs. So, this is a key for people, it's small, it's easy to travel with, I carry one with me all the time. So, if I go from East Texas which has an average humidity of 80% to New Mexico or Utah or Colorado to go skiing, I'm doing this regularly to keep my nose from drying out and bleeding. There's some other cool products by the same company this is another one that I brought to show, these are for... our kids have asked them, adults using this soap as well. This is sterilize saline in an a ready to go packet that you just tear this apart and you can twist off the cap here, it's got a little end on it, it dried up your nose and so you can kind of rinse on the go, it's great for kids, great for adults. And these are called "Neil med Nose Stracks" and you can find those at any pharmacies just preservative pre-sealing in here that's really good stuff. Here's another brand here that's very common that you find in most pharmacies called "AYR" they make two different forms this is just a regular salt water or here's another one this is the hypertonic saline, this has little more salt that's normally in your body. Purpose of this is that salt or water follows salt. So, if the solution you put in your nose has more salt than the salt in your tissues it will drop fluid and swelling out of the runny of the nose you'll get a little bit of a decongestant effect, without any of the systemic chemical effect of taking a Sudafed or something like that. So, we recommend that a lot as well. With the new med bottle you can use like a packet and you have to get the same effect or I am in my office I have my own recipe that I'll be happy to share with anybody if contact me through my office.

Kevin Snow:

I think that's great because that's something that I use, I actually use that product and it's kind of incredible help to me and I've had the infections most of my life and definitely the sinus issues and... Yes I was told to do this and I definitely have the nose huge results from using that exact product. And now, I know I could put a little bit more another packet in there I think that's definitely really helpful to know as well.

Dr. Gregory Hyde:

You better, if you just have some baking soda you can put like another quarter of a teaspoon of baking soda in that'll like little big extra boost. Those are just some really easy things as far as keeping your nose clear and clean. While you're traveling, some other products that I like a lot for people who have infections or risk infections. I once saw a study is actually published in the newspaper where they had address in

conspiracy to the airline attendant had about putting fresh air into the cabins during the airplane flights using once the doors closed, they pretty much have sealed off and the external air coming in and the flight attendants were complaining because they are getting sick so frequently. So, I did a study looking at whether or not having extra air into the cabin made a difference and they reported in the newspaper that there wasn't a significant difference between whether outside air came in or not. The amazing thing that they did report was that over 20% of travelers develop an upper respiratory infection within 72 hours of flying on an airplane. That's to make...isn't it? You know one in five chance of coming down with something and we've all have that experience. You're in this close box a lot of people coughing and sniffing and sharing with you whatever they brought on board with them. So, there's a couple of other products that I really like and then I travel with the news regularly. One of them is this product it's called "Argentyn 23" that's available for propositions, there's a brand I'm sorry I don't know the name of it by the same company, but it's the "silver hydro salt" this is different than colloidal sulfur but then it is ultra-micronize and Nano size. So, it's very biologically active and in this product it actually comes in a nose spray that you can take the cap off, put in your nose and spread several times. Silver's the ultimate anti-biotic and so whenever it comes in contact viruses, bacteria it's going to kill.

Dr. Robyn Benson: I am thrilled that you're certain solutions other than antibiotics. I have to say isn't it interesting that the latest came to my room over my health faith and sinuses right now. I'm leaving my sinuses.

Kevin Snow: I love that.

Dr. Robyn Benson: I love it [There are so many projects all these years and I've actually suffered some sinus, headaches and sinus issues. One thing that is so important for everyone to understand is that very often sinusitis, sinus infections are not bacterial in nature, even the Mayo clinic has come up with the study that 80-90% of all sinus infections are fungal in natures. So, I'm so glad that you're talking about this product in helping our listeners now there, that there's other solutions and very often people are on two or three antibiotic and it's not solving the problem.

Dr. Gregory Hyde: Right, and I see that a lot in my patients especially here in East Texas. It's a fine for us, we got that lots of medication dying around us and so there's a lot of mold in the environment and I frequently see a rampant fungal sinusitis and I see about the silver is that it's biologically active against fungus as well. So, you can get a good result with that. I have another product that's called "Bioxidant" this is made by a company in the Bay area, they study various botanical extracts and found ones that were active against viruses, bacteria and fungi. And they tested them against the currently available products that you can get it through local pharmacy and they found that many of these are actually superior. The other nice thing is that this is not kill- friendly bacteria, they only kills pathogens whereas prescription antibiotics tend not to wipe out your whole natural

flow as well as the pathogen, and then it's a race to see which one comes back further for a fastest and then my experience as you see the bad guys. They creeping before you can get are-populated with the good bacteria. So, this comes in a spray bottle which is nice for dealing with sore throats and so forth. It also comes in a dropper bottle and we stock this at our office. When I have and people do is to pair off these two together. I'll talk with the inventor of this when we figured out that the right combination is one drop of the Bio-cyden per one ounce of irrigations. So, this being an eight ounce bottle. Once you get your solution all mixed up and warm, you put eight drops of this in there. And then you're killing any pathogens in your nose as you irrigate. So, I use this combination with a lot of my chronic sinusitis patients. People were seeing every two, three times a month having to clean out nasty's a part of their nose to keep their sinuses open. I don't see any more since we'd started types of products within. It's just been fantastic for them. So, strongly recommend those products to people.

Dr. Robyn Benson: Cool thing off about Bio-cyden is it's also good for parasites and other unfriendly things you don't want in your systems, right? When we travel.

Dr. Gregory Hyde: Yes.

Dr. Robyn Benson: That's good.

Dr. Gregory Hyde: I use the Bio-cyden a lot in kids that I see with autism and so forth. The test is positive for parasites. It's very gentle to the system. It does a great job for you.

Dr. Robyn Benson: When we taste good now they have a good remedy down it was [Crosstalk 00:18:13.08] so ghastly to ingest.

