Hour	Minute	Second	Name	Role	Message	Type
0	0	22	Thomas	Attendee	Hi everytone	Chat
0	0	31	Kate+B	Attendee	Hi all :)	Chat
0	0	35	Joop Stringer	Attendee	yeah !!	Chat
0	0	36	NeMani Delaibatiki	Attendee	Stoked	Chat
0	0	37	SebastiÃ¡n JimÃ©nez ZÃºÃ±iga	Attendee	Hi	Chat
0	0	42	Doug	Attendee	G`Day	Chat
0	0	42	Laura Pendleton	Attendee	Hi Joop	Chat
0	0	43	Barbara	Attendee	good day	Chat
0	0	44	Keltie	Attendee	only question is there a replay?	Chat
0	0	44	Franca	Attendee	hello	Chat
0	0	47	Petra	Attendee	Hello from Germany Berlin	Chat
0	0	49	Rekha	Attendee	Hello	Chat
0	0	57	James Sorensen	Attendee	Hello everyone	Chat
0	1	0	Elisa-Beth	Attendee	Hello	Chat
0	1	7	Julie	Attendee	Hi everyone	Chat
0	1	8	Bridgette	Attendee	Good morning	Chat
0	1	17	Henrik | kiropraktorerne.com	Attendee	Henrik, Denmark	Chat
0	1	23	Skyler	Attendee	Hello! Excellent	Chat
0	1	25	Wanda	Attendee	Hey, from Abbotsford BC, Canada :)	Chat
0	1	26	Doug	Attendee	F`kin eh!!!	Chat
0	1	27	Jamaal Rahman	Attendee	Hello!	Chat
0	1	31	Thomas	Attendee	Hi ex pat kiwi in north wales	Chat
0	1	34	Lisa	Attendee	good morning everyone	Chat
0	1	34	Emily Dubrick	Attendee	hi!	Chat
0	1	40	Joseph Hong	Attendee	hi	Chat
0	1	48	Alice	Attendee	Hello! Student from Life U in Georgia!	Chat
0	1	49	Ronen Tuchfeld	Attendee	Hello from Israel	Chat
0	1	57	Dr. Margie	Attendee	Hi	Chat
0	1	59	Lisa	Attendee	Excited to be here learning	Chat
0	2	8	Ann-Britt Nilsson	Attendee	Hi there	Chat
0	2	14	Mike	Attendee	Hello!	Chat
0	2	18	Janine	Attendee	hi all from Australia	Chat
0	2	20	Julie	Attendee	hi from ireland!	Chat
0	2	35	Michael Johansson	Attendee	Hi everybody from North Sweden	Chat
0	2	39	margaret	Attendee	Hi	Chat
0	3	7	Trevor	Attendee	Hello, student at Life U	Chat
0	3	8	Jonas Marry	Attendee	Is anyone having trouble seeing the video?	Chat
0	3	9	Keltie	Attendee	Is there a replay if we can't stay the entire time?	Question
0	3	36	Lisa	Attendee	not hearing anything.	Chat
0	3	42	Ralph	Attendee	Hi all from the UK	Chat
0	3	55	Kelly Boyed	Admin	Hi Keltie, Replay is available for 48 hours after the webinar	Answer
0	3	58	Jonas Marry	Attendee	Not seeing or hearing anything	Chat
0	4	1	Joseph Hong	Attendee	im good	Chat
0	4	2	Monika	Attendee	Love you!!! :-)	Chat
0	4	15	Emily Dubrick	Attendee	i hear everything !	Chat
0	4	19	Karen Williams	Attendee	Yes, I'm not hearing anything	Chat
0	4	39	Jamie	Attendee	HI All! Jamie Elze D.C from San Francisco!	Chat
0	4	45	Biljana Durickovic	Attendee	jonas try logging in again	Chat
0	4	46	Keltie	Attendee	Thanks Kelly	Chat
0	4	51	Madeleine	Attendee	i cant hear anything either	Chat
0	4	58	Lisa	Attendee	any suggestions to fix it if you cant see or heat video	Chat
0	5	16	Bridgette	Attendee	not seeing or hearing	Chat
0	5	24	Kelly Boyed	Admin	Try making sure playback settings are correct. Will look into why video may not be showing up	Chat
0	5	25	John	Attendee	can't connect	Chat
0	5	59	Kreg	Attendee	welcome n hello from Ohio~ USA	Chat
0	5	59	Bridgette	Attendee	not seeing anything	Chat
0	6	2	Bridgette	Attendee	got it	Chat
0	6	16	Emily Hanners	Attendee	Bridgette, did you click on the "play broadcast" play button?	Chat
0	6	25	Lisa	Attendee	Will Power point or notes/slides be available once replay is available?	Chat
0	6	32	Nancy Korenic	Attendee	Hello	Chat
0	6	36	Johan Nilsson	Attendee	Hi everyone, Sharon & Johan Nilsson from Spain!!	Chat
0	6	37	Joke	Attendee	can't hear anything on two devices	Chat
0	6	44	Julie	Attendee	Is there a way I can print out the slides/notes?	Chat
