



**A Grain of Truth: The Gluten Summit
Presenter: Dr. Daniel Amen, MD**

**How Gluten Can Affect the Brain, and How
to Optimize Brain Function!**

Dr. O'Bryan: Hello, everyone! Welcome to another edition of A Grain of Truth, the eSummit. It's our privilege and honor today to be speaking with Dr. Daniel Amen, the director of medicine for Amen Clinics. Dr. Amen is a physician and board-certified psychiatrist. He's written five *New York Times* bestselling books. And, his offices span the continent from Newport Beach and San Francisco in California to Bellevue, Reston Virginia, Atlanta, Georgia, and New York City. Dr. Amen is known as one of the foremost experts on brain imaging science. And, that's the topic of our discussion today.

Well, Dr. Amen, welcome to our show!

Dr. Amen: Thank you for having me!

Dr. O'Bryan: Thank you. Can we begin by telling our audience what is brain imaging? And, specifically, the area that you are known as a world's leading authority, SPECT scans? What are SPECT scans. And, what is brain imaging?

Dr. Amen: SPECTs is a study that looks at blood flow and activity. It looks at how your brain works. And, I'm a psychiatrist. I have been looking at people's brains for twenty-two years. And, I often say, "Psychiatrists are the only medical doctors that rarely look at the organ that they treat." And, it's so helpful to be able to look under the hood, if you will, if someone's anxious or depressed or they have ADD, relationship problems. Well, what does the hardware look like?

And, too often, people are prescribing medication in the dark. And, so, the study we do looks at blood flow and activity. We've done over 80,000 scans at the Amen Clinics on patients from 93 different countries. So, we look at little kids who have ADD and autism, older people who have issues with dementia, and pretty much everybody in between at our six clinics if they struggle with **[2:30]** emotional, cognitive, behavioral problems.

Dr. O'Bryan: Can you define for us what is neural plasticity?

Dr. Amen: Well, it's a big word. It just means that the brain can change throughout life, that it can continue to make new neurons, continue to make new connections. And, you can train it. And, you do it in a good way. Or, you can do it in a bad way, and



unfortunately, in our society, by how we eat and don't exercise and being exposed to constant stimulation. Our brain is being molded often in a way that's not good for it.

Dr. O'Bryan: Yes, and many of our doctors were taught in school that the brain you have is the brain you'll always have. So, this concept of neural plasticity that the brain actually grows...Am I correct? This is new in the last ten to fifteen years?

Dr. Amen: Goodness, yeah. It's been about fifteen years ago, maybe a little longer, that people started to say, "You know, this just isn't true. You're not born with all the brain cells you'll ever have. You can make it better." And, that's really at the Amen Clinics what we focus on. The big book I wrote is called *Change Your Brain, Change Your Life*. And, we see that. When you do the right things, you can clearly decelerate aging in the brain. And, it's very exciting. But, you have to have sort of a focused effort to do the right things and avoid the wrong things.

Dr. O'Bryan: That's a very good point. For our listening audience, we might think of it similar to if you're wanting to get healthy and to build muscle and exercise, we can pick up some weights at the local Sports Authority store and start lifting weights. But, it's easy to get injured unless you have a sense of what to do and how to do it. And, that's true also with working in brain function [5:00] and enhancing brain function. There are guidelines to follow.

Dr. Amen, can you talk a little about an overview as to if our patients wanted to have better brain function? What's a step-by-step protocol they might follow for that? I know it's a very general question. But, for those that have never been introduced to this concept before, what might they think about to begin with?

Dr. Amen: Well, you know, I think of it really simply. There's a book I like about Apple called *Insanely Simple*. And, I think that's why Apple works. It's just easy products to use. And, I want people to think, "Insanely simple" about their brain.

So, three things really. The first one is brain envy. You have to care. Nobody cares about their brain. And, the reason you don't care about it is you don't see it. You can see the wrinkles in your skin or the fat around your belly. And, you can do something when you're not happy with it. But, nobody looks at their brain.

And, through the imaging work that we do, I totally have brain envy because I know that with a better brain, you have a better life, that your brain's involved in everything you do, how you think, how you feel, how you act, how you get along with other people. When your brain works right, you work right. And, when it doesn't, you're going to have trouble in your life.



So, the first step is really to develop a personal relationship with your brain, and care about it because it's your brain that gets you a date, that makes you money, that makes a difference in the world. Or, it's your brain that causes you to make bad decisions that make you sick and irritating so somebody wants to divorce you. So, the first step is care. And, as a psychiatrist, I was taught about penis envy and Freud's whole concept. And, he was just wrong. It's brain envy people should have.

