

Caspar (00:00):

Mind over matter is a powerful force. Today's guest embodies this principle having overcome complex regional pain syndrome or CRPS, Raynaud's, allergies, and osteoarthritis through sheer mental and emotional strength. He's a health guru, CEO of a real estate development firm, and a devoted family man. His journey of self-healing and personal triumphs has inspired many and to achieve the same. This is the Story of a Healing Journey with Daniel Brown. Daniel, so nice to come on. We were just talking about how we connected through the beauty of social media and Mm-Hmm. <Affirmative> and yeah. We, we, we just had so much in common and I wanted to speak to you about a number of different topics, but if we could start with your story, you know, how, how you overcame these things.

Daniel Brown (00:49):

Yeah. Well, thank you for having me. And, and that, I don't think I wrote that bio because that guy you just read out, he sounded really good <laugh>. So I'm feeling a great pressure now. I don't wanna disappoint any listeners.

Caspar (01:00):

That is you, whether you know it or not. <Laugh>, I, I'm like, who are they talking about when I, but

Daniel Brown (01:05):

Obviously with this weird accent, I'm supposed to be like self-deprecating 'cause from our country, we're famous for that. So <laugh>, even though I'm, you're,

Caspar (01:11):

You're a British Texan now, so. Exactly. So this is very confusing for me as well.

Daniel Brown (01:15):

It's very confusing for me. Okay. Well, thank you. I, yeah, I always call myself amateur health guru. I don't know anything, but I know a lot is kind of what I find myself doing. And I've been on a journey for most of my life, but especially the last 10 years of just looking for what is health? What does good health feel like and look like, and what should I expect? And when I began digging into this a number of years ago I went down the rabbit hole of discovery of, wait. Most of what we're told seems to have come from places, that I'm not so sure I can trust in. Which again, imagine many of your listeners are very used to kind of thinking that way. And I just kept digging and digging and digging, and I'm learning to share you

Daniel Brown (02:01):

and I had a conversation beforehand about sharing transparently mm-Hmm. <Affirmative> and being, you know, vulnerable. And so I'm learning to share what I am good at. And the thing that I've got good at as this amateur health geek is maybe because I'm not a specialist, because I don't have a health qualification, I don't do health for a living. Maybe it helps me be sort of wider in my view and quite open-minded. And even in the, let's say, more innovative different ways of looking at health, the kind of the people that you would follow and I would follow would much follow you and so on. There's still natural specializations within it. And the thing I've got quite good at is looking at a really wide picture sometimes 'cause I know quite a lot about, quite a lot across physical, mental, or spiritual health. Sometimes I see something that nobody else sees, but turning that into a mirror and looking at yourself, that's the most challenging.

Daniel Brown (02:56):

So if you'd asked me a couple of years ago, I'd have said, you know, I'll put myself in the top one or 5% of the things I do for my health. You and however one chooses to measure it. But I actually started to discover about a year or two ago that maybe I wasn't getting the results that would put me in the top one to 5%. I was in the top 20 or 50 or whatever it might be. I, I looked well, looked pretty lean and pretty muscular and healthy and in many ways seemed great. And I'd come a long way with my physical health and my mental health. But there was some huge gaps or issues. I had a number of major health incidences. I ended up in hospital too many times for someone that's apparently the healthy guy, <laugh>. And I went down the usual route of, I must be missing something.

Daniel Brown ([03:42](#)):

There's something in my diet, there's a quirk in my genetic, there's whatever else it might be. And I'm trying to plug every little hole I can until eventually I turned the mirror around and said, there's something else here. This, the one little gap in one vitamin isn't gonna be the thing. This is too big. And you know how to look after yourself. And through a quirk of circumstance and luck and coincidence, which I don't actually believe in anymore <laugh>, I have too many coincidences for 'em to be coincidences. I came across some work from Dr. John Sarno and a bunch of other people in the, let's call it alternative mental, spiritual health place like Joe Dispenza and Gabor Maté and so many people that maybe have slightly different modalities, but I'd put them in a similar category. All these people that kind of say, you might be missing how much your thoughts, your unconscious thoughts, your conscious thoughts, your mental stability and state has on your physical state and your physical wellbeing.

Daniel Brown ([04:48](#)):

So yeah, I had this horrible sounding, well, no, actually not so horrible sounding, but this horrible thing called complex regional pain syndrome. CRPS. I had osteoarthritis in my big toes because I'd run five half marathons back to back a number of years ago. Having not trained enough for it and had all sorts of problems, couldn't run any more, et cetera. I lived in Austin, Texas, the allergy capital of the planet where everyone's gonna get major allergies all the time. And that was me. And, and all these things kept happening and getting worse and worse and worse. And one day I'm sat reading a Dr. Sarno book and this guy's stuff, and this is me being layman 'cause I am still a layman, basically he says, right, I'm, this is back in the seventies, I'm a neck and back doc, surgeon, et cetera. People come into me and we do a surgery because they've got a herniated disc, whatever it might be.

Daniel Brown ([05:40](#)):

And there's pain there. And we fix them. And then I keep noticing they get better, but then they get worse again. And then I've noticed that just as many people come in that have the same pain without that herniated disc. And then I start to notice there's a bunch of people out there walking the streets with that same herniated disc with no physical problems whatsoever. I'm not so sure we've got this right. So I'm reading that thinking, yeah, I'm a bit mistrusting of a lot of modern medicine and I'm a bit mistrusting of maybe we think we're addressing causes, but we're still really addressing symptoms. Yeah. And this is speaking to me. So he goes on to say that he did more and more research and started to test stuff out, started with necks and backs 'cause that was his speciality. But it eventually went into all sorts of pain and other ailments.

Daniel Brown ([06:30](#)):

And he noticed a pattern and he developed a theory. And the theory was that we all have unconscious buried, he called it rage, could be trauma, upset, whatever negative connotation of a word you want to put in there. And it's emphasizing the point unconscious. It's not the conversation that we have with ourselves. It's not the voices in our head. And by the way, anybody claims they haven't got a voice in their head, they're the ones that make me nervous. <Laugh>, I've got loads. But it's the stuff that we don't talk

about because we're not aware of it. It's deep, deep down. Like I'm pointing at the back of my neck or even down in my, kind of my stomach, my gut. It's the stuff that's going on way back from when I was six, a particular moment that happened. That doesn't have to be big, scary trauma that you read about where you think, oh my God, I can't believe somebody went through that. It could just be my interpretation at six years old, of a particular minor situation that I processed in a much more negative way. And that got locked in. And that stuff's in there. So we've all got stuff. I don't believe there's a human on the planet that haven't got stuff from childhood and ongoing life.

