

# Creating Healing

**David Van Nuys, Ph.D. interviews Robert Hedaya, M.D., D.F.A.P.A.**

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**Dr. Dave:** My guest today is Dr. Robert Hedaya whom I last interviewed two years ago on shrinkrapradio #263 and also on shrinkrapradio #348. Today we'll be discussing how one can help to create their own health. For more information about Dr. Robert Hedaya, please see our show notes on [shrinkrapradio.com](http://shrinkrapradio.com).

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Now, here's today's interview!

**Dr. Dave:** Dr. Robert Hedaya! Welcome back to shrinkrapradio.

**Robert Hedaya:** Thank you very much, David. It's a pleasure to be on again.

**Dr. Dave:** Well, you've been on a couple times before and we've always had a good time, good discussion and I know that you've founded a movement from our previous conversations. You founded a movement called 'Whole Psychiatry' but it might be that all of today's listeners might not have heard that. So, what can you tell us about Whole Psychiatry?

**Robert Hedaya:** Well, Whole Psychiatry is based on the idea that in order to look at a person's situation when they come to you, or come to a doctor with a problem, to really look at the entire picture: not just the biology, or not just the psychology, or not just the family, but to really look at all aspects of the variety of systems that are manifesting in this disorder.

So for example, let's say a person came to you with some depression. You would obviously look at the psychology and how they think about their problems and whether they feel helpless. You would want to look at their marriage. You'd want to look at their work situation. You would want to look at their family system, what kind of family ties do they have, how are they impeded in their community, what's the socioeconomics that this is happening in. And then you would also delve deeper into the biology, looking at different organ systems in the body. So it's as if you're looking with a microscopic or a lens; it's either closer in or further out in your analysis of the situation.

And so, I say 'Whole Psychiatry', like W-H-O-L-E, like Whole Foods because you really want to encompass as many as the systems as possible in your assessment.

**Dr. Dave:** I've noticed that sometimes holistic is spelled H-O-L-I-S-T-I-C; sometimes it's spelled like 'Whole', W-H-O-L-I-S-T-I-C. Do those mean different things, either in general or to you personally?

**Robert Hedaya:** Well, to me they do. To me the word 'wholistic' means 'as if it's whole'. You might say 'probabilistic', talking about probability. So, 'whole' maybe doesn't roll off the tongue as easily as 'holistic'; but 'whole' is about the entire thing, about the whole and the unity of everything. So, for me, that means there's a significant difference.

And the other issue is when you talk about holistic, you might be thinking more of alternative treatments. Maybe it's acupuncture, or Chi Gong, or something along those lines, or herbs. Whereas, with the word 'whole', you're thinking about whole systems and that whole perspective. So I think it's substantially different.

**Dr. Dave:** So, your using the 'W' wholistic, it doesn't exclude those other things in the 'H' category, such as acupuncture and herbs and so on. But it's bigger than... is that right?

**Robert Hedaya:** Yeah, I think it's bigger and actually, now that we're talking about it I never really discussed it with anybody, I would say that when you think of holistic, you might also be thinking more in terms of treatment modalities, holistic treatments. Whereas when I'm thinking of Whole Psychiatry, I'm thinking really more of conceptualization of the whole picture.

**Dr. Dave:** Yeah. Now you're also involved, I believe, with something called Functional Medicine. And so what's the relationship between Functional Medicine and Whole Psychiatry?

**Robert Hedaya:** So Functional Medicine is kind of a subset. So, as I was talking before about discussing or assessing marriage and socioeconomics etc., well, when we go into the biology, not only in, lets say again, in the example of depression, not only would we be looking at serotonin and dopamine and glutamate etc., but we'd also want to look at how different functional systems in the body affect the brain. So we would want to look at digestion, at immune function, and inflammation, and detoxification, and oxidative stress, nutrition, and genetics and environmental toxins etc.

Functional Medicine encompasses those different subsystems in a matrix.

**Dr. Dave:** Yeah, you use the word 'matrix'; and I know that you sometimes use the terms 'Functional Medicine Matrix'. Is there more that you can say about that matrix?

