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On the VoiceAmerica 7th Wave Network

Episode #10

Show Title: How ADHD Can Kill Your Love Life, and How to Keep it From Killing Yours

Show Date: November 27, 2013

Guest(s): Dr. John Gray

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Show Description:

We all know ADHD (Attention Deficit Hyperactivity Disorder) affects children's learning, and many of us feel it affects us at work. But did you know ADHD (yours or your partner's) can sabotage your intimate relationship?

Dr. John Gray says, "In nearly every couple I have ever counseled the inability to correctly or appropriately regulate attention and focus is one of the root causes of their challenges. Just as ADHD has become an epidemic in children, it is wrecking havoc in our adult lives and relationships giving rise to increasing divorce statistics."

In this show, we'll explore how ADHD shows up in adults, and how the effects are more far-reaching than the standard symptoms of ADHD, as unexpected as how we operate in the world as women and men, and how these effects can erode the bond between even the most loving partners. We'll also discuss some solutions that can lead to less stress, better relationships, more energy, and overall increased vitality and happiness.

Guest Bio:

John Gray, Ph.D. is the best-selling relationship author of all time and the most trusted voice in relationships today. He is the author of 17 books, including The New York Times #1 Best-Selling Book of the last decade, MEN ARE FROM MARS, WOMEN ARE FROM VENUS. His 17 books have sold over 50 million copies in 50 different languages around the world.

John is a leading internationally recognized expert in the fields of communication and relationships. His unique focus is assisting men and women in understanding, respecting and appreciating their differences. John's advice can be easily used to improve relationships at home and in the workplace.

For more than 35 years, through his highly acclaimed books, videos and transformational seminars, John has entertained and inspired audiences with practical communication techniques. John's purpose is to create a world where men and women understand, respect, appreciate, and ultimately work together.

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Welcome to Extatica: The Way to an Erotic, Ecstatic Love Life. Your host is Ellen Eatough, the Soulful Sex Coach. Our program will take you beyond the sex you have been experiencing and open up a whole new world of intimacy. You've got a lot to learn today, so let's get started. Here is Ellen Eatough.

Ellen Eatough: Welcome and I'm very excited about the show today. Now, we all know that ADHD or Attention Deficit Hyperactivity Disorder affects children's learning, and many of us feel it affects our work. But did you know that ADHD, either yours and/or your partners, can sabotage your intimate relationship?

Dr. John Gray is my guest today and he says, "In nearly every couple I've ever counseled, the inability to correctly or appropriately regulate attention and focus is one of the root causes of their challenges." That just blew me away when I heard that. He goes on to say, "Just as ADHD has become an epidemic in children, it's wreaking havoc in our adult lives and relationships giving rise to increasing divorce statistics."

Now, in this show we're going to explore how ADHD shows up in adults and how the effects are more far-reaching than the standard symptoms of ADHD. It's unexpected as how we operate in the world as men and women and how these effects can erode the bond between even the most loving partners. We'll also discuss some solutions that can lead to less stress, better relationships, more energy and overall increase vitality and happiness. So who could want more than that?

So I want to introduce Dr. John Gray. You can't be listening to this show if you don't know who he is, but I'm going to tell you anyway just in case you haven't heard some of his background. So he's obviously the bestselling relationship author of all time and the most trusted voice in relationships today. He's the author of 17 books including the New York Times number one bestselling book of the decade, *Men Are From Mars, Women Are From Venus*. His 17 books have sold over -- get this -- 50 million copies in 50 different languages around the world.

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For more than 35 years through his highly acclaimed books, videos and transformational seminars, John has entertained and inspired audiences with practical communication techniques and more. His purpose is to create a world where men and women understand, respect, appreciate and ultimately work together better.

So one thing I really admire about Dr. Gray is his continued research. We're going to be discussing that more.

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First, I want to just welcome you, Dr. John Gray.

John Gray: It's such a pleasure to talk with you again. It's a delight, and I'm looking forward to our interview.

EE: Yeah, well, it's great to have you here. Now, I want to tell people that I follow your work and I'm on your email list. Not too long ago you sent out a preview copy of a book that you're writing or you've just completed called *The Mars Venus Wellness Solution for Focus: Natural Remedies for ADHD*. It really struck a chord in me because I saw myself in what you were writing. So first I just want to clarify, are you talking about just ADHD or also ADD without the hyperactivity?

JG: Well, what I explore in the book is ADHD is not just squirming around in your chair or feeling impulsive or even being distracted. Those are three versions of what's now called ADHD. There's also, of course, the old version was ADD, Attention Deficit Disorder. But what I've explored is how ADHD actually shows up in four different ways. Distraction is one, impulsive and hyperactive is another, but hypersensitive is another that's often not diagnoses but it's the same condition with somebody who has a different body type and temperament, and also hyper compulsive which is often diagnosed as OCD, but it's actually hyper. Anytime you have hyper in front of a normal behavior, you have attention deficit hyper disorder.

