



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

Dr. Robyn Benson: Welcome everyone to the Healthy Traveler's Summit. We're so glad that you're joining us, literally, from all over the globe. This whole series is being presented by the Self-care Revolution. My name is Robyn Benson. I'm a doctor of Oriental Medicine, actually, for 23 years, the founder of Santa Fe Soul Center for Optimal Health. And we're putting on this summit because we literally treat people from all over the world. And the treat, the speed and exciting one that we'd love to see the world but it happens to be one of the most toxic and we're bringing together 28, 30 amazing experts, health experts who are going to share with you how to travel and feel bliss on every trip. Especially when I think about our wonderful speaker today, Dr. Norm Shealy. I want to welcome you. How are you today?

Norm Shealy: Hi.

Dr. Robyn Benson: Good to see you. And I'm also here with my co-host, Kevin Snow. Hi Kevin.

Kevin Snow: Good to be here. And a nice little journey that we've been on here in this lovely technology. And this is... we have been travelling through this learning curve and we're happy to be here with all of you. And happy that Norm is with us here this morning.

Dr. Robyn Benson: And just to give you a background to Self-care Revolution, we've interviewed over a 160 speakers, we've had two live events in the last two years. Dr. Norm Shealy has been here live, very loved and always, always a joy to be in his presence. And so we're bringing him here to... live today. And so I'm going to tell you a little bit about Dr. Norm. He's a neurosurgeon trained at Massachusetts General Hospital, he founded First Comprehensive Pain rehab clinic in 1971, founding president of the American Holistic Medical Association in 1978, he was founding president Holos University graduate seminary, is now a professor and worth it energy medicine. He has 14 patents, I think there's a lot more than that by now. As I read along here, like maybe 20? He has published 20... 30 books and over 300 articles. Dr. Shealy's other innovations include the Dorsal Column Stimulation, Transcutaneous electrical nerve, biogenic self-regulation, the Rejuva Matrix, regenerating telomeres, tips of DNA responsible for health and longevity. He has developed five acupuncture circuits which when activated by applying human DNA frequencies, can

selectively raise DHEA, aldosterone, neurotensin and oxytocin or calcitonin, or lower free radicals. Most recently, he has developed lens of essential oils to activate these circuits; Dr. Shealy's Air Bliss which raises oxytocin when applied to the man oeuvre is particularly important for overcoming depression and anxiety to bring true bliss into lives of all individuals. My goodness, you're... I have like 20 pages of all of your contributions, Norm. You're amazing. We consider you the father of complimentary, alternative medicine. You've contributed greatly. We know that you're a big reason why we get so many of us. This whole summit is joined with amazing people; naturopathic doctors, chiropractors, medical doctors, all who are practicing because of you being such a pioneer leading the way. So, thanks again for being here today.

Norm Shealy: Delighted.

Dr. Robyn Benson: So travel, tell us about it. I bet you've seen the world, right?

Norm Shealy: Well, I was looking at the list of questions and almost every question, my biggest answer is going to be learn to detach.

Kevin Snow: I see.

Norm Shealy: You cannot allow yourself to face what's actually happening in travel. The best thing is just not to have any expectations, to know that your delays can and will occur and it's okay. Just detach. I've done more detaching while travelling in all the rest of my life combined.

Dr. Robyn Benson: Can you give some examples? Because you've been to India... you've been all over, haven't you? How do you detach? What's your number one formula?

Norm Shealy: My number one formula? Well, get to the airport an hour ahead and if the plane doesn't go, you just detach and see when you can go. When you have to expect a minimum of 30% of the time that your travel plans will not be what you scheduled. That's the minimum with today's travel. And in my opinion, the airlines have gotten as bad as the food industry and the pharmaceutical mafia. So you just detach.

Dr. Robyn Benson: So, when you... we talked about... now there's these eight pathways to mark and conscious travel. You've probably written more about consciousness than just anyone that I know and I love when you say that conscientiousness is the most important thing to study. Can you talk about that? Just talk about what is consciousness?

Norm Shealy: Well, consciousness to me is just thinking about purpose and meaning. That's consciousness. I mean, I'm not... it's not just being awakened, aware, that you can see and hear, but actually thinking about purpose in

life. And then conscientiousness is being remarkably organized and responsible. That's the big difference. You go beyond thinking about purpose in life. Because the purpose in life, there's only one thing, help other people, do what you can in order to help other people. But you can't get hanged up on it. You can't take it personally. You have to assume that things will happen and you just go on doing your thing and despite whatever is happening.

