

Speaker 1: [00:00](#) Hey there, I'm Dr Ryan Wolfert and this is the super human brain masterclass. Where are you going to learn everything you need to go from brain disease and disorders to a high performing super healthy, high functioning mind, and what we're gonna do is we're gonna go from a to z showing you exactly what you need to do because there's not enough information or there's not enough action steps that people can take to help improve their brain function and avoid all these common diseases that are running rampant in our society. Alzheimer's, Ms, Parkinson's dementia or brain fog, anxiety, depression, and I've been working a ton with thousands of patients helping them improve their brain function, get a strong body so they can live a fulfilled life. And now we're going to bring that knowledge to you.

Speaker 2: [00:50](#) Yeah, and I'm Dr Isaac Jones and the author of this book. It's a best selling book in Japan and Superhuman Entrepreneur, uh, like Dr Ryan. I just have a passion to help people really understand what underlies a lot of the brain disorders and brain diseases that take place. You heard my story. I used to have adhd, dyslexia, my mom suffered from depression, uh, you know, my, my grandfather died of Alzheimer's disease and neurological conditions like Alzheimer's and autism and all these other neurological conditions are completely on the rise. And so this training that Dr Ryan and I are putting together for you, but really uncover and demystify a lot of the challenges that people have when it comes to really upgrading their brain, being able to focus at a higher level, being able to have a better memory, etc. So we're going to be really getting into that and Dr. Ryan is just going to share some brains statistics that I think will boggle your mind literally and, and show you just how amazing and magnificent your brain actually is.

Speaker 1: [02:01](#) Well, the brain kind of getS pushed to the background because we don't see it every day, but we can feel the effects of whether it is working or it's not working. For example, the brain is so important that it's the very first thing to develop when you're inside your mom's belly. Developing and nature knows how important it is because what's the second thing to develop the skull to protect it. That's how important it is, but I always tell my patients and tell a ton of people. If the brain was on our face, we would take a lot better care of it. You know, it's. It's three to four pounds. It's, but again, we lose sight of how, how essential it is. It's inside her head. It's unseen, but it's three to four pounds. It's the heaviest organ that we have in our body.

Speaker 2: [02:49](#) It's just an amazing, amazing organ. If you take just one grain of sand of your brain and you look at what's inside that grain of

sand within your brain, you'll have 100,000 neurons and get this over one billion and optic connections, which is the way that neurons communicate together. It's a. It's how we memorize things and things of that nature.

Speaker 1: [03:09](#) I think that's my favorite stuff right there. I ran a sand 100,000 neurons. That's, that's unbelievable. Again, we lose sight of that because it's almost too unbelievable.

Speaker 2: [03:19](#) And, and here's one of the reasons why we want to get this information out is because, you know, only 20 years ago, uh, our attention spans used to be around 12 seconds, 15 seconds, uh, even even more than that, uh, 50 years ago. But now we're down to six seconds, eight seconds as far as our attention span, people are scatterbrained, you know, there are more challenges than we know what to do with now. And there's over 92,000 thoughts that you have in your brain every single day. It's pretty, pretty amazing. You have 92,000 thoughts and there's some things that we're going to talk about in a video to come, uh, that will help you understand how to rewire those thoughts and rewire your brain. So we're, again, we're excited for you to get all of this information, uh, but we're, we're probably most excited about is that we don't want your brain to shrink. Most people are walking around with shrunken brains. You know, if you're overweight or obese, your brain is like three to five percent smaller than people that aren't. You know, stress causes your brain to shrink a. There are all these different things that create issues within the brain. I'm like, what I'm about to get into a right now, which is the understanding of chronic inflammation.

Speaker 1: [04:33](#) Well, I mean you want to think about your body like a bucket. You know we all have a different size bucket coming into this life and every stress you put on your body, all the inflammation, whether it's mental, physical, emotional, spiritual, adds a drop to that bucket. Now sometimes those drops are a little drop or they could be huge waterfalls and you don't feel it. That's, that's the point is you don't feel the effects of this stress until that bucket starts to overflow. And what drugs do is they try to make the bucket bigger, but you're still putting that stress in. You can only make that bucket so big until it comes crashing down. Absolutely.

Speaker 2: [05:15](#) And when that bucket starts to overflow, like Ryan, Dr. Ryan said, you've got environmental toxins, you've got biotoxins, you've got deficiencies, you've got stressors. You've got all these different factors that we're facing in the 21st century that, that cause your, your bucket overflow, and you know, everyone has

a different size genetic bucket, right? Everyone, everyone's tolerance for toxins and biotoxins and stress is different. And so you have some people that ended up developing neurological conditions sooner than other people, but you know, you look at all the timers in parkinson's and a lot of these conditions, they start 15, 20 a alzheimer's starts 40 to 50 years it gets diagnosed. So you want to understand these factors that are driving inflammation inside the body. All of that, once the bucket starts, overflowing, drives this cycle called the no. Oh no cycle. And it sounds funny, but that's the actual scientific term for it.