So it's really the hyper that I'm focusing on here. I only point out ADHD not from the point of view of "Gee, you need to be diagnosed so that you should take drugs," but it's really looking at a phenomena which is occurring in relationships, in children and old age. It's affecting everybody today in our society in some way.

I expand that definition of ADHD not from the point of view of everybody should be drugged because a lot of people go, "Wait a second, wait a second." It's in order to understand the symptoms that I see happening in people's lives and then addressing what causes this condition and then addressing natural solutions for healing the condition. As I talk about these solutions, I'm certainly not telling people to not follow their medical advice of their doctors. They should always check with their doctors if they're following some medical program. This is for education only.

But if you find yourself inspired to improve your health, you can go to your doctor and then say, "I've improved my health and I would like a protocol for going off of this anti-depressant," or for going off of this ADHD drug which none of these drugs have proven to help anything except some symptomatic relief for a period of time and then the condition gets worse. This is huge amounts of documentation showing how these drugs actually can cause symptoms later in life, both in our health and particularly in our relationships as where I've seen it. Although for some parents, it's been like a miracle at least to gain some control or give their child some control.

The good news is that there are lots of natural alternatives, some natural supplements that people can take that are in your health food store, that are easily

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available, and they produce immediate results so that a child doesn't have to take these types of drugs or an adult doesn't have to or an adult doesn't have to medicate their own condition with high amounts of coffee, stimulants or alcohol or drugs. So this is a phenomena which is occurring in our world today, in our model world. I outlined the different causes of it so we can stop doing those things and let the brain heal.

EE: Absolutely. So although you've already really said this, I just want to give a little underscore disclaimer that we're going to be talking about biological processes and so forth and ways to heal, but this is not to be taken as any kind of medical advice to treat or cure a disease.

I'm so happy that you expanded that definition to those four areas because it just makes a lot more sense for me. I always felt that if they had the diagnosis when I was a kid, I would certainly have been nailed with that. So I think it helps to make sense for a lot of people about what's going on with them or their partners.

But let's get back to how this began. You say in your book that you had ADHD until you were 50 years old. Since you've been so successful, it's easy to think it couldn't have had much of an adverse effect on you. So how did it affect you?

JG: Well, that's a very interesting concept; the Einstein with ADHD... All of your very, very successful people -- big researchers, scientists, artists and so forth -- were all different variations of ADHD spectrum. The ADHD spectrum goes to autism, goes to Asperger's and, of course, I mentioned compulsive disorder and so forth. It's really the same condition in a different temperament of a person.

So all of your scientists have been diagnosed that way, all of your major politicians and so forth. Abraham Lincoln was bipolar, bipolar being another version of that. Now we have today, bipolar used to be one out of 10,000 children were diagnosed with bipolar around 21 years old. This is just about 25 years ago. Now it's one out of 70 children are having bipolar. We're looking at autism. It used to be one out of 10,000 children was autistic. Now we're looking at in America one out of 38. So we're getting more autistic children than bipolar children, and we're looking at actual ADD and ADHD which is diagnosed and medicated. We're looking at one out of 10 children.

These are striking, shocking. When it comes to the ADHD, when I expand the diagnosis, meaning that when you start to see what the condition really is, we're not just talking about the children who are being treated with Ritalin and Adderall for a particular kind of ADHD, but actually it's the same condition which is injury to the brain, by the way.

What is that one condition that causes all of these ADHD spectrum conditions? That one issue is going to be -- you can see it -- it's called inflammation in the brain, which interferes with the dopamine functioning in the brain. So you could call really what ADHD is is inhibited dopamine function in the brain because dopamine is the

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brain chemical of focus and attention and it also is the brain chemical of pleasure. So when you have an absence of pleasure, you have more pain and that's your more sensitive temperament. They're actually affected by EMFs. They're affected by Wi-Fi. They're affected by the toxicity in food. Their cell membranes are actually thinner. They're more sensitive beings and that's their genetic predisposition. When they have injury, free radical damage to the brain, they become depressive or overly sensitive, mood swings.

Then you have the tougher kind, you get more like the fireman type, the policeman type, the army type, the weightlifter type; this type of people tend to take on the hyperactive symptoms and that's just their genetic tendency. When they have inhibited dopamine function, then they tend to become very bored in life unless they're doing something which is dangerous or risky or lifesaving. If they don't have a job like that, then they tend to become addicted to alcohol, particular a heroin addict for quite often this type as well. If you even look at the root of heroin, it's hero; a drug that makes you feel like a hero without having to do anything. So this is the tendency, so the hero, the bold temperament, you've got the more sensitive temperament. Then you've got more of the scientist temperament, analytical types, the Einstein types and so forth, and they tend to be the ADHD distracted type.