Kevin Snow: So Norm, when you're confronted with that 30%, do you have a simple breathing technique or meditation that you use or something?

Norm Shealy: Yes. I just take a deep breath. One of the things is I started in 1972 in autogenic training. Once you have trained your brain, once you've practiced daily for three months, autogenic training, basically, in one or two breaths then, you can enter that altered state that I call detachment. I don't have to be upset over this, it isn't worth my energy, I'm okay. Just a few things and a few deep breaths and you just don't go there because it isn't going to do you any good. And fortunately... I mean, if you'd trained yourself adequately, your brain can do almost anything. Way back in 1976 for instance, when I took one of my longest trips on a many longest trips. This was to the Philippines and I was there for 12 days and the last day, as I got on the plane to come home, I have developed for the first time in my life, a sinus infection. By the time I got home, I had a flaming every sinus in my head was filled, that was the end of September and antibiotics didn't really do much for it. Finally, on Thanksgiving Day in November, I almost passed out with pain and I wouldn't call the ENT out until the next day. So the day after thanksgiving, I called Larry and I said; Larry, I've got... you've got to do something about this. He said; well, you've got... every sinus in your head is clogged and totally congested. We've got to do a surgery. I said; fine, just give me 20 minutes. I don't want to... I don't want to be put to sleep. Give me 20 minutes and I'll be ready for surgery. So I just did that thing that I just talked about in detaching. And 20 minutes later, I was able to say; okay, I'm ready. And so they're going up through my nose, and the spin [00:09:10.27] sinus way back here, all the way to the pituitary and I can feel movement and I can hear the noise of grinding the bone. And so... but it didn't have... had no pain. So we finished the surgery, I went back into my room and I called Bob Lable as the best "do this" that I know of and I said; what if I have been thinking wrong? Why did this happen? And he gave me an hour lecture and said; sometimes, things can happen that are just a result of thinking what. I said; I know that, what did I think wrong? I never did have the answer on that. But any rate, that's how powerful the ability to train your brain is. You can actually undergo major surgery. And once you've trained the brain to do that, all you have to do is think about it. And then okay, detach. I don't have to waste my energy on it, with that kind of thing.

Now, it isn't that I never do but I will say; 95+% of the time, I just don't get upset over things.

Dr. Robyn Benson: That's a great practice, Norm. My goodness. I mean, that's... I think with travel, we see people... a person... people's personalities come out, right? And even more unpleasant aspects of self. So maybe just give our listeners some more tips, because my goodness, you have... I've been to a couple of your talks and more than one day, I've listened to Norm Shealy. Oh my goodness, like every five minutes, we're here... we're learning something new, a new strategy... Yes.

Norm Shealy: Well, I do say that people who have not perfectly trained their mind and brain to do what they wanted to do should cure with an Air Bliss. Of all of my discoveries, I think it's the most important for most people because it does allow you to detach. I mean, that's the number one thing I've learned about that when I first discovered the Ring of Air, it's like; who cares. It's not important. And I recommend for most people that they learn to do that. Now, remember, the reason that you get upset is you think something is attacking you or it's not going the way you want it to go. And if you can change it, it's worth being upset. But if you can't change it, that's a waste of energy. It's not a good anything about it. Instead of just detach. And I think that when your adrenaline gets up, it blocks almost every other major neuro-chemical. It takes over. It's the fight or flight in full flame. And the nice thing about Air Bliss is it quiets the flame, it puts it down almost immediately. Let me just give you a couple of interesting examples...

Dr. Robyn Benson: Hey Norm, just if some people don't know what these are, I happen to have two of your five oils.

Norm Shealy: Right. Okay.

Dr. Robyn Benson: Who knows first list we will have... when you go back to his stage to look like a normal stage of being able to see, we'll have a... URL so that you can find out that where you can get these. But this is what they look like, these little oils. So these are very easy to travel with. I take them in my purse and I don't have any trouble going through [taps 00:13:05.04] and security.