0	6	46	Tim	Attendee	Will we be given a PDF of the slides?	Chat
0	6	53	Kelly Boyed	Admin	notes are on Haavik Research group. Will get the link for you	Chat
0	6	54	Wendi Rodgers	Attendee	will this be recorded if we can't stay on for the entire webinar? Or will notes be available to us?	Chat
0	7	5	Julie	Attendee	Thanks	Chat

0	7	7	Kelly Boyed	Admin	for audio/video I have a suggestion here to try a different browser	Chat
0	7	25	Kelly Boyed	Admin	Hi Wendi, replay is available for 48 hours	Chat
0	7	33	Nancy Korenic	Attendee	message says the broadcast will start shortly? has it started?	Chat
0	7	50	Kelly Boyed	Admin	https://www.facebook.com/groups/haavikresearch/files/	Chat
0	8	7	Laura	Attendee	Has it started yet?	Chat
0	8	17	Kelly Boyed	Admin	Hi Nancy, yes it has started. It may take a minute to buffer then you should be able to click it to start	Chat
0	8	21	Neil	Attendee	Hi Heidi, Great to hear from you again. Neil from the Isle of Man	Chat
0	9	47	Laura	Attendee	it just says the broadcast will start shortly	Chat
0	10	3	Madeleine	Attendee	thats what it say on mine too	Chat
0	11	11	Madeleine	Attendee	i still cant hear or see anything	Chat
0	11	23	Lisa	Attendee	i changed to my phone and it worked	Chat
0	11	32	Kathy	Attendee	i had the same, i shut down web page and reloaded the email link and it started straight away. Try that Madeleine	Chat
0	12	31	Kristen Ruttan	Attendee	Hello from Toronto!	Chat
0	12	59	Laura	Attendee	where can we access the squashed nerve webinar?	Chat
0	13	27	Kristen Ruttan	Attendee	I missed the Heidi.link info. How do I find this?	Chat
0	13	32	Madeleine	Attendee	thanks	Chat
0	14	8	Kelly Boyed	Admin	Hi Kristen, you can type it into your URL bar http://heidi.link	Chat
0	14	39	Kelly Boyed	Admin	Hi Laura, all webinars are available on therealitycheck.com/science-mastery for members	Chat
0	15	3	Joke	Attendee	I still don't have sound, suggestions?	Chat
0	15	18	Kelly Boyed	Admin	Still looking into video/audio issues sorry! Can only recommend restarting as Kathy suggests or by trying a different browser	Chat
0	16	19	Kelly Boyed	Admin	Hi Joke, Check sound settings to ensure the correct device is being used for audio. I know my laptop likes to think my screen is a speaker! Do other apps have sound for you?	Chat
0	16	58	Kristen Ruttan	Attendee	thanks!	Chat
0	17	4	Aaron Roughan	Attendee	hola from mexico!	Chat
0	17	24	Joop Stringer	Attendee	Slow down a bit please :-)	Chat
0	18	24	Joop Stringer	Attendee	thanks :-)	Chat
0	20	6	Ronen Tuchfeld	Attendee	can't hear	Chat
0	22	19	Kelly Boyed	Admin	Hi Ronen, do other apps have sound for you?	Chat
0	23	28	Ronen Tuchfeld	Attendee	yes	Chat
0	24	29	SebastiÃ¡n JimÃ©nez ZÃºÃ±iga	Attendee	I have a question: In your studies, how you selectec the segment to perform the vertebral adjustment? Do you think is possibly to have differents results if we use for example, a nervoscope, a thompson technique or a diversified adjustment?	Question
0	26	14	Ronen Tuchfeld	Attendee	This is the message on screen- The broadcast will start shortly	Chat
0	26	34	Christina	Attendee	Ronen, hit the play button in the middle of the screen	Chat
0	26	38	Jill	Attendee	to get the change does a cavitation have to take place?	Question
0	27	29	Jill	Attendee	that is the n30drop	Chat
0	29	12	Kelly Boyed	Admin	Hi Ronen, are you sorted now? If hitting the play button doesn't work, try restarting your browser. Chorme and Firefox work best according to the support website	Chat