And, then, the second step is to avoid anything that hurts your brain. **[7:30]** And, this is, perhaps, where gluten may come into the conversation. So, the first thing that hurts your brain is, one, not knowing about your brain's health and not caring. The second thing is having the Standard American Diet that's filled with processed food, excessive amounts of fat, sugar, and salt, although I have to qualify fat because sixty percent of the solid weight of your brain is fat. So, having *healthy* fat is absolutely essential. Low-fat diets are bad for your brain. But, bad fat is clearly a problem: trans fats or cheap oils that boost omega-6 fatty acid levels in your body, which are pro-inflammatory.

So, on step two avoid things that hurt your brain. Also, drugs, alcohol, brain injuries, those things are obvious. But, environmental toxins like do you pump gas all day? Or, are you cleaning with toxic products? Do you live in a place...Like, we have many patients who actually come to see us from China where there's a lot of pollution. And, their brains have a toxic look to them. So, air quality matters.

But, also, your physical health: diabetes, hypertension, low hormone levels all have a negative impact on brain function, as does being overweight or being obese. There are a hundred studies now that show as your weight goes up, the actual physical size and function of your brain goes down. Now, that should just scare the fat off anyone!

Negative thinking patterns are clearly bad for your brain. Not focusing on what you're grateful for is bad for your brain. And, one of the most insidious things that is bad for your brain is hanging out with unhealthy people. People are contagious. And, if your friends tend to be unhealthy, guess what? So do you. So, I often tell my patients, "Find the healthiest person you can stand, **[10:00]** and spend as much time around him or her as possible."

Dr. O'Bryan: Well, that's a very interesting point because we know that a paper came out. It was considered a landmark paper in 2007 referring to network medicine and how we are actually networks and impacted by the networks around us. And, we know if a person carries one of the FTO alleles, which is a gene for obesity, they have a 46% increased risk of developing obesity. And, if they carry both of the FTO alleles--one from the mother and one from the father--they have over a 70% risk of developing obesity. Now, that's common genetic knowledge.



But, what was so startling in this paper on network medicine was that if you were the friend of someone who became obese while you were friends, you have a 171% chance of developing obesity. So, it's this network. And, what you're telling us now, it's the network of who we associate with that impacts on how our brains function.

Dr. Amen: Yeah, no question about it. Genes are important, but not as important as most people think. They are not an evil monarchy. There is a whole new concept in genetics called epigenetics, which basically means your behavior is turning on or off certain genes, making illnesses more or less likely to happen. So, behavior is critical to genetic function.

So, if we stay with this theme, "brain envy," "avoid bad," the last thing is "do good". It's really putting regular brain-healthy habits into your life, for making sure what you eat is amazing to physical exercise, mental exercise. I recommend simple supplements, multiple vitamin, fish oil. Get your vitamin D level checked and optimized. Focus on what you're grateful for every day. Mental workouts is not just crossword puzzles or doing Sudoku. It's really working out many different parts of your brain.

And, my favorite mental workout **[12:30]** is actually table tennis because you have to get your eyes, your hands, and your feet all to work together at the same time while you think about the spin on the ball. And, nobody gets a brain injury when they play table tennis.

Dr. O'Bryan: That sounds like the title of an upcoming book! [Laughs] With the concept of brain imaging, among the many thousands of case studies with dramatic results that I'm sure are in your files, you have an example of the value of a SPECT scan with your nephew. Can you share that with our listening audience?

Dr. Amen: I have so many wonderful stories about how imaging dramatically changed someone's life. But, what made me so passionate about it personally...So, I started in 1991. I'm a classically-trained adult and child psychiatrist. And, I was sort of getting weary. I'd been a psychiatrist for ten years before I ever ordered a scan. And, I was getting weary of hurting people.

You know, I'd do exactly what I was trained to do. This person had six of these nine symptoms for depression. Okay, they're depressed. Put them on Prozac or one of Prozac's sick sisters. And, all of a sudden, they want to kill themselves or kill other people. And, I'm like, "I hate this," because I get the true joy in my life from helping people get well.

And, I was finding that practicing psychiatry in the way I was trained helped some people. And, it hurt way too many people. And, when I got the opportunity to look at the



brain in 1991, it really gave me targets to go after to balance people's brains. And, I felt like I was a better doctor. I had a lot of great stories. And, I'm totally energized and excited about it.