Norm Shealy: Right. Yes. I do it all the time, too. But it raises... the Air Bliss raises oxytocin within 30 minutes. Last summer when I was starting a whole group of new people on using the Bliss oils to rejuvenate, if you will, telomeres. One man came in, zero oxytocin that we measured. I put the Air Bliss on the man, 30 minutes later, we drew a bloody game, his level was 10.5. The normal range is five to eighty. A woman came in the same day. She ends zero. And I put it on her and hers only came up to 5.6. But

still, going from zero to part of the normal range is darn good. And I often say nothing works on a hundred percent of people. We have to go to Supreme Court to find out whether you're dead or alive. But it does seem to have that effect in at least 80% of people. And I don't know anything else that's within a few minutes, can take you out of a fight or flight response into; "I'm okay, its fine, withdraw, detach". Now, obviously, you need to have a good set of health habits all over. I mean, if you are not going to follow a common sense health rules, you can't expect something this simple to be effective. If you are not willing to eat real food, if you're going to be a junk food addict, it's like a smoker. I don't have anything as strong as the poison you're taking. So, I can tell any smoker that if you're not willing to give up smoking, I'm wasting my time and you're wasting your time and money because you're taking a poison in a world where there's a lot of toxins already and you don't need it anymore. If you're not willing to move, the evidence is outstanding that even standing up instead of sitting on the couch is much better for you, healthier. You don't have to do violent exercise, you don't have to run a marathon. Just, one of my favorites is just bouncing. Just stand up and bounce in place, like that. It works beautifully. And so, people need to eat real food and I start my day with three vegetables and two fruits and on a slush. And 22 grams of quality protein. And one of my favorite ways to get that is plain Greek yoghurt. One cup of plain Greek yoghurt, you get 22 grams of good protein that you could get. But that was it... with the fruits and vegetable that are sliced, and that's breakfast. I went to McDonald's in 1962, I took one bite and my mouth said; oh my, this isn't good. And I spit it out, I threw it away and I've never been back. You couldn't pay me to go to any fast-food restaurant. I'd rather fast. Well, those are the other things that I think are critically important every day of your life. When I travel, most of the time, on a plane or when I'm going through six or eight hours of travel, I have some nuts, and some fruit. If I'm...mini airports, you can get that wonderful, concentrated, mighty mango, 12 ounces of that, that and a handful or two of nuts is an adequate meal, much better for you. So all of these things are part of the whole taking care of your body every day of your life is as important as everything else you choose to do because if you don't, then, you suffer more from a poor immune system, inadequacy to walk through the airport, even. Did you know that actually, taking a hot soak for 30 minutes, cardiovascular-wise, is as good as walking 30 minutes? As far as the heart is concerned. It's not as good for muscle in that sort of thing. But the one thing that most people... the popular way to die is still a heart attack. And so, everything that I do, from the time I get up in the morning until I go to bed at night, including sleeping for the night, everything do is to take care of this body as well as I can so that it can allow me to do what I want to do. And if you don't take care of

yourself, then you're not going to be able to help other people and do the things you like to do.

Dr. Robyn Benson: That's right. I'll go check your 2015 schedule, Norm. You're still travelling a lot. How young are you now, 82?

Norm Shealy: Eighty two. I'm only 82.

Dr. Robyn Benson: Wow. So you've been practicing a super immunity protocol for many, many years. Can you share some of the things that you might... supplements that you might be taking on a day-to-day basis besides what foods, real foods?

Norm Shealy: Well, of course, I get... I eat right, I take a lot of supplements. I don't know that I need them all but I take them, I take a good multivitamin, I take 25 milligrams of astaxanthin a day, I take four grams of omega threes, I take my youth form in a whisk of mixture of vitamin C and MSM. And then I have body work every week, I have two hours of body work. It can be massage, or it can be my old-fashioned work. And I exercise 90 to 120 minutes every day.

Dr. Robyn Benson: That's impressive. Kevin? 90 minutes a day?

Kevin Snow: 90 minutes a day. Yes. Right after this.

Dr. Robyn Benson: Health Self-care Summit is going to change our lives right this minute, starting out with you.

Norm Shealy: Let me tell you why I do. I get up in the morning and I start with 30 minutes of limbering. Various and sundry, full-body limbering. Then I go out and get on a health run which is in a low sun bicycle, with the seat move and the handle bars move and it has 30... 50 pounds of weight under the seat so I got an aerobic and a little bit of muscular work-out on that. Then, I go take a shower and I get into my 5-foot deep hot tub and I jog. Because in a hot tub, I can actually jog faster and have more... it's like a kid playing in a pool. I really love jogging in my hot tub. Then I do 30 more minutes stretching. And then later in the day, I do another 30 minutes of some kind of exercise. But that's just because I like it. It makes me feel good.

Kevin Snow: And is there a connection then with the oxytocin, with the exercise that you're doing?