**Robert Hedaya:** Well, you could also think of it as a network, where different points in the network affect other points. The truth is that every system, subsystem, affects every other subsystem. So, you can think of it in as a spider web in a sense where if you push on the spider web in any place, the whole thing, kind of, is affected by it.

So that's how I think of the matrix. As a web.

**Dr. Dave:** Yeah, and one of the things that's going on these days is that a lot of people are talking about the gut, about diet, about probiotics etc. Is this our best path to health?

**Robert Hedaya:** Well, it is an excellent path to health and it's all very important; there's no question about it. We're learning tremendous amounts that I often say to my colleagues 'We know so much about what needs to be done to help people with chronic illness. We really know most of what we need to know. But the problem is: people don't do it.'

So, if we all know we should avoid sugars and we need to avoid processed foods etc. etc. But how many people are doing it? How many people with hypertension, how many people with pain, or depression, how many people are actually walking the talk?

**Dr. Dave:** Yeah, do we have any figures on that?

**Robert Hedaya:** Well, it's not good. I was in Florida, at a swimming pool, and I was looking at the young kids running around the swimming pool. They were all, I don't know, I would say nine out of ten of them were overweight. So, I'm not convinced that we're doing such a great job even though we know a lot of what we need to do.

**Dr. Dave:** Yeah. I saw a special on TV, I think it might have been CNN or one of those networks, and I think they had a three part special on obesity. And it was really shocking. And they were looking at childhood obesity quite a bit. And just really shocking to see what's going on and, of course, a lot of the blame seems to lie on the door step of the food and beverage industry.

**Robert Hedaya:** Yeah, I think it's true but (here's where I kind of get into that holistic, or whole, perspective) in my M.O., looking at higher power, lower power with my mental microscope, so I look and I say 'Yeah, the food industry for sure'. But, who are the people you hang around with? What are they eating? And your acquaintances? Even your peers? Somebody's in the lunchroom, it's not even their friends. Actually, they're more influenced by the people that are their acquaintances rather than their immediate friends when it comes to weight loss.

So, the social web is really important here. And, of course, we're being bombarded by these advertisements everywhere. But, who's turning on the TV? Why are we watching, I don't know how many hours is it a week, 20 hours a week of TV? Who's doing such a thing? Why?

**Dr. Dave:** Yeah, some people would begin to say 'You'll have to pry my TV from my cold, dead hand.' It sounds like you're talking about a large scale lifestyle change that, maybe it's true, a lot of people are willing to go just so far.

**Robert Hedaya:** Yeah, and I don't want to lay it solely at the door step of the individual. That's, I think, part of what I'm saying. Yes, ultimately, it's you who puts the food in your own mouth, ultimately. But there's so many factors leading up to that point that the truth of the matter is you have to look at it in a large context. A person needs to know what they're up against. And so, a person needs to say 'Wow. I didn't realize all these advertisements, and the radio, and the advertisements on the radio, and I go to the grocery store hungry and etc. etc.'

So, be mindful about what you're up against if you're trying to change your diet. For example...

**Dr. Dave:** Yeah, you're up against powerful forces.

**Robert Hedaya:** Right. So, you can't beat yourself up. That means you're not really understanding the challenge. But you ultimately have to say 'Ok, this is what I'm dealing with. How am I going to deal with it now?' And I don't think that people are really talking about that. I think that the healthcare practitioners etc. are really just 'Increase your probiotics. Eat the paleo diet.' And this, and this, and this. But how does a person get themselves to do this? It's quite a challenge. It's been a big challenge for me.

**Dr. Dave:** Yeah. Even for you.

**Robert Hedaya:** Yeah! Even for me. It's my washing machine theory of life. That if you decide 'Ok, I want to, say, lose weight. I want to have a good attitude about my eating.' Well, we're all brainwashed. Every one of us. I'm brainwashed because I'm a psychiatrist. So I see the world through that lens and somebody else is brainwashed through the lens of business for example.

So, we're all brainwashed. Right? So, if you want to conquer something, or adopt a particular mindset, then you have to pick that washing machine, stick your head in it. And that means reading materials, the TV that you do watch, the people that you associate with, every input into your mind, as much as possible, needs to create the attitude that you're trying to foster. It needs to support and encourage and water the seeds of the attitude that you want to grow.