And, then I got no end of grief from my colleagues: "It's not what psychiatrists do. It's not ready. You shouldn't do it. You're a bad boy." And, I had a lot of internal strife and conflict over doing what I thought was right in the midst of getting criticized by my colleagues. **[15:00]**

And, then it all changed in 1995. I got a call late one night from my sister-in-law Sherry who said my nine-year-old nephew Andrew had attacked a little girl on the baseball field that day for no particular reason. And, I'm like, "Wow!" I was flabbergasted because Andrew was my godson. And, I'm like, "Sherry, what else is going on with him?" And, she said, "Danny, he's different. He's mean. He never smiles anymore. I went into his room today and found two pictures that he drew. One of them he was hanging from a tree. The other picture, he was shooting other children."

And, I'm like, "Holy smokes!" And, I thought to myself, "He's got a left temporal lobe problem," because we'd already correlated left temporal lobe problems with violence in the hundreds of scans I'd ordered since 1991. And, I said, "I want you to bring him to our clinic." So, they actually drove eight hours and brought him to our clinic, at the time, in Northern California. And, when we scanned him, he was missing his left temporal lobe. That was the first time I'd seen that. And, we discovered he had a cyst the size of a golf ball occupying this very important part of the brain. And, when we took it out, his behavior completely went back to normal.

And, it was really at that moment when I saw the dramatic impact of imaging on this little boy's life that I didn't care if you criticized me anymore. If you don't look, you don't know. How do you know what's going on in someone's brain unless you look? Even today, it's considered a radical idea. But, there's great conflict and controversy in my profession. The director of the National Institute of Mental Health has recently said that how we diagnose people is just wrong. Diagnosing people based on symptom clusters is exactly what we did in 1840 when Lincoln was depressed.

And, there has to be a better way. The better way **[17:30]** is using good clinical histories plus imaging plus targeted labs to make more informed diagnoses and having more targeted treatment plans. How do you know what's going on in someone's brain unless you actually look?

Dr. O'Bryan: Well, that makes common sense. And, we all can just imagine what would have happened to your nephew if he hadn't had a psychiatrist like yourself thinking outside of the box. He would have received a diagnosis, been prescribed medications.



And we don't know where that would have gone. But, it's not a pretty visual as to where it might have gone if you don't look. It just makes sense...

Dr. Amen: Right. And, looking has led me down a completely different road. Now, I always want to teach my patients skills and not just give them pills. So, even before I did imaging, that was the little mantra I had in my head. But, as soon as I started doing imaging, I wanted natural ways to heal the brain because some of the medications were just flat out toxic for brain function. And, that's when I started thinking about using diet and exercise, using natural supplements to optimize brain function.

And, your brain uses twenty percent of the oxygen you breathe, and about twenty-five percent of the calories you eat. So, food is medicine or it's poison. And, it's through this journey that I realized that milk is often toxic to people. Probably the best users of cow's milk are baby cows. And, that gluten from wheat for a certain percentage of the population can clearly be poisonous.

And, it was just so interesting to look at it from a brain imaging perspective. There's actually a SPECT study that people who are sensitive to gluten have lower blood flow to their brain when they're exposed to it. It's like, "Well, that's interesting! So, gluten can make some people,"--not everybody, but some people--"stupid." It can give them concentration problems. [20:00] And, then, I'm thinking, "What do we feed kids in the morning? Pop Tarts, donuts, waffles, pancakes, cereal...Gluten and sugar with milk."

And, then, what we do is we say, "Go to school and concentrate." And, it's like, well, they can't. And, so, we go, "Oh, well they must have ADD." So, we give them stimulants. And, stimulants are insidious, like Ritalin and Adderall. And, I'm not completely opposed to them. But, they're insidious. There's a new study out on them this year that if you take Ritalin over a year, it actually trains your brain to need it. And, I'm like, "Eww!" You know? Why don't we just get rid of dairy and wheat? And, let's see where we are then.

The problem is many patients want the quick fix. And, going on a milk-free, wheat-free diet is hard if you have the wrong mindset. It's really easy if you have the right mindset. But, it takes a little while for people to go, "This is not about deprivation. This is about depriving yourself of things that hurt you." What idiot would want things that hurt them?

So, it's really because it's a psychotherapy issue of, "Oh, my God! I'm attached to bread like I'm attached to my grandchildren." It's like, okay, that's crazy. How'd that get into the same part of your head? But, food companies know how to combine fat, sugar, and salt to work on the heroin or morphine centers of the brain so that they become totally addictive.