Kevin Snow: It was great. Yes, there are some of these things that are a little challenging, but I have definitely found just the range is so much easier than any power which I was using and it is a very similar idea or technology as on any parts to cleaning up the nose and the sinuses, but maybe, because I'm dyslexic. I couldn't ever figure out than any.

Dr. Gregory Hyde: Now, the problem with then any parts is that it uses gravity to pull fluid through your nose. And if your nose is swollen and stuffy, it's just going to run down your front lip.

Kevin Snow: Yes.

Dr. Gregory Hyde: The nice things about having those squeezed bottle with a nice contoured chip on it, so you could make a good seal and you can use a little pressure to get it all the way to the back of the nose and around the other side. Some people may naturally have a little more trouble on one side than the other that usually means that they go to shuffle deviation or possibly some nasal polyps, things like that going on and we've

recommend that they see their local nose and throat doctor and they get that checked out.

Kevin Snow: Okay. So, about the ears. I'm definitely I'm interested about that. I've always ... My ears, I was kind of bit challenged, but I tend to get ear infections when I have something I hope it seems to be a weak spot for me. [Crosstalk 00:19:25.16]

Dr. Gregory Hyde: That's the theory I hear on you Kevin, I want you to plug one nostril and then the other.

Kevin Snow: Okay.

Dr. Gregory Hyde: And then you tell me which one's easier to breathe in through.

Kevin Snow: The right.

Dr. Gregory Hyde: The right one?

Dr. Robyn Benson: I'm opposite.

Dr. Gregory Hyde: They're the opposite? Okay. But it's your idea this the one that keeps getting plugged up all the time?

Kevin Snow: Yes, they go back and forth. But it seems to be on the right that's the worst.

Dr. Gregory Hyde: In my experience usually the side that has the force airflow from the nose also has the air problem.

Kevin Snow: Okay, alright.

Dr. Gregory Hyde: Whenever you have like a suckle deviation or some sort of deformity blocking airflow you'll get swelling behind it and very back at the nose is the opening of the Eustachian tube and that's the little tube that allows air to get up behind the eardrum to utilize the pressure on both sides. We now consider the middle ear another sinus because it does directly connect to the nose and a lot of times, the other thing that will find it is that there's some degree of chronic sinusitis on the side where we see the chronic ear problems. That frequently gets overlooked by doctors, they will keep treating the ear with antibiotics, and sometimes they'll even put drainage tubes in the ear things like that. But when I get a patient like that I have the luxury of having a CT scanner in my office, we go back there take a picture 90 plus percent of the time they got sinusitis on that side, clean up the sinusitis and lo and behold the ear starts working.

Kevin Snow: That's great.

Dr. Gregory Hyde: Yes.

Dr. Robyn Benson: Traveling with children and your issues too, that's a question we get a lot, I get a lot from my end patients.

Dr. Gregory Hyde: The product that I would recommend is the Neo-synephrine for the kids, it's a topical decongestant, you're not going to get them wired through giving them an oral decongestant which you really can't, they fooled all the ones for young children off the market because the problems with safety with that. But then I see by Neo-synephrine is it comes three different strengths and so I have parents get the mild strength for their kids and just like we did with the Afrin for the adults they can put some nose drops in the nose and really decongest them. Now, the Eustachian tubes are normally close except when we swallow, that's why everybody should hear a little click in their ears when they swallow that's the tube opening up as the muscles in the back of their throat closed the pallet. So the things will go down not up. Tags on the opening of the Eustachian tube and opens it up. So, a little pop a very goes up there. So, give in the kids some gum to chew, if they're nursing give them in a bottle to nurse some whatever will really help them to naturally open up the Eustachian tube. And then using the drops that they need to. You always tell when the planes coming down because the kids start crying that heavier and nose congestion.

Dr. Robyn Benson: So do you recommend that in the thing that were all tied to pinch your nose, to clear ears or what do you recommend for equalizing the pressure.

Dr. Gregory Hyde: Sure, yes it's called the "Valsalva maneuver" or auto insufflation and that's an easy thing to do. Just pinch your nose and then blow gently out against your nose, not letting any air out you should do it. Most people are afraid that they're going to rupture an eardrum or whatever, I've been recommending this to people for well with all my training and everything probably about 30 years now. I've never had a single patient who rupture an eardrum. We understand that the diameter of the Eustachian tube is just slightly bigger than a cottage near straw. So, it's going to temporary a lot of that pressure going up and actually getting into the middle ear. It may hurt initially especially built up a lot of negative pressure because they kind of snaps open, and that can give you kind of a twink but if you don't open it up then you're going to start rupturing capillaries behind the eardrum and in the middle ear and as you get a bloody effusion in there. It's going to take a long time to clear the bloods going to coagulate and it's going to have a tough time making it back down the Eustachian Tube. Several times a year our patients who've come in with pain related to barotrauma to the ear, where I accepted numb up the eardrum and actually temporarily poke a little hole in it to drain that stuff out of there so they can get their hearing back. The other thing with kids is that if they have a lot of ear infections, they might be candidates for putting tubes in the ears, there are some adults that are candidates too in fact the ventilation tube that we put in kids for chronic ear infections were first use in fighter pilots during world war 2. So, they would not accompany be popping their noses, they were trying to dogfight up in the air and that allows there to automatically got pass through the eardrum and equalize

without having anything any type about the maneuvers. I have some flight attendants that I have done that for as well as air pilots to a bad chronic problems with their ears and it's been a great lesson for them. It's a simple procedure, frequently can be done in the office under just topical anesthetic. Tubes are designed to last for 12 to 24 months of time and it can give them significant amount of relief.

Dr. Robyn Benson: Interesting. I've always heard that there's a tube that do whatever possible not to have kids have to get tubes. Isn't that true?