0	30	4	SebastiÃ¡n JimÃ©nez ZÃºÃ±iga	Attendee	Amazing Heidi, thanks	Chat
0	30	7	Franca	Attendee	sound is gone	Chat
0	30	10	Franca	Attendee	help	Chat
0	30	28	Franca	Attendee	came back now	Chat
0	30	48	Thomas	Attendee	ever tried the impulse iq	Chat
0	30	57	Ronen Tuchfeld	Attendee	I am OK know	Chat
0	34	26	Julie	Attendee	I sent a member request to the FB page. I don't know if I am in yet, but would really like to get the notes printed out...	Chat
0	34	45	Monika	Attendee	LOVE IT!!!!!!!!! :-)	Chat
0	35	11	Emily Hanners	Attendee	hello! ðŸ™‹â€â™€ï¸ðŸ¤“	Chat
0	35	19	Michael Johansson	Attendee	Do you know if there is any difference depending on the amplitude of the adjustment?	Question
0	35	31	Janine	Attendee	so good	Chat
0	37	48	Kelly Boyed	Admin	Hi Julie, you should have access to the facebook page now	Chat
0	38	44	Dirk	Attendee	Kelly Boyed. I also requested admission, please.	Chat
0	40	28	Kathy	Attendee	hi Janine, getting your geek on?	Chat
0	41	34	Dirk	Attendee	Kelly Boyed: Sweet	Chat
0	41	54	Kelly Boyed	Admin	Here's the link to the files https://www.facebook.com/groups/haavikresearch/files/	Chat
0	41	58	Janine	Attendee	sure am Kathy. you too	Chat
0	42	35	Kathy	Attendee	loving it	Chat
0	42	45	Julie	Attendee	Yay, got it! Thank you.	Chat
0	47	37	Suzanne Buffie	Attendee	are these videos able to be shared to social media if you are a member	Chat

0	47	39	Christina	Attendee	Is it possible to get a copy of this video? Is it available to purchase somewhere??	Chat
0	48	43	Kristen Ruttan	Attendee	I missed the comment "the way your spine works...." anyone catch it/	Chat
0	49	33	Felix Shum	Attendee	@KellyBoyed could i get access to the fb research group too ? thanks	Chat
0	50	41	Lisa	Attendee	i LOVE this video!!!! so easy for lay people to understand.	Chat
0	51	54	Maggie Peterson	Attendee	I got my membership last year. They are great videos. I have them on my website. They were easy to add to the page. Totally worth the money.	Chat
0	52	29	John	Attendee	Was the degree of the N30 reduction greater with full spine adjusting as apposed to cervical spine adjusting only?	Question
0	52	47	Kelly Boyed	Admin	Kristen "The way your spine works actually changes the way your brain works"	Chat
0	53	26	Kelly Boyed	Admin	Hi Felix, it seems I cannot add you to the page. Can you please request access? Then Glenn or myself can accept you	Chat
0	53	33	Kelly Boyed	Admin	https://www.facebook.com/groups/haavikresearch/?ref=group_header	Chat
0	54	6	Skyler	Attendee	Woo	Chat
0	54	30	Kelly Boyed	Admin	Hi Christina, the replay is available for 48 hours or from 15th Feb you can get permanent access by becoming a member of therealitycheck.com	Chat
0	54	38	Julie	Attendee	I have to leave the webinar now. What is the link I can use to finish watching later on?	Chat
0	54	56	Kelly Boyed	Admin	Hi Julie, it will get emailed to you once the replay is created	Chat
0	55	14	Kate+B	Attendee	So would Chiropractic care potentially impact positively on central sensitisation?	Question
0	55	33	Julie	Attendee	Perfect. Thank you :) Such awesome information.	Chat
0	55	45	Kelly Boyed	Admin	Hi Suzanne, we provide shorter snippets of the videos for you to share on your social media	Chat
0	56	31	Monika	Attendee	What about emotional pain?	Question
0	57	13	Franca	Attendee	please send me yhe email with all the info youre offering to others here who have asked	Chat
0	57	57	Kelly Boyed	Admin	Hi Franca, are you referring to the facebook group etc? We have all info at heidi.link which we can send out afterwards if you like?	Chat