Dr. O'Bryan: Yes, the benzodiazepines in wheat or the gluteomorphins that bind to the heroin or opium receptors in the brain create that addictive tendency quite easily.

Dr. Amen, what percentage of your patients that have some type of abnormal blood flow into the brain do you begin by recommending a gluten-free, dairy-free diet?

Dr. Amen: It depends on the clinical presentation. But, all of our autistic kids we do that for. [22:30] Almost all of our ADHD kids we recommend that for. For anyone who has G.I. symptoms or brain fog, we recommend it for. And, Erica [Kasuli] who is our chief nutritionist, who you'll talk to--she's just amazing--she actually has the coolest success stories, often getting them on a milk-free, wheat-free diet.

Dr. O'Bryan: With regards to autism, we know that there are a number of studies using the imaging techniques that you use that show when a particular area of the brain has a lack of blood flow into it, that there are behaviors that are consistent in those patients.

For example, if the area of the brain called the thalamus has a lack of blood flow, that repetitive behaviors and unusual sensory interests that all of the autistic children with those tendencies may have a lack of blood flow into the thalamus or into other areas of the brain for obsessive desire for sameness, or impairments of social interaction and communication, that grouping these children by their symptoms of autism, the type of symptoms they have, the imaging studies appear to consistently show that same area of the brain is not getting enough blood flow. Have you found that to be true in your clinics?

Dr. Amen: It's not quite that simple. In many of these areas, it's too much blood flow. In fact, initially, we often see it looks like the brain is inflamed. And, that's when we see people are hypersensitive to sound and noise. They're rigid, inflexible if things don't go their way.

So, some areas of the brain we see work too hard, especially in obsessive behavior. Some not hard enough, especially with ADD-like behavior. So, the goal, really, is balance. We want to balance people's brains. If it works too hard, we want to calm it down. If it doesn't work hard enough, we want to stimulate it.

But, you know, it all starts with avoiding toxins. The brain will never [25:00] heal if you keep it bathed in a toxic environment. So, it sort of makes sense. If you're a drug addict and you want to get better, the first thing you have to do is stop poisoning your brain.

If you're going to grow a tree, it needs water. But, if you put poison in the water, the tree is not going to grow right. The same thing is true with the brain. And, if you are eating food laced with pesticides and antibiotics, and you're sensitive to milk or wheat, your



brain isn't going to heal. So, the first thing is you have to think about giving it the right nutrition and avoiding toxins.

Dr. O'Bryan: In the world of celiac disease and neurology, there have been many papers published on the incidence of lesions in the brain, white matter lesions, which, for our listening audience, we may consider to be like scabs or scars in the brain.

And, there are some papers showing a reversal of those lesions in the brain on a gluten-free diet in some cases. Have you found that to be true in your clinics? And, are there any particular protocols that you follow specifically when there are lesions in the brain?

Dr. Amen: So, the study we do, the SPECT, looks at blood flow. It's different than an MRI where you'd actually see the white matter, hyperintensities or the lesions that you're talking about.

But, what we often see is brains work too hard or not hard enough. And, put people on the right program, their brains are just much more balanced. So, we did the big NFL study where we scanned and treated 150 NFL players, active and retired players. And, what we found was that they all had brain damage. So, you should not let your kids play tackle football. I mean, I don't know how else to say that clear. Your brain is soft, your skull is hard. Your brain runs your life. Why would you ever hurt it unless you weren't that smart?

But, the exciting news was even though they all had brain damage, **[27:30]** eighty percent on a smart, natural program showed cognitive improvement and increased blood flow to the brain. So, even if you have been bad to your brain, you can make it better. And, we can prove it.

Dr. O'Bryan: That's a remarkable statistic. And, eighty percent of those that have damage can be improved. That's just remarkable.

In terms of the laboratory tests that you use, do you include blood tests looking for antibodies to foods?

Dr. Amen: We do if we suspect food allergies. What we often do, because the testing-- and you might know better than I--is controversial and erratic. So, what we often do is do an elimination diet and let that tell us how sensitive the person really is.

But, I'd actually be curious about your experience with testing. Ours, you know, for a long time we did IgG tests. And, looking at the controversy, I became less confident about the results.



Dr. O'Bryan: Yes. Well, we know that in terms of patients diagnosed with celiac disease, only fifty percent of them will come back positive to an IgG test for the primary peptide of wheat that's tested, anti-gliadin antibodies. Only fifty percent of them. And, so, it's been assumed to be an invalid test and not worth doing because of the lack of sensitivity and specificity when there is the villous atrophy, when a patient has the diagnosis of celiac disease.