Dr. Gregory Hyde: Part of the concern is for kids, we have to use to give them an anesthetic, because they don't understand that they're going to hear a loud sound or feel some brief discomfort in the ear. So, to keep it safe, we have to give them a brief anesthetic. The neuro-anesthetic agents after six to eight breaths they're sound asleep. I can slip a set of tubes in under five minutes and then they're waking up. So, the risk with the anesthetic are actually pretty minimal. Counter that with antibiotic after antibiotic and more and more resistant bacteria. We know that God is extremely affected by that and it's the gut where your immune system is developing. So, those baby immune cells that are given birth, they're interact with the friendly bacteria and if those bacteria aren't there, you're going to make cells that make antibodies rather than ones that go around and act like little Pac man chewing up certain types of diseases and maneuvering for cancer. So, we know that frequent antibiotic exposure increases risk of cancer and also increases risk of allergies and autoimmune diseases which we're seeing rising at an astronomical rate in our population. I think, it's mainly due to the overuse of antibiotics.

Kevin Snow: Okay.

Dr. Gregory Hyde: I'm a big proponent of putting tubes in kids, getting them off the antibiotics, we get them on probiotics.

Dr. Robyn Benson: Great.

Dr. Gregory Hyde: For suffered node a lot of them have already developed food allergies, because of their leaky guts that they've developed from all the antibiotics. So, we do testing while they're sleeping. I grind a little blood out of the vein while they're sleeping comfortable on. We figure out what foods are currently disagreeing with them and go to work on that. So, they can have a healthier child.

Dr. Robyn Benson: That's so great, Doctor Hyde. My goodness, I can't tell you how many children I treated. I get to them by the time that they're on their tenth antibiotic and a lot of times neuro-infections are really viral on nature, not necessarily bacterial and then it just like it's shared it starts this cascade downward spiral and it gets in to the gut and sets them up for a miserable couple of years. And so, I can... instead of antibiotics, what are you doing? Like, when you get somebody, a young kid but their very first

infection. I just think it's good for people to learn about this, so they don't keep doing the antibiotics.

Dr. Gregory Hyde: Yes. Being in the special list is rare. I get a kid of the first ten antibiotic. Usually, by the time they get referred to me by their primary care doctor, they're on their sixth or seventh infection with as many or more rounds of antibiotics. So, I'm the first one. So, we know that there are certain risk factors that can be addressed to decrease the risk of your infections. One is, second hand tobacco smoke. When I get the kids in and the both the parents were smokers, I have a heart to heart talk with them, I said, "You're the cause of this, it's ridiculous". The other is daycare. When these young kids are put into room with 20 other kids, they are at an age where things go in their mouth first and then they share. And so, they are going to pass every virus and every resistant bacteria between themselves. And I realized that people after work and sometimes as their only option, but that's also another type of thing makes me looked into maybe you can find a caregiver that have smaller groups, not the huge room with everybody in is trying to maintain some good hygiene with the kids during the day. Other things that I think are really important is making sure that kids get a probiotics exposure. Increasing number of kids are born by cesarean section. Coming through the normal vaginal birth canal is an important biological experience and that's where they get inoculated with a lot of the flora that they're going to introduce in their gut. Breastfeeding is also really important and that's where all the bi-fed of actor gets introduced to the developing guts. So, I really think that those play a big role in keeping whether or not kids start getting into this weak immune system, recurring infection, picking up every virus type of situation that we see so commonly today.

Kevin Snow: You mentioned allergies and I think that it's another really important topic for our listeners and for me as well. I've had a dairy allergy for, I think most of my life and also the gluten. Can you speak a little bit about those two main allergies? How we can deal with those?

Dr. Gregory Hyde: You bet. So, I do active immunotherapy for food allergens. There aren't many doctors in the US that are doing that as part of Q in Europe that's the ones who trained me. So, I think sublingual immunotherapy which has been suction safe food allergens. So, we do testing in the office in the form of blood testing looking for antibodies specific to certain foods. And then, we mix up a small vial in a little pumper bottle that they can then self-administer on their own. It doesn't need refrigeration. So, if you're travelling, you can take it with you very easily. You just put a pump under your tongue, hold it there for 30 seconds. There's a group of immune cells in the floor bed of the mouth called "Langerhans or Dendritic cell". Those are the cells you want to pick up the antigen, because they'll send a message into the immune system that says, "Hey, this is okay. You don't have to be allergic, calm down, settle down" and that's what the way the sovereign one real therapy works. So, I used to have a dairy allergy. I used to have a soya allergy. I used to have an egg allergy. At my own allergy patient, I've used the supplemental drops. I can eat all those foods now, because I've suppressed those antibodies by using the

supplemental drops. Other things that are really helpful is learning to rotate your diet. Too often I see patients who'll get a certain small group of foods that becomes their comfort foods and they eat that multiple times every day. The American Food Industry that hasn't helped in it. If you start reading ingredients, they put about the same thing in just about everything we eat. And so, repeated exposures cause sensitization, especially if you got weak stomach acid or a leaky gut, the wrong bacteria and so forth that kind of predispose you or you have a genetic tendency where one or both of your parents had allergies as well. So, getting on a rotational diet where you try to vary your diet and eat different foods on a daily basis, rotating about every three or four days. So, that the foods have a chance to get out of your system before you're re-introduce them. So that the doses aren't stacking on top of each other and getting above the threshold where your body gives it as a threat.

Dr. Robyn Benson: Can you repeat the name again, because I know we're going to get that question. After immune.

Dr. Gregory Hyde: For the type of cell? Or [Crosstalk 00:31:26.19].

Dr. Robyn Benson: No, I look up this process, it's called active immune ... What's the name of this process that you're doing?

Dr. Gregory Hyde: Sublingual immunotherapy.

Dr. Robyn Benson: Okay. Active immune Sublingual Immune ...Okay, got it. So, [Crosstalk 00:31:37.09]

Dr. Gregory Hyde: Yes. Most allergy therapy in the United States is given by injection, we call it "Subcutaneous immunotherapy" [Crosstalk 00:31:43.10]...

Dr. Robyn Benson: Wait.