**Dr. Dave:** Right. And you and I as hyper educated people understand that. But there's also a socioeconomic dimension to this, I think, particularly, in relation to obesity. And so, you and I tend to swim in a subculture in which the people we know probably shop at Whole Foods and we tend to look at the sugar content in food and beverages and so on. There are people in other socioeconomic strata who, as you say, they're not hanging around those people. And it's not necessarily their fault, it's just the strata that they're in.

**Robert Hedaya:** Right. Right. And that's a challenge. It becomes a challenge where, in a sense, it takes us to the political arena. And that's just changing the lens of the microscope and kind of stepping back and looking the political, the sociopolitical/socioeconomic situation within which people live.

It's kind of interesting, if you look at a bacteria under a microscope, you try to understand the behavior of the bacteria, it really depends on the culture medium that it's in. If you change the culture medium, it'll grow differently, it'll behave differently. And we human beings, while we cherish the idea of individuality, the fact of the matter is we're all part of a web. And the web and the culture you are in has a huge impact on behavior.

**Dr. Dave:** That's a great example. I like that metaphor.

Now I understand that both Whole Psychiatry and Functional Medicine help people to deal with chronic physical and also mental health problems. Now you're talking about creating health. Isn't that just another way of talking about preventive health? Or not?

**Robert Hedaya:** No, it's not. I think of it as three categories. So we have treating disease. We have preventing disease. So, the advice would be: don't eat red meat so you don't have elevated cholesterol and you don't have a heart attack and make sure you exercise etc. So that's all prevention. But I'm talking about creating health. So, what I'm talking about there is envisioning a healthy you and actually creating an intention that's really in a more general sense, and from that will flow behaviors and choices. But you really need to be the creator of your health. Not the preventer of illness, but the creator of your health. And, you tell me, am I getting that across to you in a clear way? Or not?

**Dr. Dave:** Yes, you are. And so, if I understand you correctly, you're saying the first step is to envision that for yourself: envision where you want to end up, how you want to end up and that that begins to set down some motivational forces perhaps.

**Robert Hedaya:** Yeah. I mean, it's very simple. And I'd like to talk in more depth, but a simple example is when, I'll never forget, when I met my wife. And we were just playing around, and I had a piece of paper crumpled up. And I was going to toss it into a trash can, ten-fifteen feet away. And she was going to do it to and I said 'Just see the path of the paper, focus on the path of the paper.' Right? And, boom! In it went! Right?

Now that takes mind control, right? But you envision it and it happens. So it's not that we have super powers; but we do have more power than we think. But we don't know how to harness it. So, when I'm talking about health, I'm talking about creating a vision of what you want. Not what you don't want to get, but what you do want. Creating a vision of that, a clear, simple vision of that, or it could be a statement of that.

And that's your goal and that's got to be your intention. Not just 'Awe, it'd be great if I had that.' No. Your intention, your goal. Something that you will do whatever you have to do to get there. Because I believe, barring circumstances that are extreme, that when we set our intention on a goal, just as human beings, if we set our intention on a goal, without ambivalence, we achieve the goal.

**Dr. Dave:** Mmmhmm. This almost reminds me of workshops on how to become wealthy or be successful in real estate

(laughter)

**Robert Hedaya:** Well, I tell you what, I think this way of understanding things applies to so many areas of life. In my opinion, if you don't have health, you don't have wealth. And that good health, mental and physical, is true wealth. But,

**Dr. Dave:** That's for sure.

**Robert Hedaya:** somebody else may want to buy an apartment building and I wish them all the luck. I mean, I think this is how the world works. And I think it's something that's taken me, I'm 63, it's taken me a long time, a lot of study and experience to understand this and how to apply it.

**Dr. Dave:** Yeah. So why do you think, or what have you found in working with people, why do you think they have so much trouble taking care of their health?

**Robert Hedaya:** Well, I think it's all of these forces. I mean, obviously on one level there's a lack of knowledge and this second level is all the information they're getting in a direct way and also in a indirect, subliminal way that's really brainwashing them and shaping their behavior.

Now, the social sciences, there's something called social physics, the marketing companies, they're so good at shaping our behavior.