Speaker 2: [06:14](#) And it's the cycle of chronic cellular inflammation. And that cycle of chronic cellular inflammation, it actually turns on disease genes. It can express, uh, various disease pathways inside the body, especially inside of the brain. And later on we're going to be educating you on the things and the factors that drive the degradation of the blood brain barrier and how these toxins in deficiencies end up affecting the brain even more so than they should and then how to really address that. But today we want to talk about how we can actually properly detox the body and uh, you know, we want to get into the nutrition and the science around the foods that we should be eating and the nutrients that we should be getting to maximize our brain function.

Speaker 1: [07:04](#) And one thing I want to touch on is you might have symptoms that are different from somebody else. It just depends on where your weak link is. It could be genetically where that weak link is. And then by putting toxins into your body or having deficiencies are different. Stresses will activate our express those genes because it's, we can use. So for you it could be dementia for somebody else, it could be brain fog for your mom or dad, it could be depression. It just depends on, on what that affects. Yeah, absolutely. Absolutely. So why don't we get into some of the, our favorite food,

Speaker 2: [07:38](#) it's here and what will actually help you develop a healthier brain and develop healthy levels of what they call neuroplasticity and the neuroscience world. You don't want too much neuroplasticity, didn't want to little neuropathy plasticity, but when you have a healthy functioning brain, you have neuroplasticity, which is the ability for your brain to make connections, to remember, to focus, to function the way that god intended for your brain to function, which is high performing.

Speaker 2: [08:12](#) So one of the first things that you want to do to, um, to really protect your brain neurologically is to consume antioxidants,

antioxidants, uh, in, in the form of, uh, vegetables, uh, citrus fruits, spices, herb's. These are neuroprotective foods. These are some of the most high dense antioxidant foods that you could, you could possibly be consuming. One of the things that your brain needs is, is, um, is fish oil. A lot of people aren't getting a fish oil. So chia seeds are full of alpha linoleic acid and docosahexaenoic acid and echostar pencil like acid or epa and dha is found in fish oil. Just like this here, but these are really amazing brain foods that will really help your brain function at a very high level. Now we're going to be talking a lot about, especially the dha part of the omega three [inaudible] that's really important for the bone.

Speaker 2: [09:05](#) It is, it is. And some people have heard this before and they are there. They're supplementing with fish oil and there is an over supplementation official that can cause an over neuroplasticity of the brain. So we want to kind of show you how not to do that and how to maximize the ratio of omega three to omega six. So yes, it is like most people and most people listening right now, you're probably one of them who has too much omega six inside of their body and that drives prostate gland it to, which is this inflammatory, this compound that can drive inflammation inside the cells. It's like the sergeant of arms of the south. And so again, a lot of these micronutrients are really powerful and coleen phosphatidylcholine, it gets created from it are found in eggs as well as grass fed butter, um, which has cla, conjugated linoleic acid as well. But there's just so much man that we're going to be able to educate you on

Speaker 1: [10:04](#) magnesium. That's a huge one. Magnesium is involved in almost every grade, every cellular process going on. So avocado, I've put one of these in my smoothie every day along with nuts and seeds where we got pumpkin seeds. That's also great with zinc and cashews. All these are great. That's what's going to give you the brain function and cognition and memory, the learning. And the more you can stack the deck in your favor, the easier it's going to be for you to have a life to have that memory that maybe you're losing. Absolutely. You know,

Speaker 2: [10:40](#) Dr. Ryan and I, we work with entrepreneurs and we work with executives. So these people are like, hey, how can you maximize our brain function? So yeah, all the timers and dementia and and and a lot of these conditions in children now, neurologically, they start years before they actually become symptomatic, but we want to help you get beyond that and it starts with your lifestyle. It starts with some of the lifestyle strategies we're going to be teaching you and super human brain masterclass and it starts with really understanding a lot of

the distinctions around the foods that you should be eating, which will definitely be getting into in more detail in our advanced training that you can get when you purchase the masterclass. Yeah, you're gonna see hoW to make these smoothies and shakes. Yeah.

Speaker 1: [11:23](#) Yeah. To make these brain based mocktails that gets you started right at the start of the day to help boost your brain activity. Get it in a nice, even mental states who can be more productive with, with your job, with your kids. You can be more even keeled with your kids, less irritable, less angry, less reactive, because we're going to be getting into even adaptogens and how they help your body handle the stress that you place on it because you're not going to get rid of all the stress in your life. It's just, that's not

Speaker 2: [11:54](#) where it's naive to think that. So your goal, hopefully you learn it through this, is to do the things necessary to counteract the stresses that you place on your body by getting rid of the toxins, increasing the nutrients in your body to get rid of deficiencies and handling the stress that you place 900 bottom. Absolutely. And we've got so many downloadable documents. We've got, uh, so many, uh, if you do want to have purchased the superhuman brain masterclass, we've got recipes. We've got expert interviews at the top, brain scientists and biohackers, uh, to help you understand fully and completely how to really maximize brain function and upgrade your brain. But I'm just excited that you're here. Thank you so much. Definitely share this video with your loved ones or people that you care about, that you want to help to prevent them from developing brain base, uh, disorders or diseases or if you want to help them potentially reverse or, you know, halt the symptoms that they're dealing with in, in their, in the tracks.