Dr. Gregory Hyde: Went to the doctor's office, get a shot, wait for 30 minutes then you can go back to work. I did it that way for about 10 years. That 10 years ago, I said, "This is ridiculous, because I've learned the European technique. This Sublingual immunotherapy is so much more convenient". I find that patients do better on it than they ever did with injections, because you don't have the risk of making the allergies worse, like you can with injections. I can individualize the treatment to the patient's immune system by monitoring their response. We retest every six months. And so as, certain allergens that are rapidly improving, we can make the treatments stronger. Things that are taking more time, we can move more slowly. Injection immunotherapy doesn't have that in a part of called it as commonly used. So, I have more of my patients stick with me to the end to where I can get all their allergens up to the highest level of suppression that we can get and then once we get all the allergens there, then they're good, usually for 5 to 10 years without needing much other treatment.

Dr. Robyn Benson: That's fantastic. I'm sure all the New Mexico suffers right now. Juniper would love to be working with you and to resolve that issue. Also, so people who were ones like you. Allergic to eggs or maybe allergic to dairy and now, you do this Immunotherapy. You're no longer allergic, but does it mean that those are still considered inflammatory foods, don't you think?

Dr. Gregory Hyde: They are. I agree. So, a lot of the product is raised genetically modified organisms with the soy and corn don't help. So, I a firm believer and trying to eat organic whenever possible. I fortunately live in a state where there's lots of cattle production. I've many patients who have cows literally in their backyard. And so, finding grass, spinach, and organic beef is not that difficult for us there. I also garden as I mentioned. I've been an organic gardener for a number of years. The last year, I've started a new type of gardening system and called it "Tower Garden". This is developed by the guy who used to manage the Epcot Center with the hydroponic gardening. And it allows you to grow a very high quality food in a very small base. I wasn't prepared to show you anything about this, because this is directly travelers, but I would love to talk to you further about it. [Crosstalk 00:34:11.05]

Dr. Robyn Benson: I think it's a fantastic discussion, just briefly, because it's really needed that even in airports, think about how much territory, I know it's not the most eco-friendly air, but they are growing foods. I'm in different areas, like in Chicago. I think that's where the first tower, this garden in Cape farm, right? That's where from what I understand, but it's neat that they're using rooftops to grow green food.

Dr. Gregory Hyde: Exactly. So, I'm remodeling and moving into a new office here in a couple of weeks. I'll actually have one of these towers functioning in my office year round and there's some growth. I'm very excited to be able to teach my patients how easy it is to have a high quality produce at your fingertips literally.

Kevin Snow: Great.

Dr. Robyn Benson: What... great information from an EENT doctor. We love you. You are a perfect messenger, first perfect person to share with their audience here.

Dr. Gregory Hyde: Thank you, Robyn.

Kevin Snow: So, do you have a recommendation? You said you do work with pilots and flight attendants? What do you recommend for them as far as being able to maintain their health while they're doing this quite stressful job?

Dr. Gregory Hyde: Yes. A lot of it is getting at a quick rest and I know there's a certain guidelines from the industry that they need to do, but the big problem is that they're changing time zones so frequently that their poor system aren't sure which way is us. So, there's some tricks that can be done to very rapidly reset your internal circadian rhythm or biologic clock at the

new time zone that you're at. So, one of the things that I've recommended for a number of years that most people find really effective is the use of melatonin. A melatonin is secreted by the brain during sleep and this is one of the things that helps regulate our circadian rhythm. So, and I see a rule of thumb is that for each time zone, it should cross over with your travel, when you go to bed, go to bed at the normal time for that time zone that should normally go to bed, but take four milligrams per time zone that you've shifted. So if you'd add, one time zone, four milligrams, two time zones, eight and so forth up to a maximum of 20 milligrams. That will usually help a lot of people reset that circadian rhythm. They'll have good, deep sleep and then they'll wake up refreshed the next morning. Melatonin counteracts their normal circadian cortisol flow and resets that. Another thing I feel very strongly about is grounding. And so, when I travel, I always take a grounding bag with me. I actually brought my in ocular here with me. So, this is what I travel with. It's a recovery bag from Earthing.com. And so, I'll peel back the blankets and this is kind of a sleeping bag. It's a special cotton. It's got silver fibers tender woven into it. And then it's got a chord that you can plug in to any ground, an electrical outlet in your room. They have a little indicator that you can plug in to make sure that it is safe, that it's a good ground, so that there's no risk to you. And I jumped in the bag, I got full conductive surface on top of me, this was below me. There's electrical influences that come out of the earth that our bodies naturally respond to and those are different by now where you are in the Europe and I really believe that that goes a long way to helping to reset your inner clock. I've also found that since I've been sleeping on an Earthing mat which I do at home as well. That I sleep so much soundly. I used to wake up at least once a night on a regular basis, but since starting to do that, I'll wake up at the exact same position I went to sleep with and feels much more refreshed on the daily basis. So, I really strongly recommend that. When you get out of the airplane, I even do this on the plane. I'll take my shoes and socks off. Make sure that you don't have any foot odor, I guess, if you want to be friendly to your fellow travelers, but making contact with your feet, with metal surfaces is very, very helpful. Earthing also make another product that I've used on airplanes as well as in my office and this is just a little stretchy wrist band with a metal plate on the inside of it that you can slip over your wrist and then it plugs in into the ground outlet. And then in planes have electrical outlet at the seats now, so you can just find the ground outlet and plug into that and now, you're grounded as you're travelling. You'll find that you'll be a lot less fatigued and feel much more refreshed as a result of doing that. I use this in my office with amazing results. I see a lot of people come into me with nosebleeds and it'll be because their blood pressures are out of control. At one recently where we gave them three different drugs, trying to get her blood pressure down. I finally thought, you know what? I've got this grounding bracelet in my closet. I said, "Don't mind what I'm doing. I'm just going to put something on here". And I slipped this bracelet on her wrist and went over and plugged it into the electrical socket and the next thing I'm saying, "I'm not trying to electrocute you honestly. And within about 10 minutes, her blood pressure came, uhh.. In fact, it went so low she became hypertensive and passed out, because of all the drugs that we've given her, because