**Dr. Dave:** Oh Yeah.

**Robert Hedaya:** It's mind boggling. A little scary if you ask me. But we're being shaped. And the more immersed you are in the culture and the media, etc. the more shaped you are by the companies that want to have us purchase their products. And so, that's what we're up against.

**Dr. Dave:** Yeah, one of my other hats over the past 25-30 years has been that of marketing research consultant. And I've never been in on it at the level of out and out manipulation. But what is clear to me is how marketers and researchers really look to science; they really study all these scientific journals, and so on, and disciplines for any little nugget that they can tap into to help motivate people to buy their product or service. And they're refining that into a more and more fine grained approach. Including things like fMRI studies, brainwave studies, and so on, to see what makes peoples' brain light up. And what can we do to keeping making their brain lighting up in relation to our ad campaign or our product?

**Robert Hedaya:** Yeah, that is very true. You know, there's a book that's called Social Physics and it's a very, I can't go into in detail, it would take too much time, but there's an experiment they did in it in the financial industry on a platform with, I think, hundreds of thousands of users, investors. And they manipulated things to change the way investors invested and who they associated with in order to spread the wealth and, basically, get everyone to have better investment results.

But they were manipulating the social media in this financial platform. And that's just a small example.

So what are we up against? We're up against all the people who are fighting for control of our minds and our behaviors and our pockets. That's what we're up against.

**Dr. Dave:** Yeah. Yeah. And what about passivity? What do you think makes people passive about their health? Maybe not feeling like they can do anything about it or it's not worth the effort.

**Robert Hedaya:** Yeah, I think there are a lot of factors there. In some people, they're not happy; they don't really value live so they are, in a certain sense, in a slow, passive, suicide mode. Very subtle, but they don't really care. They don't want to really live so long. Life is difficult, and it is difficult. So, that's one thing.

And then other people, you try to lose weight. And maybe you lose a few pounds and then, Thanksgiving comes, you've bumped off your path and you've gained it and you do that a few times and you start to feel a little helpless. And so you become passive.

And then there's the pressures and cost of being healthy, at least the up front cost, of better food etc. So there are a lot of factors. Still, if you're mindful, which I think is the key, those things can be overcome. And I think unambivalent mindfulness is the key.

**Dr. Dave:** Unambivalent mindfulness. That's the second time you've used the word unambivalent. What's this unambivalence? I guess it's probably refers to what you were saying: that some people maybe have an unconscious death wish, suicidal wish.

**Robert Hedaya:** Yeah, it's that. But it's also how badly do you want to do to achieve this goal? 'I kinda, want to do it.' Well, you'll kinda, maybe get there. You really want to do it? Then you're really going to get there. You're going to do the fight.

And I, myself, was in a difficult situation for the past decade and, finally, decided that I needed to resolve the situation. And I was not ambivalent. Before, I was, complainer mode: 'Oh, this is bad.' But events occurred that really pushed me to have to face the music. And then I made a choice that I was going to have to take care of this situation. And so, I did whatever I had to do.

And didn't look like I was going to have much success, I'll tell you that. But I kept doing what I had to do. And, despite numerous obstacles, ultimately, I prevailed.

**Dr. Dave:** Ok.

**Robert Hedaya:** And that's kind of the way, I think, it works. Unambivalent. Key word.

**Dr. Dave:** Unambivalent. And you suggested this topic of creating health. What do you mean when you say 'creating health'?

**Robert Hedaya:** Well, I have studied quantum physics, and I don't claim to be an expert, but I've been studying and, in my thirties, set out on a personal quest to figure out 'Did I believe in God?' and 'What did I think of that?' and etc. etc.

And as part of my reading, I read about the mysticism of various religious orientations. And, as part of that, I read about quantum physics. And, it turns out, quantum physics and the mystics of the religions and, also, some neuroscience all point to the same conclusion. And the conclusion is that everything is one; everything in this physical universe is really one. That the distinctions that we see are really a function of the way our left brain processes the information. And then the quantum physics and the mystics both cut to the same conclusion that behind the material world, for some inexplicable way, these quarks and Higgs bosons, pop into existence. They pop in and out of existence.