Norm Shealy: Well, anything you do that you enjoy helps your oxytocin system. If it's fun, it's oxytocin enhancing. That's basically it. Actually, petting Tonto, my dog, who insist upon make bed as I walk out of my bedroom in the morning that raises your oxytocin. And so, I think the important thing is...

well, Hans Sellier said it so well 50 plus years ago, you should strive in life to find a job that is not work but play. And if you spend your day playing, that's having fun. And that, of course, keeps you young and happy and healthy.

Kevin Snow: Excellent.

Dr. Robyn Benson: I think it's great. I mean, you really educated the world on oxytocin. A lot of people never even heard of oxytocin. Probably many of our listeners don't even know what it is. But maybe, I'm thinking about... I just met a guy who is a truck driver this weekend when I was in Dallas at our conference and he is in a truck 15 hours a day and for years and years and years, and think about pilots that are in their cockpit with all that electro-magnetic pollution and so what can these people do? What can they do to raise their oxytocin other than exercising good food? Especially when they're in these fields. Maybe you can talk a little bit about how these frequencies are impacting their lives and what they can do about it.

Norm Shealy: Well obviously, Air Bliss is the simplest thing to do if you can't do all the other things. But the other thing that I think is worth mentioning is good music. And that's anything except rock or acid rock. I don't think... that's okay for short period of time but there's so much good music available for enjoyment, for pleasure. The Steven Halfords music, he owns sells his music, Bearn's and Dexter's music. All of these, they're... the most recent one, if you haven't heard his music yet, a Patrick Mullins. There's a whole bunch of musician I... that music is good for the soul. And if the music really just have; yes, that's great, that's going to help your oxytocin level. I think people who drive a lot like that need to have some kind of CD player in their vehicle so that they can have really quality music in the background, not just relaxation, just feel good music.

Dr. Robyn Benson: So speaking of this men... men and women, certainly, frequent travel could really impact your hormones, oxytocin being one of them, testosterone. You speak a lot about DHEA. Can you talk about DHEA?

Norm Shealy: Well, DHEA, Dehydroepiandrosterone, of course, is basically what I will call your fire energy. It's the fire that runs your brain battery and your whole body battery. And it is produced in the adrenal glands in women and men. And interestingly, men run a level about one third higher because they do make it in the testicles as well. But most people reach a peak of DHEA production by age 25. And by age 30, most people have begun to be stressed out and lost maybe five or 10% and by age 80, the average person has less than 10% of what they had at age 30 because of not handling the day-to-day stress in their life. Now there are many ways of balancing that. One of those is physical exercise, interestingly. Another one of those is just deep relaxation, 20 minutes a day can do wonders for

that. Having sex on a regular basis, if you don't have a partner, well, as one of my secretaries gave me for my birthday, the only safe sex is in the palm of your hand.

Dr. Robyn Benson: Which is true.

Norm Shealy: Well, it's true.

Dr. Robyn Benson: It is true, thank goodness.

Norm Shealy: And I'm a big [Inaudible 00:26:39.24]. One of my most popular, at least most commented upon and in those letters was the joy of masturbation. I'm a very rocky in person when it comes to the concept of sexuality. When my kids were growing, for instance, they were always... I talk with them once a year about things that I... for every day, don't forget to masturbate before you go out because I think it's critically important that they don't get into trouble or create trouble for somebody else. And then, as you continue through life, of course, Fire Bliss will raise DHEA. And if your DHEA stays abnormal, then you make adequate testosterone. As you know, most men by age 50 already have early andropause. They just... andro, meaning male androgen, they stop producing adequately. Well, if you keep your DHEA up, you don't lose your testosterone either. And so, one way is Fire Bliss, another is magnesium lotion. Interestingly, magnesium deficiency, of course, is rampant in our society. Eighty percent of people are deficient in inter-cellular magnesium which is more than 350 different enzymes in your body. And the best way to get it is not through your mouth, magnesium's difficult to absorb orally. It's the only nutrient I know that's absorbed in the distal colon. And it competes and is inhibited by calcium and fat, especially in the gut. So it goes through the skin much better. And if you put it in the skin, it not only raises the level of magnesium in your cells but it helps to release DHEA. And there's a combination of two grams of vitamin C and a gram of MSM and a couple of little things I call Euferna, that helps raise DHEA. And finally, there's natural progesterone created on both men and women can help their DHEA levels by using some natural progesterone. And men, you don't need it but half as much as women do. So there's something called Adam's prostate gear which has 30 milligrams a day instead of 60 milligrams a day of... for men to get and a few other things. So all of these things help. I just add my measure a couple of weeks ago, just annual check-up and my DHEA is still equal to most 30 year olds.