this thing blocked whatever was jazzing in her system causing the hypertension. So, I've used this first now. That was an important lesson for me. And many times it'll work. If people are a little high, we'll just plug and then to this for a few minutes while they're there in the office, it'll normalize their blood pressure and I'll say, "You know what? You don't want to be in your blood pressure medicine anymore, you might want to consider doing some grounding type of work". They also make silver materials that are great for grounding. I have a variety of them. These are some grounding socks and I love putting these on when I get to my room and they have a little chord, a little snap that should again at the same type of thing that you can plug in. And so, I have a pair of these and I'll clip these on and just chill. It's very relaxing. I feel like I'm walking outside in bare feet. The other thing that I like to do when the weather permits is that I have a pair of shoes, sandals, that have copper inserts into the sole and I'll go walk outside in these and literally ground to the Earth and feel so much fair, like you've been walking on the beach. So, those are the [Crosstalk 00:40:22.12].

Dr. Robyn Benson: How come you've crashed Europe why the travel hacker when it comes to Earthing. And I know that something we both share and love. I think you've surpassed me in her open strategy. I'm quite impressed. [Crosstalk 00:40:32.21].

Dr. Gregory Hyde: Here's my last one.

Dr. Robyn Benson: Okay.

Dr. Gregory Hyde: This is the brain EMF protector. This is actually a ball cap. Aligned with a silver material on the inside. And so I frequently wear this. I'm very concerned about Wi-Fi on airplanes these days.

Dr. Robyn Benson: It's a big deal.

Dr. Gregory Hyde: A big deal. That frequency is the most damaging that we could have. It's the same on that's in our microwave ovens and now, we're in this metal can with having spread throughout. So, this is how I look when I'm travelling now on airplanes.

Dr. Robyn Benson: Now Greg, I have not seen that hat. Is that from Earthing too? Is that something new or is that from another company?

Dr. Gregory Hyde: Your nap protection.com is where I found this.

Dr. Robyn Benson: Okay. Great. Well Virginia Brown, one of our speakers had so much great research to share with all of us about how these electromagnetic fields are impacting us under a cellular level, it's fascinating. So, do you know about ... Yes? We need brain protection. We need protection all over, of course I love my TMF mat when I ... That's my big message too actually bring on Pulsed magnetic fields small mass that climb your body to keep yourself the voltage of your cells pumping. So, this is cool as an EENT

doctor I'm impressed with how well you take care of yourself and it's to share this message in fact we in our self-care revolution series we interviewed Kurt over from the Earthing World and so this is great because we want you all will have this information on she's and everything that Gragas and Shaun would deal. So, can we talk a little bit about "upper respiratory infections" because we see that something I see a lot from people travel in the regular basis and what are your best suggestions on how we can avoid that?

Dr. Gregory Hyde: Okay, one of the best things that you can do is this. It should be called super hormone D rather than vitamin D. So, lots of amazing research about how this is not just about "Hells man bones". So, I routinely check my patients vitamin D 3 levels and I find that most people are in single or barely double digit levels especially this time of year in the winter because they're not getting any sun exposure. The sun exposure on bare skin especially if they're wearing a fairly skimpy bathing suit your body has a capability of making a fair amount of vitamin D. But this out here being the winter nobody's getting that. And so, what I recommend is trying to keep vitamin D 3 levels in the 60 to 80 range. Thus, it has been shown to provide an enormous amount of protection to viruses. So, I'm not a big proponent of flu vaccines but for the last three years I have taken 5,000 international units of vitamin D3 every day. I skip a day, I take to the next so that I'm averaging. I kept my levels between 60 and 80 and I haven't gotten a cold or the flu in three years even without taking the vaccine. And I've duplicated that in my staff and many of my patients as well. So, that's a simple thing that everybody can do, this also prevents heart disease, the Dalton's, the diabetes, colorectal cancer, breast cancer, prostate cancer, autoimmune diseases the list goes on and on and on. The vitamin D is something that everybody should be getting check and keeping a healthy amount in their systems on a daily basis.

Dr. Robyn Benson: You take 5,000 everyday?

Dr. Gregory Hyde: Every day.

That's exactly what I do and if I ever feel, because I never ever turned down sick patient ever in my practice in all my years, because I know that I have to keep myself healthy. So, if I'm feeling a little bit vulnerable or this is another really important travel tip that... If you're going to go on a tropic cross the world and many different time zones, then increase you could even increase it to like 10,000 or like 20,000. One thing that we learned from one of our speakers Dr. Norm Shealy is that you could take up to 50,000 IU vitamin D in a day. To really help if you had the previous position to some type of infection that can help wiped it out. So, I'm so glad that you're bringing up vitamin D Dr. Hyde.

Dr. Gregory Hyde: Yes, that's I totally agree with that, you can take higher doses if you feel something coming on, early on. There's other products in zinc is another one, you can find zinc lozenges I'm a firm believer on that and of course vitamin C. So, this is another little tool that I always take with me that's

buffered vitamin C. So, it's buffered and that it's not the acid form, this is actually your mineral salt segregating magnesium and calcium and some other very important minerals as well as, some potassium as well. There's a little scooper in here it also comes in capsules. I put it into a glass of water if I'm feeling some sniffles or whatever coming on, it access like an Alka seltzer this is in there that alkalinity is great for your system reducing the acid load and you're getting the added benefit of vitamin C. Since, we'd talked about food allergies let me just back up just a little bit, this is also an antidote if you're having a real bad reaction to some that you've eaten while you're traveling, because this is like an "alka seltzer". It has the added benefit that if you take enough of it, it'll act see it act it seek authority collects a dip and it will push you break through you and so Dr. Dave was it Jaffee, Bruce Jaffee he has a protocol where you can take it a scoop of this every 15 minutes and use it after about four or five scoops you can reach the tolerance of your mouth tolerance. And then it'll gently push things through without any cramping or whatever and then you can eliminate severe headaches and things like that they can certainly ruin the night if not the couple of days especially if you have food poisoning. So, that's another thing that's in my travel kit all the time, it's been invaluable.