From where? From, I would say, on the other side of the current. And, this is my personal belief, I don't really believe that life is an accident; I personally do believe in a god. And so my belief is that these

particles are coming into existence with directions. Instructions that these are the building blocks of our world. And that, with intention, focused intention, focused prayer, keeping your mind focused on these things, that you actually can create, over time, your reality. Again, within the constraints of anything more overriding. You understand what I mean?

**Dr. Dave:** Yeah.

**Robert Hedaya:** So, I believe that when I say creating health, I'm talking about a focused intention, something you focus on daily, meditate on, pray about, read about, whatever it is, study, to achieve that goal of creating health, however you define health. That, when you do that, and you pray or you meditate or intend into this nonmaterial place, that you ask for the new material that's coming into this universe, that's sustaining this universe, the building blocks of this universe, that the information be imbedded in that, to help create for you the reality of your health. Does that make sense?

**Dr. Dave:** Yeah. So you're suggesting that our mind and our spirit can impact our health.

**Robert Hedaya:** Yeah, yeah. I think it shapes our health, frankly. The problem is we don't know. It's kind of like having a tool that, really, we've not been taught to use.

**Dr. Dave:** Right, right. So, are you talking about mental health and it's downstream effect on the body? It sounds like you're actually talking about something more than that.

**Robert Hedaya:** Well, it could be that. It could be that you are saying to yourself 'You know what? I'm sick of this depression and I'm going to do whatever I have to do to stop with this depression.' Ok. Now you start; you dive into that. You put your head into that washing machine, you read about stopping depression. You read about things that support a good, optimistic attitude. You read about happiness, tons of studies on happiness. You practice smiling. You meditate. You learn how to be in the now. You hang around people, preferentially, who are positive. And you pray when you're having trouble with the depression and you write, whatever tools you need to do.

But if you do that, over time, you will succeed.

**Dr. Dave:** Yeah. Yeah. So in your view, is a person separate from their mind?

**Robert Hedaya:** Is a person separate from their mind? Well, I think without question, and you could experience this yourself, anyone can experience this, if you sit, somebody sits, close your eyes and just focus on your breathing, the typical meditation, in, out, in, out, you notice that your mind will wander. But see there's the you that notices that your mind is wandering, and then there's your mind that is wandering.

**Dr. Dave:** Right.

**Robert Hedaya:** Right? So that you that really is stepping outside of the wandering is some other you. And so I don't think... you know what I mean?



**Dr. Dave:** Yeah. Yeah. So is it our mind that creates self? Or is it... earlier you made reference to God who creates our health.

**Robert Hedaya:** Well, I think it's not our mind that creates health. I think, in the sense, it's our mind that kind of gets in the way unless we actually feed our mind the right input. The one that creates health is the you that's observing your mind. The you that has a will. The you that stops for a minute and comes out of this automatic way of functioning and says 'What a second. What am I doing?' That's the you 'What do I want to do?' 'What do I want to do here?' 'What's my goal?' That's the you that can create the health. And it does that by using the mind as one of the tools.

**Dr. Dave:** So is the mind, and the way that you're talking about it, more important or less important than other subsystems in the functional medicine matrix?

**Robert Hedaya:** You know? I'll tell you a story. So, as I mentioned, I had a decade of real struggle. Real struggle. And central struggle in my life. And I also, looking back, noticed that about ten years ago (I liked to exercise, I'm a physical guy, and I work out with weights and bike) but I noticed that when I was working out with weights, that I would pull muscles, or it would feel like a tendon was being injured. And I play guitar and I noticed that I couldn't turn my wrist and it would hurt and this and that. And it was just one ache after another.

And so I decided to go gluten free. And I noticed that 'Wow' all these aches, well not all of them, but many of them cleared up. And I was so impressed. And I thought 'Well, I got to be gluten free.' So I worked on it. It wasn't so easy but I succeeded. And I noticed if I ever had gluten, a piece of bread or something, I would feel terrible within minutes, which didn't really make much sense to me, physiologically. But it was reproducible. So that really strengthened me to stay away from gluten. Now I resolved this ten year situation and maybe a few weeks later I felt, well I certainly felt liberated, it was a massive relief. And so I had some gluten for some reason, I don't really remember why. And it didn't affect me.