Dr. Robyn Benson: That's impressive. And your telomeres too. [Cross-talk 00:29:31.12] about telomeres. Yes, I love the research you've done on telomeres and I'd love for you to share.



Norm Shealy: Well that's the fun thing. I have this idea back in 2005 that if we could do this and this and this in order to keep our telomeres from shrinking every year. And so I started by applying human DNA frequency, 50 to 78 billion cycles per second to the body as a whole. Actually, the best way is just be in a field of it around you, at a billions of a watt, and it works. The problem is you've got to be there for 30 to 60 minutes every day. And of course, for people who travel, that has to be a problem too. So two years ago, I converted to just using all five of my bliss oils, fire, air, water, earth, and crystal, takes two and a half minutes a day so I can take it with me and travel. And my telomeres grew 4.4% that next year, just as good as using the electricity. So three other people joined me that first year. One man's telomeres grew 3.5% while women grew only 2.6%, one man had a good 9.9%.

Dr. Robyn Benson: Wow.

Norm Shealy: And now I've got 15 more people by late... by mid to late summer, I'll have results on them of their first year. But it looks as if we can optimize the health of our telomeres, the tips about DNA by using these five bliss oils every day. And so I do air and earth at bedtime and I do fire, water and crystal first thing in the morning before I get dressed.

Kevin Snow: So you're talking about all of these rituals that you do on a daily basis and apply them more too when you're actually travelling. The story I liked a lot when you came out to visit us was that you were jumping on the bed in the hotel room which...

Norm Shealy: Well, of course, these go in my doc kit, my oils. So they're there when I get to where I'm going. And I do that when I travel for sure. When I travel, I sometimes don't get a 60 minutes of exercise a day because schedules are different in hotels and meeting places. But I still get up... can get up at 5:00 in the morning. And so, nothing starts until eight, almost anywhere you go. So if I get up at five, I still got time to catch up on e-mail and do an hour or so of exercise and then I still have my slush for breakfast. I take with me the kinds of things and you can always get cranberry juice and some kind of juice to shake it up when you're travelling. And then I spend my day and in the day-off and goes until 7:00 at night. I've got to have had my two other meals. I usually have a relatively light lunch and a not so heavy dinner, actually. But I do get two meals plus my slush every day. And then I have another hour and a half or so to catch up or either spend the meeting where I am or catch up an e-mail and go to bed 9:00. It's very rare that I go to bed after 9:00.

Dr. Robyn Benson: So you have any sleep secrets or what has really work for you to sleep deeper? Because hotels are notorious for noise and all kinds of unhealthy frequencies.

Norm Shealy:

Well, there's lots and lots of things. Of course when I travel, I do use what is now called a Fisher Wallace cranial electrical stimulator. It was invented by the Saul Lissanengineer. And I've been using the Liss stimulator with my patients as well as with myself when I travel. Because it resets your binaural rhythm. We have a pattern of serotonin, melatonin, cortisol that fluctuates in a certain way. And so when I travel, at least one or two hours, or sometimes six hours different from my usual pattern. And so I use the Liss stimulator almost every day when I'm travelling. And I use it because it resets my serotonin rhythm. Serotonin is the wake up, bright-eyed, bushy-tailed neuro-chemical. Unfortunately, I'm a type A personality, and type A people tend to produce more serotonin than type B people. That's the big difference neuro chemically. But the Liss stimulator resets that for me. In addition, I think autogenic trainings, I have... my mind is going too fast, it takes me about two minutes of autogenic training to get myself focused again. My arms and legs are heavy and warm, my heartbeat's calm and raising up, my breathing's free and easy, my abdomen's warm, my forehead's cool, my mind is quiet as hell. They don't go that fast but just do that two or three times, each of those phrases puts me back in that center detach state. And I strongly recommend that everybody have that kind of Nano practice. It's my favorite back in the 1970's when I was getting my PhD in psychology, I looked at all of the things I could find throughout the world of self-regulation. And I thought my whole dissertation was about a sort of a software package of how to self-regulate your own mind and body. And there are dozens and dozens of ways and I fight with all of them but the number one is autogenic training because it reset, essentially, your stress thermostat. I did a webinar last night with a group of hypnotherapists and we were talking about that same thing. They, in learning hypnosis, they... almost everybody learns to hypnotize somebody else also learns about autogenic training which is something you could do for yourself. You don't have to have somebody do it for you.