Kevin Snow: That's excellent I definitely... Before I knew I have this dust allergy for sure and I was experiencing this a lot I was probably living on what was called the "Modium" idea I don't know if they're happening once it. .

Dr. Gregory Hyde: Give it back.

Kevin Snow: It's definitely a way better option. Some of the things the new stuff that you working on or stuff that you have currently then experiencing, one of the things that you have mentioned was neuro integration and neuro integration on how that is really having a profound effect, could you share a little bit about that?

Dr. Gregory Hyde: Sure, neuro integration is a combination of two techniques, "neuro bio feedback" which has been around for about 40 years and then another technique called "photo stimulatoriantrainment" and it combines the two of them together. So, we get a lot of people with insomnia, anxieties even emotional types of things you had some people who failed anger management to work their jobs and their relationships with their spouses were in jeopardy. And so, by mapping out the brain and identifying the areas of the brain that don't have normal activity we can actually train the brain to start behaving normally in those areas, what that entails is having some electrodes put over the areas of brain that needs the re-training and we hook that up to a computer that monitors the brain waves in real time. And then we put a TV program on a screen that's controlled by the computer that they watch for 30 minutes while wearing some glasses that have LED lights around the periphery. We then program the lights to flicker at the right color and frequency to generate the type of brain wave that we want the brain to adopt to. And so, as the brain starts following

the light and reacting we see that energy those waves at that frequency saying alpha frequency, then the image on the screen that they're watching gets bright and clear and the sound in their headphones gets nice and loud when it goes back to the old ways the image goes dark and dim and then go quiet. So, they get a little punishment if you will, so it's called the offering conditioning which is the way we all learn. That you put there for 30 minutes in fact I've done it a lot on myself help me immensely with some anxiety issues that I used to have. But it's the more you just kind of let the brain figure out how to do it, the more miraculous the treatment is. So, we routinely treat people with insomnia usually after three or four treatments, there's even 10 hours through the night without any medication it can be really impressive. Also a great results for like patients several kids and adults with ADD/ADHD who are totally dependent on medications to function whenever they either cut down their medication doses down to as low as a quarter and in many cases we even completely opt dependence on medications to people with functional. We've up a lot of people with anger issues, become very nice people but are constantly amazing our friends and family members that they don't fly off the and get irate and angry and yes sometime even violent like they use to. So, it's been really, really fun tool in our office.

Dr. Robyn Benson: You safe it is, great prerequisite for a lot of people who travel who get. Because you see so many people that side that comes out when they're frustrated, when there's cancellations you just see this people just losing at. So, we'd free all a lot of these a great therapies to the airports don't you think?

Dr. Gregory Hyde: Yes, we've met... There's a new thing we could set-up the brain training bar there, just like get the massage fully as we can like let's chill your brain before you get on this airplane.

Dr. Robyn Benson: Awesome therapy, set-up and get some of that medicine pots going, I mean really this will... Talk about revolutionizing, travel industry.

Dr. Gregory Hyde: Yes, we can do it all, reset there circadian clocks, the whole thing.

Dr. Robyn Benson: Yes. So, you said I think I'll split expert for the last 15 years. Is there else besides melatonin that you can share with our pilots and people who travel on a regular basis? I actually treating a guy who works for what's it called "UKS" something like that? And he can travel like six and seven time zones in one week. Can you imagine the stress that's putting on his pineal gland etcetera, etcetera. He's far model system too he's like you know what people like me they've done research this has helped pilot turn me some minute they've been there you know we'd lived 10 years less than the average person, because of the stress of the...some of their system.

Dr. Gregory Hyde: Now, I don't know if this is true for Dr. Zaborion medicine it's seem pretty in touch and grounded and whatever, but if you put an MD on the end of your name it's the same type of say 10 years off of your life expectancy.

Dr. Robyn Benson: Exactly.

Dr. Gregory Hyde: So Doctor...

Dr. Robyn Benson: No, I don't think that's not what... Continue.

Dr. Gregory Hyde: Okay, so one of the other things that's very important was sleep as darkness.

Dr. Robyn Benson: Yes.

Dr. Gregory Hyde: Unfortunately, we all like to have our entertainment systems in our bedrooms or and it's certainly if you're staying in a hotel room they have that in there, you've got the clock radio, you've got all these other little types of not only sources of BM map but also light. So, the first thing I do when I walk into the hotel room they always have a clock radio standing right next to your head, you take in the end a map meter and put an exit to that thing the screens were incredible. Just crazy okay so if I can unplug it, unplug it, and get it the heck out of there, if I can't and I move it as far away from my head as I can I'll sleep reverse on the bed or whatever it takes to get away from there. And then if they've got a little night lights and things like that I'm taking the throw pillows, extra pillows on the bed and covering up the lights, they've shown that one candle power at the navel not even visible by the eyes, the body can pick up and sense that light and it will affect your pineal gland and disrupt your circadian rhythm. That's was, so you need to try to sleep in total darkness if at all possible. Okay, so one of the things I always take with me is this, this is actually made out of a silver ware material so it's also...you melt walking. And this is what I wear at night when I sleep over my eyes. So That I'm sleeping in total darkness even if I can't get it totally black and I find again that I sleep so much better as a results of this and another little trick when it comes to sleep, sleep in total dark.

Dr. Robyn Benson: Wow, very helpful because that is definitely one of ...than all the surveys that we've done. People want help with the sleep issue. So, let's talk about a little bit about allergies I just get up on the airplane about three hours ago. And they announced that there is a kid with a peanut allergy. So, they weren't going to be serving peanuts since they had... r if anyone had peanuts in there purse or in their area not to use it, not to open it because of this one kid with the flu got allergy to peanuts. So, just give us a little bit more of your knowledge about allergies.