So you take someone who likes new ideas, likes to explore more deeply into things and they become easily distracted because they keep coming back to one focus. See, there are two types of distraction. There's one where you become hyper focused on one thing which makes you always become distracted to everything else. For example, let's say, my wife is talking to me. If I'm ADHD -- and this is the type I was -- if my wife is talking to me and it's not as important or significant in terms of -- the problem is not big enough, my attention goes right back to work and I'll be thinking about some puzzle at work I'm trying to solve, some crisis at work I'm trying to solve. She'll be talking and I don't hear a word she says. That's hyper focus which then makes you easily distracted from the person who is talking to you.

But you can also have what happens to women quite commonly and it's never all one thing fits everybody but quite common for women is they become distracted because they're hyper focused on everybody else's needs other than their own. So they tend to become very ungrounded, feeling overwhelmed, worrying about other people and everybody else. They can't maintain focus on one thing because they're overwhelmed with hyper focus trying to be there for everybody.

So it's the same situation, this is what we have to understand, is all of these conditions are hyper. Why do we become hyper? It's an inhibited dopamine function of the brain.

EE: Wow! You've expanded this so far. I'm wondering if we actually have so many more people with these kinds of I guess diagnoses as you put it, or it's because we've expanded the definition and maybe it's a combination thereof.

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JG: Well, no, there's a real phenomena which is happening in the world which is why ADD started being noticed and diagnosed and why ADHD started being noticed and diagnosed. Boys will be boys. But what we have now is hyper boys. We have girls will be girls, but they'll become hyper girls or they compensate by becoming hyper the opposite. Whenever you have a psychological mechanism which becomes out of balance, we will always find a compensation for it -- or not always, but quite often if the pendulum goes far to the right, it will then swing far to the left.

So let's look at one of the functions of dopamine is interest. Whenever you're interested in something, dopamine is being released, okay? So let's say that you have inhibited dopamine function, so you have less interest in what you're doing. What that means is you're bored. So what do you do when you're bored? You compensate and now you find something that makes you interested that's like -- and in this case those who have inhibited interest, they tend to be the hero types. They find something that's life and death, something that's dangerous because life and death, danger or sex, illicit sex, immoral sex, the kind of sex you wouldn't want your parents to know you're doing, that kind of -- or your priest, whenever you do anything somewhat dangerous or out of the box so to speak in that way, that's a natural dopamine stimulator. So now you stimulate more dopamine. As a result, you begin to feel very interested in that.

So this is like what's happening with internet porn. for example. We know that when you have -- particularly for males but also for females, just more powerful for males -- is that when you have impersonal sex, that means non-intimate sex, it raises your dopamine levels much, much higher.

EE: Oh, whoa!

JG: And that's well known. A big part of that is newness stimulates dopamine. If it's impersonal, then you don't know them at all, then it's completely new. This is one of the challenges you talk about on the show which is how do you maintain passion in a marriage where you're with the same partner again and again and again and the same person you see every day? You've got about three years of automatic dopamine production which is the newness of the relationship. The challenge also stimulates dopamine. So you've got that sense of newness.

One of the phenomena symptoms of inhibited dopamine function is that if your brain is not making enough dopamine or the function is not working the way it's designed to, then you easily become bored with one person. So now you need that extra stimulation of somebody new, somebody different, or somebody you don't even know which produces the maximum dopamine stimulation, then what occurs is that now you have a higher level of dopamine being released which causes you to become even more bored with normal stimulation.

EE: Yes, the contrast.

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JG: That's what's happening today. This is our whole society. It's a condition that when you experience overstimulation of dopamine or any hormone or brain chemical, when you over stimulate it, then the receptors sites become less. So for example, if you were to take cocaine, cocaine is a big dopamine stimulator.

EE: Can I interrupt you for a moment? Can we come back to this after we take a short break?

JG: Yes, yes.

EE: Okay.

JG: I get going on it.

EE: It's so interesting. So we're going to take a short break.

This is Ellen Eatough with my guest, Dr. John Gray. You're listening to Extatica. You could listen to the replays of this show and others at extatica.com/show. A couple of days after the live broadcast, you'll also get downloads of the show and show transcripts at extatica.com/show.

So stay tuned for more with Dr. John Gray on ADHD and how it affects your relationships and what you can do about it.

[Commercial Break]

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Welcome back. This is Ellen Eatough on Extatica with my guest, Dr. John Gray, author of *Men Are From Mars, Women Are From Venus*. Today we're discussing ADHD and how it can impact your intimate relationships and how to prevent that or how to prevent the adverse effects that is.

So before we went to break, we were discussing how dopamine and how the dopamine receptors can become less sensitive if we kind of overdose on it. Can we just do a quickie on how to keep our dopamine levels up in a relationship after that three-year honeymoon we start out with?