Dr. Robyn Benson:

Now that's just thermostat. We talked about that a lot. In terms of people living in that red zone, when you're in that red zone, that is when our systems are in sympathetic overload, that's when our body begins to break down. So you just share so many great ways in which we don't have... we skid into green zone, so to speak. Eating good foods, getting good night sleep, exercising. I love that you talked about magnesium because that's really important. But what else can you say to the pilots out there and the flight attendants who are... just they're in that kind of stress zone a lot. I mean, practicing everything that you've said. But the people who have really lived in those zones on a regular basis, that's just part of their job.

Norm Shealy: Oh yes. I think no matter what's going on, you don't have to fight the dragon or fight the fires most of the time. You just need to not allow your body to get upset over something that you cannot control. Now, obviously, if you're a firefighter, you fight fires in a physical way. But other than things like that, there's nothing worth destroying your body over.

Dr. Robyn Benson: That's for sure. So if you could change one thing, Norm, in the travel industry, what would it be?

Norm Shealy: If I could change one thing?

Dr. Robyn Benson: In the travel industry.

Norm Shealy: By locate. But I'm not ready for that yet, unfortunately. One thing I would change the most. By location, yes. Now I do too by the body sometimes but I've never been able to take out of body and get there and do it. So the one thing I would like is planes to run on time but I don't know how to do that.

Dr. Robyn Benson: But the Texas City level too, right? I mean, there's so much, there could be simple solutions, right? To the water that we're served, to the air that we breathe...

Norm Shealy: Right, just this morning, an article came around by the United States Department of Geology showing that 75% of the air throughout this country is contaminated with round-up. I sent you the link.

Dr. Robyn Benson: I did. I saw that. Wow.

Norm Shealy: And round-up is one of the biggest poisons ever developed by the human race. It has poisoned our wheat, it has poisoned our air, it has poisoned our rivers. ManSatan is really part of the evil empire.

Dr. Robyn Benson: Yes.

Norm Shealy: But I'm not going to destroy myself by focusing on it. So that's why I detach from those things, I cannot change.

Dr. Robyn Benson: That is such a supreme example, Norm, of how you are a really conscious traveler through your life. Much is important...

Norm Shealy: Well, I'm also Sagittarian. And as you know, Sagittarians do... they'd hate to travel. It's one of our prime characteristics. So if you're not born a Sagittarius, you just have to learn how to put off with it.

Dr. Robyn Benson: That's... actually, I have to tell you I did not know that about Sagittarians.

Kevin Snow: Yes. Well, I did. I'm one.

Norm Shealy: Yes. I think we got to that when I first met you, Kevin.

Kevin Snow: Absolutely.

Norm Shealy: That's I said something mind of the way , I think, one of the most important things one can do to understand yourself is to have a good astrological chart. You want to know your sun sign, everybody knows their sun sign, of course. It's... that's what you came as a purpose in life. You need to know you're rising or ascendant. And that's what you want to project to the rest of the world which may or may not be the same as your sun sign, often as not. Then you want to know your moon because the moon is what controls your emotions. And finally, you want to know your North Node. Because the North Node is the challenges you are to face in this life. If you know these four things about yourself, you can have more insight than any psychologist can give you in ten years.

Kevin Snow: That's awesome.

Dr. Robyn Benson: I agree with you wholeheartedly. And I can honestly say you're the first of all the speakers that have shared that tip. So for all of you out there, consider getting a great astrology meeting. We actually have somebody at Santa Fe Soul Center for Optimal Health that we'd highly recommend. But it really has been helpful to guide me through my life. All I know is I like being above the horizon, I love being in the skies above the clouds, it's a great place to be.

Norm Shealy: Exactly.

Dr. Robyn Benson: Yes. Definitely. Well, this has been a great conversation with you Norm. We were so excited to have you be one of our featured speakers and someone who had such a lifetime of rush of health and the research that you've done. I mean you bring so much information to us and I learned something from you every time we meet. And for all of you listening, this is such an opportunity for you to learn from one of the greatest health minds on the planet.

Norm Shealy: There's just one other thing I would like everybody to think about. No matter what's going on, you need to think every day; I am okay because God does not create junk.

Dr. Robyn Benson: I love that. What a great way to end this great conversation with you. And for all of you listening, there'd be more information on Dr. Norm so you could find that about these bliss oils and to learn about his incredible magnesium lotions that I used because we will have an overall transcript of this talk as well to you. Thank you so much for being with us for sharing your message because this is a going out across the waters here really people from all over the world are joining us here today.

Norm Shealy: Well thank you for sharing it with the world and everybody have a great day because I am.

Dr. Robyn Benson: Thank you.