Daniel Brown ([07:34](#)):

But I think what starts to happen is sometimes that stuff starts to want to come out into the conscious mind. And I think this is now my theory, but we as a species have developed very quickly in this last million years almost too quickly. We've got some weird stuff. We, I think many of your listeners would be very mindful of the principles. Like we're all caught in this fight and flight today. So things happen today that shouldn't be big and scary. But because we've still got this lizard brain that was used to being attacked by a sabertooth tiger and had to survive, et cetera, we overreact to certain things because we've also fast, we haven't caught up yet. Now, maybe in a million years, we might have calmed that down. The fight and flight response might change. But we are where we are. So our brains start to sense that maybe some unconscious upsets, traumas, rage from childhood who wants to sneak out into our conscious, let's call it pain.

Daniel Brown ([08:27](#)):

And our brains think we can't cope with it. So it goes, oh no, this is not gonna be good. He, Daniel won't know what to do with this thing from when he was six, and we need to distract him. So it causes physical pain or some other ailment as a distraction. Now, even as I'm saying it, and I've been through life changing stuff and I've helped other people have the same experiences. I can almost hear the woowoo mumbo jumbos of it, <laugh>. But at the end of the day, I'm the evidence and the people around me have become the evidence. So I'm just gonna keep going if that's okay. So we, we produce a pain. Now our brains are clever. It will try and put a problem where it's most believable to us. So if you have said slipped disc or herniated disc, or in my case, well, I had all this inflammation from running five half marathons and look at my toes or with my complex regional pain syndrome, which was in my ankle, I'd sprained my ankle a number of times, even had an X-ray, an MRI, where the, the analyst said, oh, have you sprained your ankle?

Daniel Brown ([09:31](#)):

I can see all this old tissue damage, et cetera. Is my brain going, let's put the problems where it'll be believable, where he can have an X-ray and they'll find the evidence to support it, to help him go, oh, well that must be it then. Because if I accept that prognosis, I accept that pain, that issue, that illness, whatever it might be, then the distraction has worked. My brain can go, phew, this thing from six years old won't come up anymore. He's too busy focused on the agony in his ankle. And I mean, agony, I was writhing around, crying in pain at times. And I'm, I'm the more common, like many guys, I more like, oh my God, with pain, you don't cry so much. This was tears rolling on my face, kind of bang, scary. And it was working. It was distracting.

Daniel Brown ([10:17](#)):

And he believes that, Sarno, believes, and many proponents of this kind of thinking believe that this can go beyond just pain issues, but it goes into all sorts of autoimmune diseases. Maybe in some situations, cancers, heart disease, all sorts of other things, could be brought on by the brain in the term psychosomatic. I misunderstood. I thought that many imagined it doesn't. It means brought on by the brain. The thing is real, but what's the real cause? So your listeners are now thinking, where's this guy

going? Well, here's where I'm going. I got two thirds of a way into the first Sarno book that I read. And I'm sat there reading it, thinking he's talking about me. Everything he's describing in terms of personality type and history sounds like me. The person doing all the right physical things, but not getting the right physical results. And I'm looking down at my ankle thinking this burning agony I've got.

Daniel Brown ([11:07](#)):

It's very believable. Sprained ankle history. One of my kids had the same disease once, which is like, so it was on my radar. It all makes sense. I was having a good day. It wasn't hurting much that day. I used to have flareups that would come and go. And I don't know what happened, but I just sat there and thought, I, I buy it. I don't buy that this is the real deal. I need to go and test it. So I literally put my clothes on, go into my gym. I've got a gym in my garage, and I think, right, I'm gonna lift some weights, I'll take it easy. And I thought, no, hang on a minute. He talks a lot about the fact if I'm taking it easy, it's 'cause I don't really believe that this is a mental issue if I believe it's physical, so I have to go for it.

Daniel Brown ([11:47](#)):

So I literally pick up the heaviest things I ever lift in the gym, <laugh>, and specifically pick exercises to put tons of weight on the legs, the ankle and so on. And I start working out and I'm fine. Okay, well, I've been fine before. And then I've had a flare up and about five minutes in I get this twinge in my ankle. And that twinge used to mean, you've got about three or four minutes, Daniel to get to the sofa before your ankle kind of explodes in agony. And you are, you're done for the next two days. And I looked in the gym mirror back at my ankle and I just burst out laughing and was like, no way. No. And I actually said, F off out loud? And it went,

Caspar ([12:29](#)):

Wow.

Daniel Brown ([12:30](#)):

And I giggled in a bit of an uncomfortable childlike way, carried on working out. Maybe 10 more minutes later it did it again. It's like, it went, I'm gonna try again. I'm worried that he's onto me. It flared for a millisecond. I'm like, no, no. This time I was more polite. I said, thank you, I'm good. And it went away. Long story short, 14 months on, I've never had a flare up of CRPS ever again. This thing is supposed to be incurable. I cured it in a moment. And then my journey over the following six months, which could get awfully, so we'll just skip it, was fix the toes and now run again. Fix the seasonal outages, the exploding feels like the flu kind of thing. Gone. Number of other ailments cleared up all because I simply accepted the principle that physical issues were coming because of my brain worrying about me, not coping the pain.

Daniel Brown ([13:24](#)):

And just uncovering that possibility. Believing in that being the case was actually enough to fix most of my stuff. I actually didn't even have to go into the psychological piece of what is my stuff? What happened at six, what happened at 10 or 12 or whatever Right. To fix it. Now with some stuff I did then go as stage further with which I can come back to, but it just astounded me as the physical health guru that this could have that big an impact. And then since then I've helped a number of other people have similar breakthroughs. A friend who was about to have complete like shoulder replacement surgery is fine now. Completely fine. Because he read some books, listened to some podcasts and had a chat.

Caspar ([14:04](#)):

Right.

Daniel Brown ([14:05](#)):

I'm gonna shut up for a minute and let you ask me stuff and try and bring me back on track here.
<Laugh>.

Caspar ([14:09](#)):

I mean, it's fascinating. It really is what so many people I think are missing in medicine. They, they look completely to the physicality of everything. They want the IV infusions, the injections, the medications, the surgeries, right? Mm-Hmm. <affirmative>. Because those are the things that we live in, in the visual world and see is that, you know, we're cutting you open, we're giving you this, it's having this scientific and proven biochemical reaction with you. And we dismiss the mind. Where I, I've read Dr. Sarno and I actually, it's funny, I just recommended this to a friend dealing with back pain years and years, who I can tell has some emotional traumas. Mm. Who, you know, has even opened up a little bit about those, but refuses to go any deeper. And it's, it's the one thing you see with patients that they get hung up on. They get hung up on the physicality.