Dr. Gregory Hyde: Some people can have allergies so severely that they can sense their allergen 20 feet away or more. I once had a patient a little girl who had to sit at her own table 20 feet away from anyone else in a lunch room because her dairy allergy was so severe. Every day at lunch her mom sat with her cellphone parts outside the lunch area with the EpiPen standing ready. What kind of life is that, right? Okay. Then to top it off little girl goes, she's milk dairy free through her lunch but then she goes out

playing the recess, on the playground afterwards and one of her little girl friends was eating Cheetos for lunch and so she's still had the cheese powder stuck to her fingers and when she touch the girls arm, the arm just ballooned up huge and she had the EpiPento stop it. So, that girl became my patient using the sublime Glimmino therapy that I talked about where you were able to get her tube point that she can now sit, but there are other kids doesn't have to have EpiPen anymore and I have done that with dozens and dozens of kids, peanut allergies, milk allergies. So, the sublime Glimmino therapy is something that you need to try to find in your area, I do have patients from all over the US that come to see me because I've been doing this for so long and I have been so successful with . So, even have some amount of your way New Mexico, Amarillo, Colorado that come and see me once or twice a year. So, that I can tune them up and make sure that we got the right things in their mix. So, that's something that can be a huge benefit, but can be very dangerous too. And I also counsel my patients for the severe food allergies specialty if there are adults, there's three different types of allergies, there's a type that's a physical allergy that we can measure by drawing blood and looking for anti-bodies. There is also a mental allergy. I recently heard about a study in Brazil where they looked at the 100 patients who died of these things and drew blood from them after death during the autopsy and measured different chemical in their blood to see what lead ultimately to their death. Out of the 100 patients who died from a bee sting only four had the chemical reactions in their blood that indicated an allergic reaction, anaphylaxis was the cause of death. The other 96 had high levels of stress hormones, they scared themselves to death, that's a mental allergy. And those can be as powerful as physical allergies. So, one of the things that I worry about with people with food allergies is that they start looking at everything as a threat and of course their body just starts reacting. So, really you got to be careful especially with kids these adults and oh you can't eat that or your global allergic, we put those kinds of labels on even if those mild allergy the brains hearing that gluten allergy, gluten allergy, their gluten allergy is going to get worse even though they're avoiding the food and we may be doing treatment on it, I see that it come back and their levels are even higher they're not respond to treatment and I would have this kind of discussion with them, you're doing some labeling here. And the brain is believing it and the brains making the allergy worst. So, you got to be really careful and a lot of people aren't tuned into that so I think it's important to share it to you. When I talk to my patients I really try to avoid labeling them with diagnosis, I'll try and say things like we found the...we had a temporary problem in this area of your body, here's what we're going to do to address it. Because if they start saying in their mind I am diabetic or I am asleep apnea or I am a gluten allergic then you got enough to battle and try to help that individual you really did.

Dr. Robyn Benson: I thought the issue of motion sickness.

Dr. Gregory Hyde: Motion sickness yeah.

Dr. Robyn Benson: So, relative mode this is seems like in our...I'm going to... this pilot this weekend actually, a John Cody who's going to be one of our speakers and he is, he's been a part of American Airlines for 16 years and he's an expert on medical tourism. But just speak a little bit accessing gosh the turbulence just seems to be even more so now I need to keep that it's true. So, the earth is going through lots of changes. So, you speak to that.

Dr. Gregory Hyde: Yes, I want speak to the changes. There's a lot of really weird things going on with our weather. [Crosstalk 00:58:21.16] Both by accident and positive type of thing. But yes, specifically about the motion sickness and so forth. One of the things that I have found is there's a direct correlation between allergies and motion sickness. Through a molecule called histamine, histamine is what our body reacts when we have an allergic reaction. And so, for years reviews drugs like Dramamine, Meclizine and Brevard to help people with motion-related problems. The interesting thing about that is that those are anti-histamine that will get into the inner ear. So, it's actually histamine that is the problem, we use to think it was the side effect of the drug but it's the fact that histamine is actually a neuro transmitter that excites our nervous system. So, if you're having allergies have higher levels of histamine in your system and that gets into your ears. You're going to be more sensitive to any quick movements or any turbulence or capsulations in your environment as a result of that. The problem is that the inner ears is the same as the brain it's block by what's called the blood brain barrier or drugs being able to get access to it. So, in order to get something into your inner ear it's also going to be able to get into the brain, consequently drugs Dramamine and Meclizine are very sedating. Because histamine is a neuro transfer and they keeps us awake and alert. And so, if you block that what happens if you go to sleep that's why Benadryl is a sedative and its most of your sleeping aids like Nyquil Tylenol PM. And so, what I do in my clinic is we actually do a form of homeopathy that I call neutralization therapy. If I have somebody with this issues they come in and I have them shake their head and they're like all over the place after we do that. Then I'll take different solutions with histamine that I use for allergy testing as a positive control. And I'll put a 10th of a CC which is about three drops under their tongue. And I'll have them hold it for 10 seconds and I'll have them shake their head again and when we find the right solution it actually neutralizes the effect of the histamine in their inner ear with no side effects whatsoever. And then I can make little bottle of histamine drops that they can take with them, they can use for motion sickness, they can use it whenever their allergies are flag. The other cool thing is that about 65-70% of time it'll knock out this bifrontal headaches and migraines as well. Three drop under the tongue and seconds later headache gone its magic.

Kevin Snow: Wow.

Dr. Robyn Benson: Wow. We want to bring some magic to all the world traveler for sure. This is a great to know. But just... There are a lot of natural anti-histamines up there I really believe that Benadryl's always a great thing to carry. But I love... So the companies that I work with like "HistoFlex" which is a natural anti-histamine. And also just staying away from the foods that you

know that are causing inflammation and vitamin C, par satin and all that. Great, so it sounds like Dramamine they have their purpose but also there's other ways to go about it. Because it does make people tired.