However, in tertiary neurology centers...For our listening audience, that's a specialty center. You've gone to a neurologist. They're not sure. You've gone to your family doctor. They're not sure what's going on. They refer you to a specialist, a neurologist. He works with you. He's not sure what's going on. He sends you to a research center, a third center. It's called a tertiary neurology center. **[30:00]**

When the cause of a neurological disease was known, the percentage of those patients with elevated antibodies to gliadin was about five percent. But, when the cause of a neurological disease was unknown, the percent of those patients with elevated antibodies to gliadin was fifty-seven percent. So, it appears that this immune reaction to wheat can occur when people do not have celiac disease. And, if they have neurological symptoms of unknown origin--the doctors can't find a reason for it--it appears that the immune system is telling us, "There may be a problem here with gluten."

From that perspective, Dr. Amen, if you have a patient that comes back with an immune test that tells us that the immune system is responding to a particular food, does it make sense to do a trial period of taking that food out of the diet and seeing how they respond?

Dr. Amen: Well, it certainly makes sense to me. That's why, probably, half of my patients get referred to Erica. I'm like, "Erica, I really need you to look at this person's diet because it may be a contributing factor." If the brain uses twenty-five percent of the calories you consume, if there is anything in those calories that's potentially toxic, it's very important to eliminate it.

Dr. O'Bryan: Can you tell us a couple of experiences where you have included the recommendations of removing gluten and dairy from your patients' diets? A couple of the cases of what the results have been for you?

Dr. Amen: Well, just in the last month or so--because every week one of our physicians will send a case with an example. We had an Asperger's young man who completely lost his social anxiety when he went off gluten. I have another older gentleman--he's in his seventies--who lost his migraine headaches when he went off gluten. Another adult woman lost her anxiety attacks when she went off gluten.



I mean, it's really interesting. [32:30] It goes across the whole spectrum. We have a pattern in the scans we call the "ring of fire", which is overall increased activity in the brain. And, many of the kids who have been tried on stimulants like Ritalin or Adderall and made worse by them, when they go on a gluten-free and often a milk-free diet at the same time, all of a sudden, they do better in school. They can focus.

Dr. O'Bryan: We know an article was published in the *Journal of Attention Disorders* that, when they looked at children diagnosed with celiac disease and they put them on a gluten-free diet--it was 132 children--every child or their parents reported improvement in all twelve markers of attention deficit hyperactivity disorder. Every marker improved in every child within six months.

Dr. Amen: That's amazing!

Dr. O'Bryan: It is amazing!

Dr. Amen: There's another study. Pelsser from Holland put children on an elimination diet. And, after six months they had 73% reduction in symptoms. It's the same effect as Ritalin. And, there's just no side effects to being on a really healthy diet minus potential food allergens. And, people go, "Oh, there's nothing to eat!" And, it's like, "You know, God gave you a big brain for a reason. There's a whole bunch of things to eat."

My wife has a new book. I'm so proud of her. It's called *The Omni Diet* about how to use food to reverse illness. And, we are so excited about it because one of the largest drug treatment programs in Southern California has actually made it their diet. So, they're a 180-bed drug treatment facility of these court-ordered, tattooed men and women who think they are living in a place with a five-star restaurant because the food is so amazing. And, there's no wheat in it. And, actually no milk either.

And, if you think of the Omni Diet, think of a typical plate: it's 70% plant-based foods, 30% high-quality [35:00] protein mixed with healthy forms of fat. So, think of a stir-fry fried in coconut oil. And, it makes your energy go up. It helps stabilize your mood. It decreases brain fog and anxiety. And Tana figured out how to make these just amazing desserts at a birthday last week. And, so, I got these chocolate covered bananas. But, the chocolate was sugar-free and milk-free. Tasted great. Rolled in walnuts. I mean, it was amazing!

Please don't buy me a cake from a store. I looked at one of my friends who did that when I turned 52. And, I said, "Why don't you like me?" It's like, why are you going to give me something that hurts me? And, it's important to really ask ourselves the question, "Why do we celebrate with toxins...?"--How does that make sense? What



does that say about us as a species?--“...rather than celebrate with things that are really great for us?”

Dr. O’Bryan: What a profound statement and a discussion to have with our friends to make an agreement with our inner circle of friends that the food we’re going to serve to each other in our meetings together, whether it’s a party or a book club, let’s commit to making the healthiest food and the most delicious healthy food we can for each other and share the recipes? What a beautiful idea!