Caspar ([14:56](#)):

Like, what is the thing, I could take that one vitamin. What's the supplement? What's that one thing that, you know, you were searching for to replace it? Yeah. Without addressing what I think deep down inside people know there must be something there. Now it's, it's really interesting because most people would say, I don't know what it is. So how do I address it if I can't remember that 6-year-old, you know, memory that was bottled up, that's now in my subconscious leading belief systems to do that. And leading my body into a self-preservation kind of activity of sorts of placing pain elsewhere. Mm-Hmm. How can I address it without doing it? Your tale was, was interesting 'cause you just basically acknowledged it. Is there not knowing it yet? Did you get to a point where you figured it out, is the question? Yes.

Daniel Brown ([15:44](#)):

It's a great question. So I've got some for my own theories that have developed further. So first of all, one of my ailments I didn't quite get on top of just through the belief principle and I had to dig deeper. Mm-Hmm. But I also had this, I was, well, I was gonna stop myself saying fear. Now I have this fear that Sarno didn't live for 200 years to research this for 150 years to see the long term effect. And I thought, interesting. The data appears to be that something like 80% of patients that go through this enlightenment, just reading books, going to lectures, listening to podcasts, whatever it might be, have a breakthrough just through the idea of this thing without ever having to go into therapy and whatever else. Maybe 20% do need to go deeper. But I, I thought that what we don't know is, does it make all the obvious stuff go away? So great. My toes are fine and my ankle's fine. I'm breathing clearly every morning. But I was scared that maybe 10 years or 20 years or 40 years later, that undercurrent of something does come out in some other scary way, like a cancer or whatever else. And I just thought that might be the missing bit because no one's done that research for 150 years Mm-Hmm. <Affirmative> to really see the full picture. So I'm gonna keep going as a responsible human, husband, parent, grandparent, et cetera. I am going to go all the way.

Daniel Brown ([17:03](#)):

So what was interesting was one of, and I think this is an under recommended or underplayed technique. One of the things that's very briefly in one Sarno book, and I never hear anybody else talk about this, that for me was huge, was this idea of being an amateur therapist on yourself. So the technique was really simple. It was a bit like a journaling thing. And I just did notes on my phone over a few days and I imagined that somebody had laid that in front of me. This story of this guy called Daniel, who's at the time, 46 lives in Austin, married with five kids and here's his history and it's all written out over a bunch of pages. And like, oh, he's an only child and then this, and all this stuff's written down. And then me

being the great amateur therapist, I think I am, I was like, right, what would I guess his stuff might be without knowing him, without asking him a single question, what would I write down?

Daniel Brown (17:51):

And I didn't eliminate anything. I didn't check, oh, do I feel this deep down? I tried to make it almost like cold. I'm just reading this story of this person I don't even know. And it was obvious stuff that I just thought, Hmm, interesting only children. They're always weird. Let's write stuff down about that. <Laugh>, I was always a bit overweight as a kid. That definitely had a, you know, was a factor. And there was not bullying. It was friendly, loving banter with friends. But I wonder if on some level I could have taken that a different way. Dunno, let's write that down. And I'm just writing stuff down. And I literally wrote 50, 60, 70 different theories down of stuff that this guy called Daniel could have going on. There was a couple where it sort of hit a chord. I was like, Ooh, I feel something there.

Daniel Brown (18:31):

Interesting. Others where it didn't. But it was an interesting experience. A few days later, a couple of minor things cleared up. I had this rash on my hip and I realized it was gone. So my theory is somewhere in those 50, 60, 70 things was a real something. I don't know which, but maybe that I went that one bit further and the brain went, oh, he really is onto me. He knows about that thing and that means he's okay about that thing. So I don't need to protect him anymore or distract him. No worries. The rash after 10 years disappears. Interesting. And another one was crazy. I'm out walking and this thought popped into my head. Interesting. I always looked up to my dad when I was a kid in this big powerful, strong human way. He's much taller than me. Very broad, very tan, strong looking kind of guy and thought, but interestingly, he's been sick almost my entire life.

Daniel Brown (19:24):

That's confusing. But that was confusing for this guy called Daniel. At some point, I'll write it on my list down, I happened to go into my gym at the end of that walk and I start lifting. And this particular exercise that I used to do where I could hit, I think my max was seven reps on this particular weight. And I go do it. And I lifted 12, that was weird. <Laugh> switch sides, did it again, 12 again. I'm like, wait, what's going on here? And then I go to do a particular type of a bicep curl where my limit was 40 pounds. So I go and pick up the 45. I was like, no, no, I'm intrigued. It's at the 55. It's like a 40% increase in weight. And I did the same number of reps I was doing a day earlier with 40. And it just suddenly hit me.

Daniel Brown (20:08):

I'd just written down this thing about my dad. I think my brain had me believing something about strength and weakness and being a weaker human, et cetera, was holding me back. I became physically stronger by about 40% in a moment. And my total training volume of why I would lift in total pounds over the course of a 35 minute workout. Within about two more weeks of that doubled now I was just playing with a theory, but it was like, it was enough to have a bit of a breakthrough. Now obviously beyond that, there's always, I'm a huge fan of therapy and there's so many different therapeutic modalities as some, you know, there all different pros and cons. I'm all for it. I absolutely am. And I then went and did a little bit more, did some digging, had a couple of great sessions with the NLP therapist, what else is going on down there in the unconscious?

Daniel Brown (20:58):

And oh, a couple more things to play with. Let's pull those out. Let's handle 'em, let's look at 'em differently. Let's maybe reprogram how I see them now. And I feel that's just a healthy thing to do. And I'm still on that journey. I'm actually seeing somebody again tomorrow because I'm still uncovering a few bits and pieces. It just seems like a good thing to do. What I will tell you is my physical health is the peak

it's ever been. As much as I can feel it and sense it and measure it. Every number one could measure through a blood test and whatever else seems to be the best it's ever been. And I'm the oldest I've ever been, obviously. So it should be counterintuitive to what most people would say, but it seems to be going the right direction.