JG: Well, if we focus on that, that's why we have all these great relationship skills today. They're really a compensation for this phenomena of men losing interest in relationships and women feeling overwhelmed and unresponsive. You see, this is where our stress levels are much higher. What I'm doing is linking the ADHD symptoms that are going on the brain with our higher stress levels and that higher stress level interferes with our hormonal balance. When women's stress levels are

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much higher, they're depleted of the hormone oxytocin. Oxytocin is the sexual response hormone in a woman. It's also the love response. It's that "Oh, I'm so happy to see you. Oh, good. Oh, what a good idea. That was brilliant," all these nice responses that women have in the beginning of the relationship, it tends to go away after a while. And likewise, the behaviors that men had in the beginning of the relationship have a lot to do with dopamine function which increases his testosterone levels. For men to have that interest in the relationship, they need to have healthy testosterone levels.

EE: And so you're saying there's a connection between ADHD and dopamine?

JG: ADHD is inhibited dopamine function in the brain.

EE: Inhibited, okay.

JG: That's what it is, okay.

EE: I know you said that but there's so much information you're giving us which is great. I just want to be clear.

JG: It's really good to clarify. So dopamine is always associated with four different aspects. It's associated with focus. So when a guy is dating you, you can see who's married and who's not at a restaurant. If this guy is not married, he is focused right on the woman. If a guy is married, he's looking somewhere else. I mean, you can see it. It's the newness. So you look in the things that stimulate dopamine or newness, challenge, urgency, emergency, secrets -- all of these things -- specialness -- these are dopamine stimulators. What the research has shown is that dopamine is associated with a pleasure center in the brain. So anything that produces pleasure is releasing dopamine.

So sugar, for example, is one of the causes of ADHD, high sugar levels, high blood sugar levels that's rampant today because the same part of the brain that gets activated when you have cocaine gets activated when you're having sugar or when you fall in love. It's the same part of the brain. It's that newness and psychological term stimulates dopamine, drugs can stimulate dopamine, alcoholics or people who have a gene that can convert alcohol into dopamine and so it makes you feel fantastic. It makes you feel alive. So it's associated with being interested in something, being focused on something, the pleasure that comes from being interested and focused, all of those aspects and motivation, when people are motivated to do things, these are all functions of dopamine.

What we have today is a simple concept -- and I was mentioning before the break -- if you took cocaine, it increases your dopamine levels dramatically, but the next day you've just lost 30% of your dopamine receptor sites. So life will be one-third as exciting as a result of that taking that drug. This is what happens after people have big peak moments is they feel very flat afterwards. If they don't know how to come

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back into balance, they tend to become dependent on these peak stimulations which can be danger, can be drugs, can be sugar, can be arguments, can be sex, can be sex with a new partner, can be internet sex, all these things that produce high levels of dopamine -- and eating also produces high levels of dopamine for some people so they eat more.

This is what's happening in our society today. When we had the Civil War, there was such a destruction in this country, such devastation that happens after war. America became a country of drunkards. Literally, men back in the 1800s drank three times more than men drink alcohol today. Then in the 20th century, we started eating sugar as a replacement. When people go in AA, they stop drinking but then they become sugar addicts.

EE: Yes, and there's almost no processed food you can buy in the market today that doesn't contain sugar.

JG: That's exactly right.

EE: And you wouldn't expect.

JG: It makes you addictive. If you don't have the extra stimulation, it's a boring flat food. You just don't want to repeat it. So marketers know you've got to add the sugar to compete. What is it? McDonald's adds sugar to their milk. Their sales went up %20 just going to that.

EE: So how do we then – so we got this low dopamine issue. If somebody is trying to assess it, they've got this problem in their relationship, how do they recognize the ADHD in themselves or their partner? I mean, you've kind of given the extremes, but what if it's not quite so extreme?

JG: Well, what it is, it's the gradual familiarity. As you become more familiar with your partner, you have to have very healthy dopamine levels to stay turned on to them, to stay interested in them. At one level, you look at some of the natural solutions for erasing your dopamine. But another level, on a behavioral level, what you do is you have to create a romantic date. When I say you have to, there's variations of everything I say. It's not black or white. You create a date every week where there's something new and different that you're going to do. The man takes the responsibility for "doing it," and the woman is responsible for letting him know what she wants him to do. There's that little dance, a masculine and a feminine, because when a woman is anticipating having someone take care of her, it increases her dopamine levels and releases oxytocin.