**Dr. Dave:**...some kind of interplay between this...

**Robert Hedaya:** Yeah, yeah. I tested it several times and it doesn't affect me. Maybe there's a five or ten percent effect but I'm still going to avoid it because I don't think it's healthy. But what's mind boggling to me is that the mind, and I've known this, I would have told [laughter] you this years ago many times, but your physiology, my physiology, is so controlled by the perspective or my understanding of my experience. Or let's just say my experience. It's my context.

**Dr. Dave:** Yeah, and probably your level of emotional arousal? Among other things?

**Robert Hedaya:** Yeah...I wouldn't really... I would say that my emotional veil has changed, is what I would say. But the change is so rapid. It's just remarkable. And so I think, let's take the case of someone who's had depression, it would take a real careful look at a situation and working very hard to resolve it. Sometimes depression's an external situation. If they're assessed that, and then you have to work very

diligently to change the situation and sometimes you might take a hit financially or something like that. So, in other words, it's serious stuff. But if a person is unambivalent, it can be tackled.

**Dr. Dave:** Mmhmm. What are the practical differences between the Preventative Medicine Model and the Health Creation Model? You may have touched on this already; but maybe there's some more you can say.

**Robert Hedaya:** Well, I think the practical differences that...first of all, with the Preventative Medicine, generally it's 'I shouldn't do this. I shouldn't do that. And I should exercise. I put on my seatbelt and don't smoke.'

I think, in creating health, what you're really talking about is, those things are important, but you're immersing your mind, your life, in the behaviors, the relationships that are going to get you towards your goals. So, you're maybe meditating 20 minutes, twice a day. You maybe, you're breathing, you maybe journaling but you're going to actively be engaging in behaviors. If you're on the metro, coming home from work, and you have three kids waiting for you then you're going to be listening to a podcast on health to work and back from work. You're going to order a magazine on health so that you can read and keep your awareness up. You're going to go to a Weight Watchers group. Or you're going to find a buddy or health buddy, and talk and be accountable to each other. You're going to immerse yourself in this and problem solve.

**Dr. Dave:** Mmmhmm. Yeah.

**Robert Hedaya:** And the last thing I would just emphasize is you're going to fix, you're going to develop behaviors that will help you maintain focus on your intention. And I call it prayer. Sending that request into that non-physical world, asking for things, that the support come to you. And it can take time, for the support to come to you, to help you in reaching your goal.

**Dr. Dave:** Might some other people call it 'Affirmations'? Would you think that could have a similar impact?

**Robert Hedaya:** I think you could call it an affirmation. But I think that's kind of lightweight compared to what I'm talking about. I mean, affirmations can be a part of what you do.

**Dr. Dave:** Mmmhmm.

**Robert Hedaya:** But I think it's not enough. It could be one of the tools.

**Dr. Dave:** Okay. Now you've branched out recently to offer your own brand of supplement, which is called 'Unflame'. How did that come about?

**Robert Hedaya:** Well, as I was telling you about the pain that I was having, I was biking, probably 3-4 years ago now, and I injured myself and I developed sciatica. And this was before I figured out the gluten thing. And so I went to the doctor and the acupuncturist and I tried this Flexeril and I tried these Advil

and Tylenol and hot packs and cold packs and stretching and you name it. And nothing really worked; I was just struggling through my days.

And I started to realize that inflammation was really at the root of my problem. So I started to play around with some herbs. And I found a formula that seemed to work pretty well. And then I started to test different sources of these herbs. And then I came up with a source that was mind boggling. It, pretty much, in one day, eliminated the pain. And so, then I started trying it on my mother, my favorite subject [laughter]. And my brother-in-law, and it worked very well. And then I said 'You know, this is pretty good.' So I had a compounding pharmacy make it up for my patients, a few patients.

Anyway, the results over the course of a year were pretty astounding. There was 70% response rate, improvement in mobility, reduction of pain, on average, of 70%. People were reordering it. So I decided to manufacture it. And so I've been manufacturing it for a couple years. And so that's the story. It doesn't work for everyone; but we have a very high reorder rate which, we got calls and stories very frequently. So.

**Dr. Dave:** Yeah. Yeah. I need...

**Robert Hedaya:** That's what I'm... go ahead. I'm sorry.

**Dr. Dave:** I need to back you up just a little bit. You said you were playing around with some herbs. And I just want to underscore here that what you call playing around I assume was well informed.