Caspar ([21:36](#)):

You know, it, it, it brings up this idea that I think too many people don't do. They live through you know, the black mirror of sorts and through other lives and we don't really introspect or self explore too much. Mm. The idea that you are writing that down and writing your story almost as an outsider, because that's kind of what you need to do to get outta your, they say it's the hardest thing in the world. I remember when I first started like getting into this and giving some talks and it was like, I could talk about a lot of things I've observed, but they're like, talk about you. I was like, that's freaking hard. You know, like, I was born here, I did the, it was like, no, no, no, let's go into the stuff and it's so screwed up. Right? But, you know, it's, it's, we all have our own hero's journey of sorts in our lives and, you know, the ups and downs and we, but we have to tell those story to ourselves to see if what we're actually perceiving is correct or not. 'Cause most of us are perceiving it in an incorrect way because of belief systems that we don't even know are playing in our head and limiting us, whether it be actual strength limiting or limiting us with disease that we don't understand why.

Daniel Brown ([22:41](#)):

And as you say, belief systems, it's so interesting because I have a, I had a friend who did a, a talk about six months ago where he was talking about truths versus beliefs. And the fact almost everything we think is a truth is actually belief. Yes. And you just have to push it deep enough. Why do you believe that thing to be true? Whatever it might be. And you take it back far enough and there's an argument for looking at it differently that you go all the way back to the beginning. And I think that's such a powerful thing that my entire life is based on beliefs that I, in effect have pieced together based on what parents told me, the world told me, social media told me whatever. And I think that they're true, but there's probably a lot less things that one can truly categorize as true.

Caspar ([23:23](#)):

Oh, absolutely. And so many of those beliefs are really formed before the age of seven. They say Mm-Hmm. <Affirmative>. And then you carry them on subconsciously again. But they are there whether that belief is, you know, you're told this as a child to listen to the doctor, right? You go to the doctor pediatrician, oh, you know, don't eat this or that, or you know, don't, you know, do this because you know, you got sick from eating too much can. Right. And it sticks in your belief system forever. Yes. Not just the candy part, but to listen to your doctor. Even if you, all other information of modern time is showing you, well maybe you shouldn't always listen to your doctor. You know, they're not helping me in some ways. And so we don't even know that a lot of times what happens from one to seven.

Caspar ([24:06](#)):

And I think it's something to be said that it's incredibly hard for any parent and any child to get it right. You know? Yeah. Especially if you're first child, first time around, you're, you're going to have things that just show up and are challenges and, and may impact your child. But this is why it's so important later in life to be introspective, to look into what are those belief systems, to start questioning things, to always be writing down your story because you don't know what's holding you back. But it probably is something from a very long time ago.

Daniel Brown ([24:41](#)):

Yes.

Caspar (24:42):

What, what were you, you talked about all the things you were doing and, and, and basically writing this down in your notes so many times and telling this story, did you ever get to a, a, a more pivotal point of Oh wow. It was that, you know, I'm remembering five years old, something that Wow. Was innocuous, but it really does impact me.

Daniel Brown (25:02):

Yes. Yeah, I definitely did come to that. I can picture myself sat in our, our bedroom chatting my wife when I just said to her, I've had a bit of an aha. There's an image I've got of myself and some obviously maybe three and six. Hmm. And there's something around maybe having been an only child or whatever it was that had me questioning certain things around safety, security, et cetera. And the details don't really matter for, for here. But it was like, that's a big one for me, how I program that is a big one for me. And as you say, it's like, it's big on parents. So like, my mom or dad call list us and go, did I do something wrong? Or whatever else. Like, well, no, because first of all, I genuinely believe the thing that everyone does the best they can with what they believe to be possible and true in that moment.

Daniel Brown (25:49):

I genuinely believe that. And we don't have that complete control. I know that the stuff that my wife and I have been with the best intention in the world that will have had an impact on our children in not the most useful way to them. Mm-Hmm. <affirmative>. But we do our very best with it. And as you say, it's up to us to try and support them with the idea that as they become adults, but hopefully they go find us up for themselves, Hey, the stuff that you'll need to keep working on, we did a pretty good job, but we won't get it all right. We may have misled you by accidentally. You may have had an experience that you blew out of all proportion at four years old. And therefore you see the world in a certain way. And it's not even about right or wrong, it's just a belief that you've created. And ask yourself the question, is it serving you? Is it actually making you happier, healthier and more fulfilled? And if it isn't, it's probably up for a rewrite. It can be done. You have to decide to put that effort in. So yeah, I found stuff and I'm working through that stuff and I think that's an important thing to always be doing.

Caspar (26:45):

Oh yeah. I mean, there is no stopping in this healing journey. You'll learn things as you go along and peel back layers of the onion. You know, it's the one thing I always tell patients that, that I think needs to change in the healthcare system, in medicine is that, you know, when you're going through a medical treatment that is just the beginning of something that'll peel back your initial layer, serve as a catalyst, but you have a long road ahead of you to truly get to where you need to be. And it will always be there. You're always healing every single second of every single day. And you know, it, it comes in sometimes waves. There are evolutions to healing. There are times where you're just going to, you know, receive, you know, some inspiration about what happened in the past that may be holding me back.

Caspar (27:27):

But you gotta look for it. And it goes, you know, I, I know that, that you, we, you read my newsletter and I I talked about synchronicity. Mm-Hmm. <Affirmative>. But RFK Jr told me a story about Carl Young in his book Synchronicity. But the big thing about synchronicity is you have to be willing to look for it. You have to have it in your mind and awareness field to search for answers. If you don't put that even in the awareness field, it'll never come to you. You won't see the synchronicity even though it's everywhere around you. Yeah. Did you find that as well, that once you started writing, once you started being introspective, once you took these, these new actions in your life, that the answers came just because of that?

Daniel Brown ([28:09](#)):

Yeah, answers do come quicker. I agree with you that I guess it's that it, people talk about the reticular activating system. The, the, the bit that says, well now the minute I'm thinking of buying my red Tesla, there's suddenly red Teslas everywhere because it's what I'm looking for. And there was no more red Teslas today than yesterday, but it's on my mind. So I overfocus on that thing. So I believe in that. So I said before, you know, I, my life seems to be full of evermore coincidences and I do much prefer synchronicity. And I don't believe in coincidences anymore 'cause it happens too often. But I think every time I say that out loud, I'm convincing myself all the more that there will be more of these synchronous moments, which means I'm gonna go looking for them. Which means maybe in the past that have passed me right by, 'cause I wasn't looking to see it.