So she's very excited. She becomes, "Oh, what's going to happen? What are we going to do?" It's kind of like women who say, "Oh, when he surprises me, I love it." Surprise is a big dopamine. But just going somewhere new and different and she can plan "What I'm going to wear?" and create time in her schedule, and she knows that

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he's doing something for her. The sense that he's doing it for her not only does it increase dopamine in a woman but increases the hormone oxytocin which is her sexual response hormone. For men, the sexual response hormone is testosterone. When men's dopamine levels go up, it feels like "I'm on a mission. I can anticipate success. I can do this. I'm going to do this." That raises his testosterone levels.

That's why as an expert in sex, you're always teaching couples that they need to have more romance. So practical tools for creating romance, I've written whole books on that along with how to -- communication actually is one of the number one stimulators of dopamine and oxytocin, that's for sure, for women to lower their stress levels. If she feels she can be heard, then her oxytocin levels go up and she anticipates being with her partner increases her dopamine levels.

EE: But what if he has ADHD and she can't get his attention long enough to get that communication going? I mean, that's part of the problem.

JG: That's a big part of the problem. It's like women have to learn how to ask for support. That's the challenge. Men stop doing the things they did automatically in the beginning. So see, the newness stimulates a lot of dopamine which motivates men to do stuff. Then once newness goes away, women see men are just sort of withdrawing and they're less motivated and they're more into their things. Where is their motivation? Usually, it goes to work. So they become these workaholics and they're focusing on their work. Men who don't focus on their work because their work isn't that challenging or exciting or rewarding, they tend to focus on sports.

So you see, the less someone feels rewarding in their work, they tend to be drawn to sports because at a sports game or watching sports, it also stimulates dopamine. Now, we have a replacement which is video games which is a major dopamine stimulator and internet sex.

EE: Well, I have a question that relates to this and that is, first of all, a lot of people have observed especially in this area that we live in northern California and Marin County, north of San Francisco, but also in other parts of the world and that is that so many women, as women have moved more into the workforce in the last couple of generations and had to kind of deal with a masculine-dominated environment, our masculine or young energy has sort of been drawn forth more than our feminine energy oftentimes. I'm wondering if there's some kind of a connection. I've noticed in myself that maybe there's a little bit of an addiction to my own adrenaline like deadlines and that sort of thing. Can addiction to our adrenaline affect our dopamine?

JG: Well, when your serotonin levels drop, serotonin says, "I have plenty of time and I have plenty of support." When serotonin levels drop, dopamine converts into adrenaline and yes, you can be addicted to that. They've done brain scans on -- and adrenaline means danger. Grieving the loss of a loved one like feeling a death, right? There's like danger with that too, a huge loss which has occurred. It's not

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anticipating loss; it's reflecting on a loss. They did brain scans on people who are grieving a loss, and what they found is the same part of the brain lights up. There's one part of the brain called nucleus accumbens. It lights up as when you were taking cocaine or eating sugar. So literally, you're stimulating through that adrenaline experience. You're helping to give your body a sense of aliveness. It may not even be pleasurable, but it will be a sense of aliveness which is neutralizing anxieties and fears and so forth.

EE: Right. So related to this, since the adrenal glands are affected, our kind of the support system for the thyroid as I understand it --

JG: That's right.

EE: -- have you observed the connection between ADHD and thyroid issues especially in women? I ask this because women who again --

JG: Not just me but the research has pointed that out. It's a direct relationship. See, it's all linked in together.

EE: The thyroid burnout or adrenal burnout, yeah.

JG: Yeah, adrenal burnout. Once you've been in adrenaline mode for a while, you start to experience elevated cortisol levels and that exhausts your adrenal gland. Once your adrenal gland becomes exhausted, then if you're a woman, your hormonal balance is disturbed and that's what gives rise to menopausal symptoms or before menopause it gives rise to premenstrual syndrome. It's the imbalance of estrogen to progesterone. To make cortisol, your body uses up progesterone. A cortisol is a stress hormone. After you make adrenaline, then comes cortisol.

Cortisol uses up your progesterone and progesterone is necessary to calm the brain. So it's a vicious cycle that gets into the brain. So Harvard researchers have found that when women are stressed, they don't really have an off switch. It takes days for it to slowly calm down. Men have a much more efficient off switch when they're stressed. They can tend to forget it, but women can't and they tend to roll around it --

EE: Sort of like sex, isn't it?

JG: -- which is why the workplace environment, women in the workplace, the research is showing, are twice as stressed as men on average. This is because urgency, emergency, these things tend to stimulate testosterone and testosterone tends to lower stress. Now, for women, when they're in that workplace environment, that dopamine challenge bottom line, urgency, work for money, sacrifice, all that stuff, those challenges stimulate dopamine. But when a woman is feeling stressed, she has eight times more blood flow to the emotional part of the brain. This then causes serotonin to get released which now calms her brain, but then she runs out of

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serotonin. So once the woman runs out of serotonin, then dopamine levels convert into adrenaline.