0	58	19	Franca	Attendee	ok thanks	Chat
0	58	55	Skyler	Attendee	Just to touch back briefly on the difference between pre and post peaks, do we know what the decrease/flattening of the arc on the graph means? Is that indicative of the better filter you spoke of?	Question
0	59	7	Richard	Attendee	Loving this!!!!	Chat
0	59	44	Kate+B	Attendee	How often would you need to be adjusted to create continued positive neuroplasticity?	Question
0	59	56	Petra	Attendee	its training for the nervensystem!	Chat
1	1	50	Hampus	Attendee	in your results and the changes you see in the prefrontal cortex, how long does the changes last for? can you say that the change you see has long term changes or short term effect?	Question
1	2	51	Kate+B	Attendee	For the PT study with neuroplastic explanation- does the study say what exactly the client was told? if yes, what was it?	Question
1	4	21	Kate+B	Attendee	But doesn't the brain not know whats going on because of changes in the proprioceptive input from some change in movement? At least in part?	Question
1	4	44	Biljana Durickovic	Attendee	you're awesome Heidi!!!	Chat
1	5	36	Dirk	Attendee	Ye she is AWESUM	Chat
1	5	41	Franca	Attendee	please simply describe your explanation of subluxation if its not a squashed nerve	Question
1	6	44	Richard	Attendee	vertebraal fixations are indicators of neurological interference ??	Question
1	7	57	Jack+Moran,+D.C.	Attendee	Is there an endless loop created between the tissue malfunction and the brain perception that is reprogrammed by the adjustment?	Question
1	8	36	Franca	Attendee	so the basic problem startrs with loss of mobility in the spine?	Question
1	8	58	SebastiÃ¡n JimÃ©nez ZÃºÃ±iga	Attendee	The main target here is to do a work using Chiropractic adjustment AND TNE v/s a traditional chiropractic care. Probably we can find some differences in the outcomes	Question
1	9	2	Paige	Attendee	YES FROTHING	Chat
1	9	7	Charles	Attendee	So we need to get rid of all of our old chiropractic posters...	Chat
1	10	30	Kelly Boyed	Admin	I actually want to know about that!!!	Chat
1	10	38	Monika	Attendee	Were you able to see any dampening of limbic drive with the affects on the PFC?	Question
1	12	12	Flemming Andry	Attendee	Where do you see CRPS in the brain? Also PFC and if yes can you explain a bit?	Question
1	12	26	Monika	Attendee	You win on the nerdy gauge!!! LOL	Chat
1	12	52	cheryl	Attendee	love it. powerhouse partnership!	Chat

1	13	31	Kelly Boyed	Admin	Just an FYI I'm marking all your questions so that Heidi can see them all at the end, so don't worry if it doesn't get answered now! It will definitely get answered at the end during the Q&A. Please feel free to keep submitting them!	Chat
1	14	18	Joke	Attendee	I'm a psychologist and this is so cool!	Chat
1	15	13	Charles	Attendee	did we receive the slides?	Question
1	15	18	Flemming Andry	Attendee	Nice Kelly ;-)	Chat
1	15	59	Monika	Attendee	"LImbic Lock and Load" :-(	Chat
1	16	2	Kelly Boyed	Admin	Hi Charles, there are some notes on the Haavik Research facebook page but I'm not sure about slides. I'll add that as a question so we can ask Heidi :)	Chat
1	16	19	Jamaal Rahman	Attendee	Can the number of segments adjusted make a difference? What about adjustments in the sympathetic/parasympathetic areas?	Question
1	16	56	Kelly Boyed	Admin	Here's the link Charles https://www.facebook.com/groups/haavikresearch/files/	Chat
1	17	16	Biljana Durickovic	Attendee	oh yes Vagus!!!	Chat