Daniel Brown ([28:54](#)):

'Cause there's apparently, did he say something like, there's 2 million pieces of information coming at us every second, but we can only process like plus or minus around seven or, or whatever the number is. It's always those crazy kind of numbers of zeros, <laugh>. So I've got to eliminate 1.9999 whatever million things. So I've gotta be very, very selective. So if I go looking for the right stuff, the stuff that's the most useful to me, these coincidental synchronous moments, I'm probably gonna find more and more of them. And then that pattern rolls and that seems to be the case. And the more I unravel or peel back that onion, the, the easier it gets to see the next thing and the next opportunity, the next way to grow. What's funny about all of this, I dunno why this pops into my head, is I've then had the conversation myself.

Daniel Brown ([29:38](#)):

Well, so does that mean all the physical stuff doesn't matter anymore? So does that mean I don't need to go for a walk every day and eat grassfed meat and get some sunshine and lift weights and everything else because it's all in the mind ultimately. And think again is maybe where so much medicine health in general goes wrong. It's always about ease either or. And I believe in, and I'm such a huge fan of, and let's just go look after all of it, do all the right physical stuff. And if you're still not right, there's probably something in the mind that needs addressing. Do all the right mental stuff and it's, you're not quite where you need to be. There's probably something physical you need to go and do. Let's really deeply address all of it. We are a complicated being. So it takes some complication maybe and and detailed work to, to get where you need to get to. There's also an argument for simplification. Just stop eating processed foods, get off your ass and go and do stuff. Live more naturally and have better thoughts. Which is how the hell this won't do that. But you know, maybe there's a big picture simplification that's important here. It kind of all, all matters.

Caspar ([30:44](#)):

It does. And I think when you look at it from even historical standpoint, you look at things like alchemists, that, that saw the world as more than the sum of its parts and that it was its spiritual, mental plane and a physical plane. And we reside in all of them at once. And it's not to say any one is more important than the other. You have to care for all of them. You know, you can believe you're a spiritual you know, being in this rented body of ours, but then let's take care of the rental. Right? Yes, absolutely. We are the spiritual beings or the other way around. Also, I think nowadays, of course it's very easy to get very caught up in the physical. You go to the gym, you eat right? You spend money on looking a certain way. It's Botox, it's this, it's that. And we completely neglect the mental and spiritual aspect. Are we even satisfied with all the things we're doing from a spiritual take? Probably not. And are we just anxious about how we look at all times, even though we're spending all of this time hyper-focusing on that physical body. So, and

Daniel Brown ([31:45](#)):

Potentially very caught up in the idea that everybody else is looking at us and cares and that we should care that everybody else is looking at us when actually no one's looking at us. No, no one's worried about themselves. Everyone's actually worried about what everybody else is thinking. So by default, who gives a what anybody else. Right. It's probably,

Caspar ([32:01](#)):

It's one of the hardest thing. It's like, it, it's like the fear of judgment, of embarrassment. These are such drivers of our everyday actions. When if you really took a step back again and were able to look at it from an outside perspective, no one gives a about you. Yeah. Let's be honest. Like, you know, not, not in the way you think they do. Yeah, of course your family cares and people care.

Daniel Brown ([32:21](#)):

Yes. Care and love. Yes. Not judgment,

Caspar ([32:23](#)):

But they're not judging you at every second. And even if they are, it doesn't matter in a sense. Mm-Hmm. If you let go of that notion. One of the things I I saw you mention is about this idea of non-religious spirituality. Because I know people get very hung up on the idea of spirituality only coming from religion, which obviously has been radicalized throughout history and used in negative ways. And now you have a little bit of this pushback in modern times of very atheistic mentalities. I think a lot of people nowadays have replaced God with either science or money, one or the other. And those aren't good things either. But yes, you may not be a religious person, but that doesn't mean that you can't be a truly spiritual person. But tell me about your thoughts on non-religious spirituality.

Daniel Brown ([33:14](#)):

For me it's probably quite simple. I, I love data and science and so on. And I also believe that the stuff that we can't explain that we'll never be able to, and I'm not just okay with that. I kinda like it. I don't know why I like it <laugh>, but some of this stuff with synchronicity, some of the stuff where a person pops into my head and it feels like right to reach out to 'em, having not spoken to them in a year. And then as I'm about to a text message comes through and it's from them, my what it seems to happen too often for it to be just a random occurrence. We seem to be able to influence the world around us one another in ways that blows my mind. What there's something more now the obsession seems to be, well prove to me what that something more is.

Daniel Brown ([34:04](#)):

Explain it. Explain. It's the guy with the beard and all in white on a cloud <laugh>. I don't know what it is. I don't care. It doesn't, doesn't matter. Is my life better or worse? Because I believe that there's some forces beyond what we're aware of properly and that we can link into. I will say yes because I didn't believe that at all number of years ago. And through various things that have happened in my life, I do believe that more. And I'm all, and I think my life needs to be better. Now. Some people, some great authors will, would probably say you're just trying to fulfill a need by imagining there's some higher being or higher power, whatever else to make you happier. Now we could get into a debate whether they're right or wrong, but there's that other part of me that wants to say, I don't really give a <laugh>.

Daniel Brown ([34:56](#)):

Because my question to you is, are you happier and more fulfilled in your life because that skeptical approach, or am I happier and more fulfilled? Now I don't believe I'm trying to blind myself or convince myself of something 'cause I came from a more skeptical place. Mm-Hmm. <Affirmative>. I've just found

that if I let go or lean into believing that treating people right will just bring the right things when it needs to. That doing the right thing in the world will bring abundance in the right way. That it just seems to be right. And I just keep getting evidence of it because, well, why did that thing happen? And that thing and that and all these wonderful things happened, I didn't go make them happen. Did I? Didn't I? Do I care? And maybe, maybe the argument isn't necessary. Now. I do have an issue with religion when it becomes radicalized and mm-hmm <affirmative> and starts creating good or bad.

Daniel Brown ([35:48](#)):

Mm-Hmm <affirmative>, there's plenty of people that use religion in a positive way. I believe it's the way of them being able to picture maybe their spirituality. And if that helps, then that's awesome. So I'll, I've fallen away from, I used to be very opinionated or religion's all bad and all wars are because of religion and so on. Nah, maybe tribal as species. That stuff would happen anyway. Everything's got its pros and cons. But I just believe there's something more in my life is better when I believe there's something and more lean into it. I dunno if I'm answering your question very well.