I know this is complicated for people who have never heard of this before, but it makes women much more vulnerable to the side effect of adrenaline and cortisol. So women stress levels today in the last 20 years have dramatically gone much higher than men. So it used to be lower. Now they're higher.

EE: This is such great -- one thing I love about what you do is you're constantly, sort of what I understand, researching literature out there and all of the studies that had been done and kind of pulling it together and sort of --

JG: In a psychological context. That's the difference is that most of the researchers, they're looking at tests too; they're looking at studies. They don't have the background in human relations of teaching -- 30 years I've been teaching men and women in relationships and then suddenly you tie that into the hormones, you see, "Oh, my gosh." Everything I've been talking about in terms of men and women and relationships and sex and passion, it's all directly tied into hormonal balance and brain function.

EE: Yes. I want to tell people, because I know there is a lot of information you're giving and I really appreciate that you're giving us the details, but if they want to catch this and be able to get the details and reflect back on it, I just want to remind you that you can get the transcripts of this show at extatica.com/show.

This is one of those particular shows that I think people are going to want to have the written material. I know in the segment which we'll start in just -- we'll have to take a break in just a moment, but we're going to get to some of the solutions that people can explore for themselves in a healthy way to try to mediate the effects of ADHD. I know you're going to talk about some natural remedies, but I want to know if you have familiarity with what can be done with a couple of things like either mindfulness, meditation or with low frequency neurofeedback. Are you familiar with that one?

JG: Yes, yes, I'm a master of meditation. I was a yogic most of my years. I love this stuff.

EE: I know you're a master of that, yes. But do you think that can really --

JG: Oh, it helps, it helps without a doubt. It's a foundation. It doesn't do the whole thing. When we come back, I'll talk about the physical side of it. We need the behavioral side of it, we need the mind practice, the mindfulness side of it, but we also need the nutritional side of it and that's what's missing for so many people.

EE: Right. And are you familiar with the low frequency neurofeedback?

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JG: I'm associated with the neurofeedback. I'm not sure about the low frequency.

EE: Okay. I've just been told recently that -- when I told somebody that I was going to do this show, they mentioned that that was a kind of a feedback mechanism that really has great impact on ADHD, but since I'm not an expert --

JG: No, no, it does, it does. I've seen the research and it's helped improve as to the one I've seen. That's not my expertise though.

EE: Okay. So one thing I want to tell people about is that you have a soul mate seminar coming up at your place in Mendocino in Northern California. It's right on the coast. You've got one coming up in March, March 20 to 23rd 2014, and you can register online for this at marsvenus.com.

I want to tell people that I've been to this program a couple of years ago, and I definitely recommend it. One is it's in a beautiful location. It's a very personal setting. John has got all these great tubs of various sorts and hot spaces you can heal in and work on your relationship. It's a small group. It's very intimate. You get a lot of time with John. It's just in a beautiful setting on his personal ranch. People just get so much out of it. I just want to highly recommend that.

So we're going to take another short break, our last break. This is Ellen Eatough and my guest is Dr. John Gray. We'll be back with some specific things you can do to address and balance these symptoms in your life.

[Commercial Break]

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Welcome back. This is Ellen Eatough on Extatica, discussing how ADHD can kill your relationships and what to do about it with Dr. John Gray.

Lest I forget at the end, I want to make sure I have time to tell you that if you want to learn more about this, more than maybe we'll have time to discuss during this program, you can always go to marsvenus.com and get on John's mailing list, and that way you can get a summary of all of his ideas and you can follow his work. For example, I was on his email list and that's why I got this free preview copy of his book, the one we're talking about. What's the title of it again, John?

JG: Mars Venus Health Focus.

EE: Right.

JG: Natural solutions for optimal brain function, for memory and for ADHD.

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EE: Right. So hop on his mailing list and then you can get summaries and more details about this, and you'll learn about all this upcoming programs if, by the time you hear this, you've missed the one that's coming up in March.

So let's talk about some natural remedies for adults for -- they might apply it to children I'm guessing too -- but what can we do to mediate these ADHD symptoms and because they're affecting our intimate relationships and obviously our relationships with everyone else in our lives.

JG: Well, for men over 40, their testosterone tends to be declining. So there's an herb called tongkat ali. I do have a video explaining that at my website for people more interested in that. But that tends to be very, very popular. There's over 800 products online that have that ingredient. Now, this is just a pure ingredient and it comes from Thailand.

EE: Can you spell that first word, tongkat.

JG: Tongkat ali, T-O-N-G-K-A-T A-L-I.

EE: Thank you.

JG: And that will, usually, for many men, for most men, give an immediate boost to their testosterone levels. Now, if you already had belly fat and you are a man, that means your hormonal balance is way out of balance. Your estrogen levels are higher than your testosterone. If you have belly fat, then even taking tongkat ali will not have a big effect. It will have an effect but not as big because belly fat converts testosterone into estrogen. It produces an enzyme called aromatase. So it's important then if you have belly fat to do tongkat ali along with something to reduce estrogen levels.