1	20	17	Cory	Attendee	Yes the notes from the facebook page are the slides we are seeing.	Chat
1	20	30	Joseph Hong	Attendee	can i relisten to this later?	Chat
1	20	52	Kelly Boyed	Admin	Hi Joseph, yes, you can! The replay will be emailed to you and available for 48 hours :)	Chat
1	22	6	Biljana Durickovic	Attendee	this is blowing my PFC :)	Chat
1	22	7	Joseph Hong	Attendee	thank.you	Chat
1	25	19	Chadell Phillip	Attendee	When emotions are high, intelligence is low.	Chat
1	26	29	Kelly Boyed	Admin	Thanks, Cory. I'll look at the notes next time so I can better answer ;)	Chat
1	27	13	Joke	Attendee	can you say something about what happens in the brain with dissociation	Question
1	29	1	Kelly Boyed	Admin	Here's what that bottom text box said if you missed it "Here we have no reasoning and time does not exist so no point in trying to â€˜talkâ€™ or â€˜reasonâ€™ with someone who is operating in this place"	Chat
1	29	57	Tim	Attendee	The PDF downloaded is missing numerous slides from the presentation. Is the one recommended to download from the FB group the most up to date version?	Question
1	30	13	Lindsey Wynne	Attendee	Is there an assessment measure we can use pre and post adjustment to indicate change in pre frontal cortex	Question
1	30	58	Kelly Boyed	Admin	I'm afraid I'm not sure, Tim. I'll be sure to ask Heidi	Chat
1	32	12	Dirk	Attendee	I am following on the pdf slide. They are excatley as Heidi is presenting	Chat
1	32	39	Juan-Carlos	Attendee	you mentioned the speed of adjustment is key. No cavitation. how about area of adjustment onprefrontal cortex effect?	Question
1	33	5	Richard	Attendee	yes there eis a way to measure brain responses to stress and recovery	Chat
1	33	27	Franca	Attendee	how Richard?	Chat
1	34	31	mark	Attendee	Can we get access to this webinar to watch it again	Chat
1	35	17	Kelly Boyed	Admin	Yes you can, Mark. You get emailed a replay that you can watch for 48 hours. It also gets added to therealitycheck.com/science-mastery/ so that members have permanent access. It will go on the member's site on the 15 February	Chat
1	35	42	Tim	Attendee	Dirk, do you have the 76 page PDF slide download? For example, the section where Dr Haavik spoke about the PFC and limbic system representative of the fingers and thumb is not present; however, there are numerous other examples.	Chat
1	36	4	Kelly Boyed	Admin	Here's the actual link to Science Mastery for those of you who are members https://therealitycheck.com/science-mastery/	Chat
1	36	13	Dirk	Attendee	Tim it is there. https://www.facebook.com/groups/haavikresearch/files/	Chat
1	36	18	Kelly Boyed	Admin	The slideshow I have is 152 slides in length	Chat
1	36	30	Cory	Attendee	So can the brain repair back to pre-stress event? With chiro and what other methods? meditation?	Chat
1	36	51	Dirk	Attendee	Tim 76.	Chat
1	37	5	david richardson	Attendee	skip the list its obvious	Chat
1	37	46	Tim	Attendee	Dirk, yes that is where I got my download as well. 76 pages. Kelly, where is the 152 slide download?	Chat
1	37	54	Kelly Boyed	Admin	Yes, sorry. Thanks Drik. 76 pages -2 slides per page	Chat
1	40	23	Kelly Boyed	Admin	We should be on page 26 now. Does that look right to you, Time?	Chat
1	40	25	Maggie Peterson	Attendee	Does the amgydala become stimulated by olfaction since that doesn't go through the thalamus	Question
1	40	50	Tim	Attendee	Kelly and Dirk, figured it out. 2 slides per page. I was only seeing one slide per page. Thank you.	Chat