Dr. Gregory Hyde: Another need to a device that I've recommended to patients especially if they're going to go on a cruise or something like that, they'll want to hit me up for a scopolamine patch which is a little, it's a Belladonna oil that you put behind the ear. I find it that a lifetimes makes them more and more sick than it really help some. So there's a device called the sea band you can find it at SCA, heighten BA and D.com. My wife use this during pregnancy to help with the nausea pregnancy and it puts a little nob on your acupressure point right here between the two tendons and it does what pericardium 6, am I right? Exactly. So there's actually many, many medical studies that show that that helps not with prenatal nausea and vomiting but also post-operative nausea and vomiting and nausea and balance problems as well. This is a relatively an expensive device that you can put one on each wrist they have adult in, and pediatric size device. That's something else that you can do without drugs to help kind of cell your stomach. I grew up boating up into the pacific North West, I grew up in the Seattle area. So, they are out on the Pacific Ocean, salmon fishing, deep sea fishing all the time and so there's some other things that you can do if you're going to be out on a boat or on an unstable surface. One of them is use your eyes to tell your brain that you're really not moving. So, our balance is nothing more than all of our senses coming together or ending us to our surroundings and when you have disagreement between your various senses one says your moving the other says you don't, you feel dizzy as a result that for us long enough you're going to start to get a autonomic response in the form of nausea. And so, one of the tricks that I was taught at in early ages is to try to always pick a point and keep your eyes on it, it's not moving so it can be a cloud if you're going to see the horizon and place on the shore. Keep your eyes on that and that will tell your brain that although the boat and the deck maybe moving all the over the place it's okay. You're really not being tossed around as much. I've also learned to stand in such a way as to let the boat move underneath you, don't sit down and get lock into where you're just going back and forth, back and forth by standing and flexing your knees and your hips and letting absorbing some of the role of the deck that can be huge as well. Staying away from exhaustions coming out at the back of the boat it's huge also, I'm an avid scuba diver and if I want to get sick be quick on a diet. I'll sit, if I stay close to the back of the boat get all those seal fins it's not going to be a very pleasant diet. So, again where you can get some good fresh air, keep your eyes on the horizon, pick a point that isn't moving that's what Jack pilots do, do all the Spence, that's what ice skaters do they'll pick a point and when they're twirling around they'll pick that point as they go on and skate around the ice ring you'll see them turning their head as their bodies moving considerably keep looking then they'll switch and take another point. That's sending message to their brain that hey I'm okay, I'm not still spinning around and round and round, you can ignore what my ears doing because the flood in the ears going to slash around for a bit. So,

there's some other simple things to help people have a more enjoyable time when they're out on the seas.

Dr. Robyn Benson: Fantastic, that's where a book of information.

Kevin Snow: It's excellent. I was thinking about the motion idea of driving in a car we haven't talk so much about long car trips, do you have any hacks as far... One of the things giving out moving more occasionally than most people do but...

Dr. Gregory Hyde: Yes, yes. You need to break it up, the grounding can be a big thing there, evrything.com they have flax seeds you can put on your seed the chicken cook it and ground on your car so I believe a lot on that as well. At our meeting where I met Robyn here recently I also had a whole step meth device called an "Earth Pulse," it's made by a company in India and they actually have it setup so that you can actually have that on your body working while you're driving and makes a little IO moth cocoon for you. So, it's getting that way but it enhances the Schumann type frequencies, they use specifically 9.6 hertz, luxuring between 9.1 and 10.1 that does wonderful things for your myocardial anti-aging. They Even have a setting on there where if you're driving late at night, need to be alert you can put it in alert mode and it'll actually kick in some beta-frequencies to your brain and it will keep you awake. But you won't feel jazz like taking one of these monster drinks or whatever with high load of caffeine. They... a partner with a company called Voltech that sells a nice battery, it's about the size of a laptop battery, that will power this device for eight hours on a bed. So, you can use it on an airplane, in your car and enjoy the benefits of whole steometh. I actually sleep with the magnets under my mattresses at night and it's been another great edge on to the quality of my sleep. One of the things that the inventor encourages you to do is to do a resting breath whole before you ever start using the device. I did mine, I'm a pretty avid driver and why not so I went about 2 minutes 15 seconds just minimal kind of blow off and then holding my breath as long as I had. Each week I've measured, re-measured it and after each week I have added another 30 seconds.

Kevin Snow: Wow.

Dr. Gregory Hyde: So I'm now up to almost four minutes while sleeping on this device. That speaks huge volumes to me about what is doing to my myocardium, my ability to use oxygen properly and get rid of a waste in efficient manner. So, another thing Earth, it's called the "Earth Pulse Machine" if you Google that will be great, if you decide to get one I am an affiliate with them so if you can say Dr. Hyde sent me and they'll appreciate it.

Kevin Snow: Absolutely.

Dr. Robyn Benson: I will make sure. This is been great and again as we needed this extra time because you were just again a wealth of information on so many really essential travel topics that our listeners want to know more about

especially from someone who's been practicing as a EENT for 20 years and I know you Dr. Greg you are studying so many things that has blown my mind away. So, I just think it's really cool how dedicated you are to your patients. You are a task man of your own ability. Yeah I think I need to travel with you more often, I think you've got some more choice than I do, I think that's pretty clear though. I've got some great travel choices so a way to go I've got...I'm honest we have trips right now, every week I'm travelling so this has been great so thank you so much, we'll appreciate it and we'll be sure that we'll give this information to everyone listening.

Dr. Gregory Hyde: Not bad. They can always feel free to email me. You can contact me through my website which is www.drgreghyde.com.

Dr. Robyn Benson: Excellent. Okay. Thank you.

Dr. Gregory Hyde: Alright.

Dr. Robyn Benson: Well, take care and until our next time. Have a great evening and practice always incredible self-care strategies that you've learned from Dr. Hyde today and moreover other fabulous speakers and cheers to OB travel.