Caspar ([36:18](#)):

Absolutely, absolutely. And again, this is the idea of experiences matter in this and data is always going to be something that's from the outside. And evidence is always skewed. You could find any study that shows, you know, religion is the cause or is the greatest thing ever. It helps you. It's but it's about the experience. And I know this, that a number of the people I knew that grew up in religion kind of pushed it away aside, just didn't believe in it and then went to atheism, just did not have that lust for life almost in a sense. It, it it became sort of this jadedness to the world of sorts. Mm. It's not everyone. It's my observation of these things. And I've, you know, dealt with this too. I've studied so many different religions. I don't find myself a devout anything. I find myself a di a devout observer of the spirituality of the world and seeing where people can, you know, take the good things out of it and leave those parts that don't resonate with you. And I think that's very interesting

Daniel Brown ([37:17](#)):

Too. If question, what do you believe? What would your answer be?

Caspar ([37:21](#)):

Oh, I believe there's something bigger than us. And, and just that alone, just that knowing that there's some gives me more enjoyment and purpose in the world.

Daniel Brown ([37:30](#)):

And, and you smiled as you said it literally watch your face change as you said it. So, okay, so one can debate right and wrong or what's a useful belief or not. I looked in your face like that was a useful belief.

Caspar ([37:42](#)):

Yes. Yes. And I have to say this, that whether you go into, again, the religious route or a spiritual route, a level of faith is something I have witnessed time and time again that has aided so many people in a healing journey from incurable to healthy today. That's

Daniel Brown ([38:00](#)):

Amazing.

Caspar ([38:00](#)):

And it's, it's one of the X factors. It's, it's purpose is a huge one too. If you don't have purpose to get out of being diseased, you'll find a way to stay diseased because the disease becomes your purpose. Mm-Hmm. <affirmative> you become the diagnosis, you become that level of, you know, sympathy and pity upon me and what am I gonna do? And I don't know. This is my life now. I'm used to it. I, you know, so you become that. But I do, I have seen this, and again, I've, I've talked to so many and it's just been around me my whole life being around patients and doctors though that do, those that do have that level of faith, some passion and purpose are in a much, much better place to heal from that. And they will then find answers such as you did into the why's of the world and into the thoughts really do matter.

Caspar ([38:47](#)):

And then you keep going and going and going and learning through it and evolving. And I say healing is really a transmutative and transformational process. It's not the avoidance or, or the, the ridding of symptoms that we say, oh, you know, I took a pill and it worked. The treatment worked. Like, no, you didn't change from it. I think, I think disease is there for a reason. I think what you went through as well was there for a, a reason. Your own body was trying to tell you like, Hey, this is not serving you. You need to address this thing,

Daniel Brown ([39:18](#)):

This thought, this belief. I love that it's that thing around rather than why is this happening to me? Why is it happening for me? And, and just reprocessing it that way. And, and I look back and some of my past things, physical things got me attention at a time when I felt insecure and therefore having attention was positive. And it's like, really, that was the best way you could come up with. Well, it wasn't me consciously coming up with that. It was a confused three-year-old coming up with the best solution. Yes. It, it all needs digging into. That's, that's beautiful. Thank you.

Caspar ([39:48](#)):

Yeah. No, you're welcome. And I, I do think there's something to be said for, for if you're listening to this and saying, well, you know, here are two guys that have been doing this for a long time, chatting like, it's normal to think this way. And, you know, <laugh>, it's not, I know I we're anomalies in the world when I say these things to other friends, they just roll their eyes and like you said, what a woo woo crazy guy, you know? Mm-Hmm. <Affirmative>. But I I do know, I I believe you said you read a book every five days or so, right? Yeah. I, I think that's a big part of what got me into it. I was a skeptic when I was a teenager, like most teenagers were. My father gave me, at that time, he was much more into European biological medicine and, and getting more and more deeper into what was out there in the world.

Caspar ([40:29](#)):

Gimme things like homeopathics. I'm like, this is. Like, don't gimme this like dad, like, you know, stick to being your conventional doctor that you were when I was very little. But then I started to read because I was interested. I knew my father was getting results, he was doing better in his career. And it was intriguing me and I've been these places around the world and it was used there and they were doing well with it in, in other places of the world. So that's what got me to start to read and realize that through that process of educating myself in reading different types of books that most don't, you start to pick up an awareness field that is different from what you had, you start to let go of those limiting belief systems, you start to change your brain and that helps you into opening and, and not being so rigid. Do you have any books that really kind of transformed you as, as, as you kind of evolved through all this and, and opened you up?

Daniel Brown ([41:24](#)):

Yeah, I guess I've got a few books that I always put in my category of, if it was up to me, it'd be a law that everyone should read them. <Laugh>. Yes. But the one that seems to spring to mind as you are talking right now is, is Mindset by Carol Dweck, because it was that, it's one of the best books I've ever read on a single concept which could get boring. You know, why can't you just say it in 10 pages? Why does it need 300 pages? But just this idea that you, there's fixed mindsets that believe we're born kind of the way we are. Intelligent people are intelligent and so on. And there's growth mindsets that believe anyone can become very good at almost anything. And then there's kind of the spectrum between us all. And really get into grips with that deepen my belief that I and anyone that wants to be, can achieve just about anything.

Daniel Brown ([42:11](#)):

Mm-Hmm. <Affirmative>. And let's leave out the outlier because the minute somebody says, well, are you saying you could become a, you know, NBA <laugh>, I, I don't know, American sports, whatever position, no, I'm not six foot seven <laugh>. Okay. But you're talking about the one in a million and the one in 10 million. Don't confuse it. I'm talking 99.999% of people can probably become exceptionally good at just about anything if they're willing to do the work and have their beliefs and so on. And I guess that's the op opening the mind to limitless potential, which then means every single book I read after that Mm-Hmm. Maybe it went in more deeply. I hadn't thought about that before until you were talking about it, but I'm open to the idea that I don't know anything. The more I learn, the more I feel like I don't know. Yeah. Because my mind becomes more open to the possibility like, Ooh, the gap's got bigger.

Daniel Brown ([42:58](#)):

Mm-Hmm. <Affirmative>. But in a good way. It's like, great. I never, I'm never gonna get to an end point. I'm never gonna get bored. There'll always be something else to learn. That to me is a really cool thing. I like that. Yeah. So that's one of my go-to books. I, there's so many I could pull from, but if we bring it within that health field, obviously with the story I shared earlier, Dr. Sarno's books are amazing. Steve Ozanich has probably taken the mantle from Dr. Sarno as like a disciple almost, let's say. Mm-Hmm. <Affirmative> that he passed away a long time ago. Some of his books are fabulous. And I'm really open to some of the people I mentioned earlier, all the different modalities around mind, body, et cetera. But I just think anything that opens your mind to the possibility of opening your mind more Yeah.