Dr. Amen: Well, let me tell you about a story. I’ve written two books about connecting physical health with emotional health. And, this was August 2010. I’d just finished the second book. It’s called *The Amen Solution: The Secrets to Being Thinner, Smarter, and Happier*. And, I was really happy. It was a Sunday morning. And, I told my wife, I said, “Come on. I’m done. Let’s go to church.” And, so, we grabbed our--at the time six-year-old-- daughter, and we went to church. And, I said, “Tana...” Tana is my wife. I said, “Drop Chloe off at children’s church. I’ll go save us seats.”

And, as I walked towards the sanctuary, I saw hundreds of donuts being sold for charity. Now, I’ve been going to church since I was four years old. **[37:30]** So, the donuts have always been there. But, today, I’m like, “What’s the point?! I’m going to get my soul fed. And, in the process, somebody’s trying to shove bad food down my throat for charity.”

And, then right on the other side of the donuts, they’re cooking bacon and sausage. And, I’m like, “Seriously!” And, right before I walked into the sanctuary--it’s a big church in Newport Beach where I live--they were cooking hot dogs for after church. And now I’m just furious. And, as I sit down, the minister starts talking about the ice cream festival they had the night before. And, now, I’m like beyond crazy. And, I’m writing on my phone when my wife finds me. And, she hates my phone. It’s like the other woman for her. And, she gave me that look that only your wife can give you, like, “Why the hell are you on that thing in church?!”

And, so, I showed her what I was writing "Go to church: get donuts, bacon, sausage, hot dogs, ice cream. They have no idea." And, this next part is all in caps: “THEY HAVE NO IDEA THEY’RE SENDING PEOPLE TO HEAVEN EARLY. THIS IS NOT THE PLAN.”

And, I prayed that service that God would use me to change the culture of food at church, which is a crazy prayer for a psychiatrist to pray. And, then, no lie, two weeks later, Pastor Rick Warren from Saddleback Church--one of the largest churches in the world--called me up. And, he said, “Dr. Amen, I’m fat. My whole church is fat. We’re not healthy. Will you help me?”



And, I'm like, "You had me at 'hello!' Are you kidding?!" You know, I mean to have a prayer and then to have it answered with that magnitude! So, Mehmet Oz, Mark Hyman, and I created a program for Saddleback Church called the Daniel Plan, not named after me, but after the prophet in the Old Testament who would not eat the king's bad food.

And, it's a really smart plan that involves five pillars: faith, food, fitness, focus, and friends. And, I wrote the focus piece. But, it was clearly an elimination diet, putting whole, high-quality food, [40:00] exercising, using your big brain that God gave you, and doing it in community.

And, the first year, the church lost 250,000 pounds. And, this December, Zondervan is publishing our book *The Daniel Plan*. And, we think about 3,000 churches will do the program going forward. And, the whole idea is we get better together. And, there's no better place to get better together than in church or in your synagogue or your mosque because up until now, churches have been places of illness. And, it's time we stopped. The Bible belt is widening. And, that's not a good thing. We should not be saving people and then sending them to heaven. We need to be much more thoughtful in how we approach the health of the people we love and the people we serve.

Dr. O'Bryan: Well, Dr. Amen, that is a profound project. And, I have heard of The Daniel Plan and the results that the three of you have produced. And, you are to be commended. And, I'm so happy to hear that a text is coming out on this that will guide churches all over the world in how to reproduce these types of results so that people find their pathway to heaven at the time that's really right for their spirit, and not at the time when their body gives out.

Dr. Amen: Well, we just don't want to encourage it to be earlier than it needs to be.

Dr. O'Bryan: Yes, yes. Dr. Amen, are there any points that you would like to bring up to our listening audience which will include thousands of practitioners and thousands of general public? So, we have both categories of listeners to your interview today. Are there any points that you would like to bring up that we have not yet addressed?

Dr. Amen: If I can get people to love their brains, I'd feel successful. For people who are struggling where you tried to get well, and it's not working, the imaging work we do is so powerful. I always say, "How do you know unless you look?"

We now have six clinics--three on the east coast, [42:30] three on the west coast-- that if you go to amenclinics.com, you can learn more about what we do. And, I often ask people, "Which brain do you want?" And, it often starts by getting a picture so you know what you have and what you need to do to make it better.



Dr. O'Bryan: With that, I would like to thank you very much for taking the time to be with us and share your wisdom and your experience over these many years, and wish you much success in your future endeavors. Thank you, Dr. Amen.

Dr. Amen: Thank you! Bye bye.



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