**Robert Hedaya:** Well, [laughter] yes, it was. Yes, it was. I tried things that are known to be helpful or thought to be helpful, like Tumeric and Holy Basil and Willowbark, which is like Aspirin. And Wobenzym, I tried that. And the different things. And did some research for some other things and settled up on this combination of five different herbs. So, yeah, I have a database that I use and then I have the ability to look at the research and see what the evidence is.

**Dr. Dave:** Ok. So that's what we mean when we say 'Playing around.' [laughter] With some herbs.

**Robert Hedaya:** Right. Right.

**Dr. Dave:** And what sorts of conditions do you think can, or have, benefitted from Unflame?

**Robert Hedaya:** Well, certainly back pain, sciatica, arthritis, knee pain. I've had people with Rheumatoid Arthritis find relief. Some people with Peripheral Neuropathy. I wouldn't say 'Hey, you have Peripheral Neuropathy. Take this.' Because I'm not sure yet that that's exactly what it is, that there's an inflammatory component to it. But, in general, I would say anything that has an inflammatory component is what it's effective for.

So I've had patients with acne, which is inflammatory and drug induced acne, which inflammatory, and it has a significant effect on that. So, I think if someone's seeing me about it, they should try and understand whether inflammation is part of their problem. But, broadly speaking, we're talking about

arthritis, back pain, post surgical pain, rotator cuff, that kind of thing. Musculoskeletal, fibromyalgia, you know.

**Dr. Dave:** Yeah, yeah. I know a lot of people suffering from those sorts of things. And certainly, inflammation is one of the things that I've read a bunch about that, it seems to come up in a lot of different complaints that people have and, I get it, there's a lot of medical study, right now, on inflammation and .... go ahead.

**Robert Hedaya:** Yeah, no, I like to say that if you don't get by a truck it's inflammation that's going to kill you.

**Dr. Dave:** Yeah.

**Robert Hedaya:** So, that's kind of how it shows up, whether it's cancer or cardiovascular disease or dementia, that's another issue. But it's obviously a major player and the Unflame is very helpful. But also it's important to keep working on the diet and to reduce the inflammatory stimuli and to, obviously, based on my story, to really work on your life situation and your attitude.

**Dr. Dave:** Yeah, yeah, I'm impressed by that. And I would love to press you for details but I'm sensing that you're not open to that so I'm backing off. But as we wind down here, I'm wondering if there's anything else that you'd like to add.

**Robert Hedaya:** No, I think that's it. I can only say I'm really passionate about it and I can say that, given my recent experience, even though I've preached mind, body, spirit, social and socioeconomical, I'm just kind of blown away by the effect of mental/social change on my physiology. And I think that that means that we have a lot more power and need to not be thinking as much about the physical aspects as we need to be thinking about our happiness. And, you know, my cholesterol dropped to normal.

**Dr. Dave:** Really.

**Robert Hedaya:** Really. Yeah, it dropped to normal. And I noticed I had ridges on my nails. I always wondered what it was and my nails have returned to how they looked when I was forty.

**Dr. Dave:** So, all of this is a result of taking care of business in the way that you described.

**Robert Hedaya:** Taking care of business. And it wasn't easy. And it wasn't, believe me, it wasn't easy. Yeah.

**Dr. Dave:** Yeah. Well, I applaud you for that. And, in this field that we're in, there's the danger of, there's all this stuff that we preach, all this stuff that we know and we've studied, but where the rubber meets the road is, and sometimes life drives us to it, 'Ok. I've got to practice what I've been saying. I've got to really, really get into this.'

**Robert Hedaya:** Yeah. Yeah. And it's not so easy. A lot of times your back has to be up against a wall...

**Dr. Dave:** Yeah.

**Robert Hedaya:**...before you, a person, decides to really take action. You know?

**Dr. Dave:** Yeah.

**Robert Hedaya:** At least in my case, that's often the case. But I don't think it has to be.

**Dr. Dave:** Right. Hey, it's been good talking to you again. Dr. Robert Hedaya, I want to thank you for being my guest, again, on shrinkrapradio.

**Robert Hedaya:** My pleasure, David. Thanks so much.