Now, one of the most powerful things is some Chinese herbs I recommend called myomin, M-Y-O-M-I-N; and I have a whole video on that and how it works and so forth. It's extremely popular. It's an incredible product to help remove excess estrogen from the body. This is for women and for men. Keep in mind that most cancers are going to be accelerated in growth if you have an estrogen-dominant body, and that's usually the case.

EE: Does that give women an imbalance though if they get rid of estrogen?

JG: No, it would just throw out what's called xenoestrogens. They're in the meats that we eat. They give the animals estrogen and the pesticides that the body -- and non-organic foods, the way the body register them as estrogen. They're called xenoestrogens and they're a hundred times more powerful than regular estrogen. So what it ends up doing with these false estrogens is it suppresses the normal estrogen

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function, and it also inhibits the production of progesterone which we talked about before which is so important for calming the brain.

So these are just some really very common solutions.

Another one is high stress levels in women will deplete their oxytocin levels. Once your oxytocin levels are depleted, if you're a woman, your dopamine levels will start to decline and you'll begin to feel like you can't focus and you feel overwhelmed trying to do everything rather than focusing on being grounded on what are your needs and balancing your needs with the needs of others. So that becomes another challenging aspect

And there's what's called mineral orotates, and these are fantastic minerals that will -- I've been promoting them for 12 years and thousands of people have gone off of anti-depressants which is depression is often a symptom of stress as well as helping so many thousands of people go off of their ADD drugs. Now, you don't have to be on anti-depressant or ADHD drugs and mineral orotates. It's just that's how good they are and these are simply just minerals: calcium potassium, zinc, magnesium, and lithium bounded to orotic acid. This is a B vitamin. They cross the blood-brain barrier and they restore balance to the brain and most importantly, they protect the brain cells from the free radical damage caused by free radicals when we eat a high-sugar diet.

So what we're seeing today is our high-sugar diet is one of the major causes of ADHD and these symptoms we've talked about because when you eat sugar and your blood sugar goes high, then it causes more for free radicals get produced, and these minerals are necessary to protect the brain cells from damage. Once that damage starts to occur, then you get something called inflammation and that disturbs the natural dopamine function in the brain. All you need to do is start cutting back on the junk food, but at the same time provide the right nutrition for your brain.

EE: Which you have to do if you're going to cut off the junk food because otherwise, it's hard to break the addictive cycle.

JG: Exactly, because the junk food is compensating for the lack of minerals in your body. It's not like it's giving you more minerals; it just gives you extra stimulation. So what we want to do is if we can just think about even the metaphor of minerals is that minerals come from the earth. It's like from the dirt. It's the ground jewel. What we see is all these ADHD symptoms is we're up and down, back and forth, too much, too much, too much rather than a groundedness like a tree rooted into the ground stable, solid, but yet alive and motivated.

So that's the importance of the minerals and just the minerals along with a good diet. So what I put together is a super food shake formula which I have at the website as well and that is particularly undenatured whey protein, undenatured casein protein. These are the proteins that are in milk. If you get them in raw form, organic, raw

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form, grass-fed cows, it's proven to produce five times more of a substance called glutathione. Glutathione is produced by your liver and it protects the brain from free radical damage. Every person who has memory problems, dementia and Alzheimer's, has dramatically low glutathione levels. So we want to do something to increase the glutathione levels.

Every child with ADHD, autism, Asperger's has almost no glutathione. See, what they have is this injury, this free radical damage occurs in the brain, interferes with normal dopamine function and will stay that way the rest of your life only getting worse and worse unless you help your body to make more glutathione. The body has to make glutathione so that vitamin C is effective in healing the brain. The glutathione protects the brain from damage. But to heal the brain, you need to take vitamin C. Now, vitamin C goes right out of your body. If you take vitamin C and your body is making glutathione, glutathione will recycle your vitamin C 50 times.

Now, every animal on the planet besides humans will be able to make their own vitamin C. There's a few exceptions, but they can make their own vitamin C. So if my dog has an infection or an injury, the dog will make 200 times more vitamin C to heal the injury. Vitamin C is the number one vitamin for healing free radical damage. Glutathione is made by humans to recycle the vitamin C. We can't make our own vitamin C but we can recycle it, so it's 50 times more effective. So basically, we need to increase our dose to about a thousand milligrams of vitamin C a day along with precursors for glutathione production in the body and suddenly the brain will start to heal as long as we don't keep damaging it.

EE: And again, those precursors are the minerals and the other herbs that you're talking about.

JG: Well, there are minerals and their cofactors and they also help protect the brain from damage. The precursor to making glutathione is the undenatured whey protein. That is your most powerful precursor. Also, any sulfur product, taurine is an amino acid. I like to keep going to the natural foods whenever possible, but you can take a supplement called N-acetyl cysteine because this cysteine will convert into the glutathione.