Daniel Brown ([43:47](#)):

And seeing potential and possibility. Like another one would be The Gap and the Gain, Benjamin Hardy, and just this perspective that you can get lost. I got lost recently in terms of thinking I was way behind where I wanted to be, should be, could be some stuff that I was doing that wasn't going as well as I'd like it to. And I managed to transfer that thinking, thinking of gap and gain to, okay, I'm 47 right now. Look at me at 17, look at me at 27, 37. Oh my God, look how far I've come. Yes. And it became my own evidence for what I'm capable of. And then I started writing down what 57 looks like and the things I want to achieve. It's kind of inspired me to do that. Mm-Hmm. So the gap and the gain's are a great one for that. There's so many of the books I could recommend depending on the, the particular field or topic, but of course that's, that's just what sprung to mind.

Caspar ([44:33](#)):

No, that's wonderful. I mean, that, that's the thing I always say is like, start somewhere and you, you will gain the interest. You know, you will go down the roads of reading Hawkins and Dispenza and then maybe going back into others and going into just a biography. Like everything is, you know, I I say there's never really a bad book. It's just maybe not for you. Yes. You know, that's, that's the

Daniel Brown ([44:54](#)):

Difference. I do, I do love the a few little games that I play with myself now. So if I find a book where the topic really resonates, I'm so aware of recency bias. It's that Chris Williamson I think said it a little while ago. The the, the, the book he just read on, on recency bias is the best one he's ever read. And it's like, oh yeah, okay, <laugh>, I get the point now. So I try and then find other books on the same topic with might have different perspectives or, or similar perspectives. And read 2, 3, 4, 5 for the same kind of topic to go like a deep knowledge. Yeah. Potentially have some opposing views. Try and catch myself thinking the new book I've just read, Mel Mel, that's my wife. Just read a book. It's the best one ever. I always say that.

Daniel Brown (45:35):

Yeah. That's a good point. <Laugh>. Let me try and look at this whole topic and do something there. I think that's really powerful. And I'm a big fan of trying to deeper knowledge and the challenge with reading a book and just moving on is too often we're inspired in the moment and then we kind of forget. So there's so many different techniques. I like physical books 'cause I like to have a Yep. Physical old school highlighter. Mm-Hmm. And I highlight every line or passage or section that really means something to me when I'm done reading the book. Go back to the beginning. I take a photo of every page. Yeah. That has that highlights on it. Pop it all in a folder. Reread those. Yeah. And then the locks away. Now something happens straight away with the rereading. Yes. You go a lot deeper. And then sometimes I realize there's an action that I have to go and do a thing as a result of something. And people often talk about in knowledge is power, but a few of us talking about applied knowledge is power. Yes. Go do something different as a result is key. So what, add a technique. Make sure you didn't just enjoy the book, which is definitely a step, but if there's something to go and do, go do the thing. Right. Maybe read Atomic Habits as a first book 'cause that teaches you how to go do the things. Yeah.

Caspar (46:38):

And it's funny because so many times people will actually put that in their books. Like, in order for you to take advantage of this, you gotta do the things in it. Yeah. And like, you don't, anyway, you just read and you go to the next one and you read, you're like, oh, it is the greatest

Daniel Brown (46:51):

Book, please fill inter section

Caspar (46:52):

And then you just jump over. So I am a big fan of actually like, rereading and like, you know, and taking the actual application of it and applying because you're right. Without the application, it's just knowledge and that that that won't really change your life too much. It's the whole, what I believe is what so many are looking for is the answer is not the answer. It's, it's what you do after you get the answer. It's like the, that's good USCA that opens the door for you is not going to change your life. It's what you do with that afterwards. The work you do after you've been exposed and oh my God, a door is open and shown me the way, but now you gotta walk, you gotta do the work.

Daniel Brown (47:34):

I like that. It's not the reading the book, it's what you do the day after you finish the book. Absolutely. That's what really matters.

Caspar (47:39):

Absolutely. I know. That's very cool. And for, for a while I was just, I I I hoarded books I just ordered like, 'cause I guessed they tell me a good book. I'm like, all right. And then I just have piles of books everywhere and I would just try and read them to read them. Mm-Hmm. <affirmative> not to apply it, just

to get through it and go to the next and say, oh, look at me. But then it wasn't really the application. So I, I slowed down a little bit, but I also try and reread and actually do things off of it. Right. Yeah. Even if it's one thing from that book that I will start to apply in a daily habit of sorts and see if it works for me. Good. 'cause the knowledge is one thing. The application experience is a total nother one. Now, Daniel, I know, part of what you do your CEO Brownstone Capital Investments, and you talk about also you know how you are very into creating homes that are like healing sanctuaries. Correct? Yeah. Tell me about that. 'Cause that's fascinating to me. I'm looking for a home right now, right? I sold my place in the city after so long, it just wasn't conducive anymore to me. And it's like this idea of a healing sanctuary is so important. We spend so much time in our homes and half of these homes that we're building are really almost making us sick. VOC

Daniel Brown ([48:49](#)):

We build around Austin, we build spec homes in Austin kind of wide, vaguely called mid-market. Very different price points, real mixture. And there's two things we do that I can already say we do this really well. So very high design and very high quality. Great. Mm-Hmm. But then the third pillar, or tripod, or whatever you wanna call it for me is making homes healthier. Because that's my deep, deep passion. I believe I'm here to help the world become healthier and happier because of it. So I want to apply that to our homes and yeah, I believe the same as you. I think our homes are not so good for us these days. Yeah. We don't get clean and naturally flowing into them very well. Are these tightly sealed boxes? Yes. the water coming in can be a problem. So many of our pipes and the water crap that comes through.

Daniel Brown ([49:32](#)):

So how do you address those things? I'm not yet willing to stamp my Daniel Brown seal of approval. Our homes are what I would call healthy, whether it be physically or spiritually, but they're getting better all the time. And I've got an image in my head, it's maybe three to five years out. I could make a house right now that I could truly say that is a healthy home in every way, in both physically and mentally, et cetera. But that \$2 million home is not gonna have to be three point a half million dollars. So I'm a realist. I've got a business to run it, so how do I do it? So we just look all the time at the little tweaks we could make. Oh, great. We found a healthy paint company where the paint doesn't have plastics and oil and so on in there. The paint is all mineral based, which now means the person actually doing the painting isn't breathing in the toxic fumes.