But we have to help our body to make glutathione and what inhibits the liver's ability to make it is taking pain pills, taking -- Tylenol is the very worst. Giving children Tylenol has damaged their glutathione production until they heal. It's a number one cause of autism is when children have vaccinations and parents give the children Tylenol because your body is designed to have a fever if there's an infection, but Tylenol completely suppresses the fever by suppressing glutathione production. So what happens is the bacterium in the vaccination creates an infection and it just doesn't heal because there's no glutathione.

So what we see is that since 1980, vaccinations have increased, increased along with autism. But in Cuba, they haven't increased at all. There's no autism there and they

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have the same vaccinations. So it's not the vaccinations per se; it's the giving of Tylenol which they don't allow you to do on Cuba.

EE: Oh, wow!

JG: These are just amazing statistics. This is in PubMed. This is right out there and yet doctors are still telling parents to use Tylenol. There's over 600 over-the-counter products with acetaminophen which is the active ingredient in Tylenol, and children are taking it every day interfering with the glutathione production as well as adults.

EE: Wow. So we're all at risk.

JG: We're all being affected by those harmless over-the-counter drugs, antihistamines, pain pills, aspirins. All those types of pain suppressors and symptom suppressors in order to avoid any kind of illness are actually causing much bigger problems.

EE: Yes. So I want to get back to what you were saying about the natural foods and I wanted to see if you think that some of these super foods are a direction that would be helpful like the chia, the acai berries, the super greens, cacao.

JG: I wrote a whole book on all of those. It's called Venus on Fire, Mars on Ice and those are fantastic super foods or fantastic additives to your basic whey proteins. So that's what I do is the basis is the undenatured whey protein. People who think they can't tolerate dairy, if it's organic and it's grass fed and it's raw, they can. That's what I've seen with thousands of people is that there's a whole new experience when you take the whey proteins that I recommend that your body can utilize, but it also has to be with the casein protein because when you look at milk, you've got two proteins and you take one out of the other and it makes it harder to process one.

EE: Yeah, because nature didn't put it that way.

JG: That nature didn't put it that way and everybody, they take the whey protein, even you can buy some undenatured whey protein and I've tried them and it's like a sugar high for me because it converts right into sugar. You need casein slowly. It takes four and a half hours to process the casein, 45 minutes for whey protein and it's out of your blood stream. It's still good but it just needs the casein along with it.

EE: Okay.

JG: But the super foods are great. We could do whole shows on each one of those super foods, particularly for menopause. The cacao, the maca, these are like really, really good ones, acai, good for energy, all of them are there. What I have at my house is little jars of all those things, and I make my basic stable super food shake formula and I throw them in. One day I'll put one in, kind of like different recipes and

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so forth. I get most of my nutrition for breakfast because the rest of the day I eat for recreation.

EE: Yeah. I remember once you said you'd lived such an ascetic life for so long and somebody was asking you why you eat a normal diet. You said because you wanted to live in the real world. I can see how you found that balance now with the super food drink and then –

JG: It's the same thing with the super foods. For breakfast, I get my nutrition at breakfast. The rest of the day, I eat pretty much what most people eat. I don't eat junk food like McDonald's or any of that stuff. You see, you can go to a good restaurant. All the food is not going to be organic. You're taking it into your system. The food today, unless it's a super food, is extremely deficient in minerals. So I always do my mineral supplement every day. I've got my basic super foods. But I consider another super food is goji berries. They're super high in vitamin C.

EE: That's what I was trying to think of. But you know what? We're going to have to wrap this up. So I just want to thank you so much for sharing such in-depth and valuable recommendations with us and really enlightening us to the problem so that we can start to address it in ourselves. So thank you so much for being here today.

JG: It is an integrated approach. It's nutrition, it's the mindfulness, it's good relationship skills. I can say with your audience, and plenty of great sex. I mean, people look at me in my 60s and say, "How do you look so young and vibrant and so energetic?" Regular great sex and we have to know how to create it.

EE: You got it. That is the best anti-aging treatment there is.

JG: That is. It is.

EE: So again, I want to remind you that if you want to learn all about the various offerings that Dr. John Gray has and about his various books and all the details of this conversation, go to marsvenus.com and ideally jump on his mailing list. If you want a transcript of this show, go to extatica.com/show.

So thank you so much, Dr. John Gray, for being with us.

JG: Such a pleasure. Thank you.

We hope you've learned from and enjoyed the show today. Join us again for another stimulating hour of Extatica: The Way to an Erotic, Ecstatic Love Life with your host, Ellen Eatough, on the VoiceAmerica 7th Wave Channel. This week, enjoy the best sex of your life.

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