Daniel Brown ([50:16](#)):

Yep. And it allows moisture to pass through correctly. So less likely to get mold between the walls because the house can breathe better. Great. It's not that much more expensive than normal paint. We're we, we'll do that one next batch of houses. Okay. We've found a great whole of house whole of home water filtration system that's not crazy expensive, but makes a real difference to help long-term bring that into play, keep adding pieces on, and we're just constantly looking and researching. And like most things that develop things get cheaper as they become more commonplace and get better to research. So we keep trying to find that balance of what can we bring in and we just keep wanting to bring it. And the extra element on top is we try and work with our architects and our, our amazing designer, my wife, not biased at all.

Daniel Brown ([51:00](#)):

Mm-Hmm. <Laugh> on the flow of the home. And that might be more spiritual sense of things. Well, what's the light gonna feel like? And if, where would you likely be sat relaxing? Where you'll sit here, what do you see? What's around you? What's the space like? Which way are we facing? Magnetic poles, position of the sun, whatever it might be. And just bring in what we can Mm-Hmm. And just keep trying to enhance these elements. And I can say one day I want to turn around and go, boom. That one there, that

house, that's the all encapsulating, it gets my full seal of approval on all of it. And we just keep moving that way. And I just, I'd love to get to a place where as knowledge grows in the buyer, more and more buyers start to say, we expect this now. Yes. Which means other builders have to do the same thing, which means more people are healthier in their homes as much as anything. I want people out the homes more anyway. But we're gonna be in them for a significant percentage of the time. Let's make them better places to be.

Caspar ([51:55](#)):

Oh, absolutely. I agree with you. It's one of those,

Daniel Brown ([51:58](#)):

The lighting's an easy one. That's a great way,

Caspar ([52:00](#)):

That's an easy one. Right. And they, these aren't, you know, you don't have to, you know, rip down your house and rebuild it. You could start small, like you said, lighting, air purification, just moving, just getting flow. Yeah. You are right. Locked up. Like there's so many houses don't even have windows or the modern ones apartments, let's say that you could open at all, you know, in New York City, I know that's almost like a badge of owners 'cause you know, it's safer. And look, we're using all this, you know, beautiful technology. You don't need to ever open up like No, no. You do. You know, you can't lock yourself completely outta nature. If anything, go the other way and make it more biophilic and bring more nature in. And that's healthier for you. Yeah. And, and

Daniel Brown ([52:38](#)):

You can, if you're looking on the screen, you can see all these plants I've got behind me. Yeah. Even that is that simple. There's something about this room I work in Yes. Where I've been very careful about the particular paint color I've chosen. It's like a calming not bright white. Mm-Hmm. <Affirmative>. I have the Everton lights on when I do that ultra low flicker. They've got a nice yellow hue to them. Yes. I, I breathing in, I I believe better at because of those plants. It's just small differences. Yeah. This room feels like a very chill, peaceful place for me. I'm as close to the window as I can get. I open it as often as possible. Yeah. Makes a difference.

Caspar ([53:11](#)):

Yeah. Where, where you work and where you sleep are so essential. We wanna make it into that space that calms you, that makes you feel good, that makes you productive, that makes you regenerate better. Right. And people often overlook these things and they wonder why they're not feeling so much so well Yeah. Why they're, you know, always fatigued. Like, these are the little things you could look at and make those little changes. And they have such a great ROI, so I love that idea of what you're doing and you know, it's such a, I'm such a fan of this. Again, it's my idea is the healing sanctuary. Right. That's, that needs to be your home. Yeah. That's, you know, if you can't call your home a healing sanctuary, then I don't know if you could really optimize health. But

Daniel Brown ([53:50](#)):

Sanctuary's a good word for it. It

Caspar ([53:52](#)):

Really is. Well, that's, that's what we all seek is some sanctuary and everything. And I do think that's the healthiest way to live. Like you said, we have so many pieces of information coming at us, so many

things that are negative. Let's just balance it out. Doesn't mean you have to go live in a cave completely off the grid. Yeah. You know, you could do it in a, in a, in a very smart way, in a modern way that you feel really good in and, you know, are still interlinked and part of society.

Daniel Brown ([54:16](#)):

So Yeah. I I mean you mentioned again, I think before we even started social media. Yeah. Call us downsides. It's call us upsides. Every piece of technology has pros and cons. So my new thing as of literally just a week ago oh, I've caught myself being pulled back into the bad habit of playing on Instagram more than I really should and need to. Okay. From now on Monday, Wednesday, Friday, Saturday. That's my only days. I'm gonna go on it and I'm gonna go on twice, once to post something for my business or for my personal account 'cause it feels like the right thing to do. And allow myself five minutes to enjoy and pull some useful knowledge in. And then once more later the same day. 'cause If I've done a post, I might want to respond for the best engagement and that's it. And couple of days ago, it was the Tuesday and I was like, oh, old habit. Pull up the phone. I went, oh no, I promised myself I wouldn't. Okay. Put it back in the pocket. Great. Right. And instantly I feel better and more peaceful. I don't have to abandon social media. It's not the devil. It's wonderful if I am in control of it and it's not in control of me. Yeah.

Caspar ([55:14](#)):

Yeah. It's like in medicine, say the, the devil is in the dosage. Right. Yeah. You'll keep, keep it minimal, you'll be fine. Yeah. You maximize it. No. Od that's not healthy <laugh>. No. Well, speaking of social media, where can people connect with you and learn more about you and just maybe drop you a DM, <laugh>

Daniel Brown ([55:31](#)):

I guess either of my Instagram account. So we have our business account, which is @Brownstone_Capital_Investments, and then I am @DanielBrownLife. That simple. I'm assuming you put this on the podcast notes or whatever else. Anyway, and that's where I'll talk about food, spirituality, health, exercise, sunshine, laughter, whatever else it might be.

Caspar ([55:54](#)):

No, I, I, listen, I love your take and I love that it's a holistic one. You're, you're, you're seeing it as an observer would, you're not focusing on any one particle. It's more about the patterns of health. And I think that's what more people need to do and stop searching for the one particle that'll change their life forever. Yeah. And understand it's all in the patterns and the daily kind of habits, choices and routines that we have, that we live are healthiest and happiest. So thank you for you know, sharing your story and, and getting that out to the world. You're so welcome.

Daniel Brown ([56:21](#)):

Appreciate you having me.

Caspar ([56:23](#)):

Absolutely. And as you heard, be sure to visit Daniel on Instagram that's at @DanielBrownLife or at his website, BrownstoneCI.com. Until next time, continue writing your own healing story.