1	40	51	Kelly Boyed	Admin	Tim, so sorry I didn't mean to misspell your name	Chat
1	41	10	Dirk	Attendee	Sweet man	Chat

1	41	24	Henrik | kiropraktorerne.com	Attendee	Where can we get the pdf?	Chat
1	42	4	Henrik | kiropraktorerne.com	Attendee	from FB? I tried to apply - been a membership member for years ðŸ˜ðŸ˜	Question
1	42	42	Tim	Attendee	Kelly, no problem. :) Thank you.	Chat
1	44	56	Kelly Boyed	Admin	https://www.facebook.com/groups/haavikresearch/files/ here, Henrik :)	Chat
1	47	58	Monika	Attendee	Moro reflex reactivated!! :-(	Chat
1	48	34	Maureen Neskar	Attendee	Am I the only one hearing a looping of the video?	Chat
1	49	4	Pritesh	Attendee	Mindblowing Heidi	Chat
1	49	6	Cory	Attendee	Good point Monika, primitive reflexes reactivated	Chat
1	49	27	Maureen Neskar	Attendee	Hello! My video islooping...	Chat
1	49	44	Richard	Attendee	i had to re start	Chat
1	49	45	Biljana Durickovic	Attendee	Hey Maureen!!!	Chat
1	50	8	Monika	Attendee	Cory, this is why we see it harder and harder to get the primitive reflexes under control. They constantly get reactivated!	Chat
1	50	28	Biljana Durickovic	Attendee	restart maureen	Chat
1	51	13	Monika	Attendee	yup! :-)	Chat
1	51	26	Joke	Attendee	combining chiro with emdr can have great results on this part!	Question
1	51	38	Kate+B	Attendee	Is the theory then, that chiro adjustments activate the PFC, reducing effect of stress response in amygdala?	Question
1	52	8	Monika	Attendee	Joke, sensory-motor integration will be huge with these cases! :-)	Chat
1	52	14	Franca	Attendee	joke whats emdr?	Chat
1	52	34	Joke	Attendee	traumatreatment psychologist do	Chat
1	52	50	Franca	Attendee	ahhh ok	Chat
1	53	4	Joke	Attendee	eyemovementdesensitisation and reprocessing = emdr	Chat
1	53	8	Franca	Attendee	what does it stand for?	Chat
1	53	11	Kristen Ruttan	Attendee	my computer diedand Im trying to signin on my phone. any suggestions?	Chat
1	53	54	Kelly Boyed	Admin	Hi Kristen, not sure how it works on a phone but if you can chat here, then you're in. Is there maybe a button that shows the video rather than chat?	Chat
1	54	1	Joke	Attendee	google emdr, its a bit complex ;-) but cool , combi with chiro (not me) is great	Chat
1	54	4	Yasellyn Diaz	Attendee	im so late! would this be recorded and sent a link to email to those that paid? ;(	Chat
1	54	10	Franca	Attendee	im on my phone	Chat
1	54	24	Franca	Attendee	just follow the link and oit the password	Chat
1	54	28	Kelly Boyed	Admin	Here's a quick sentence I found re emdr "Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories (Shapiro, 1989a, 1989b)."	Chat
1	54	46	Joke	Attendee	yes	Chat
1	54	48	Kristen Ruttan	Attendee	i can see both areas but thereis no video where there shd be	Chat
1	54	54	Kelly Boyed	Admin	Yasellyn, it will be recorded and you can access it for 48 hours :)	Chat
1	55	34	Kelly Boyed	Admin	Here's what I was reading,Franca, if you are interested	Chat
1	55	34	Kelly Boyed	Admin	http://www.emdr.com/what-is-emdr/	Chat
1	55	45	Yasellyn Diaz	Attendee	Thanks Kelly Boyeed- where could I acess it? email?	Chat
1	56	21	Franca	Attendee	Thanks Kelly	Chat
1	56	43	Kelly Boyed	Admin	Yasellyn, you will get an email with the link to the replay room	Chat
1	57	17	Dirk	Attendee	All this maladaptive neuroplasticity reminds of BJ's poem. A small slip on a sidewalk...	Chat
1	57	23	Natacha	Attendee	Is surgery recognized as a traumatic event even if the patient isn't emotionally affected, is what happens under anesthesia processed as a trauma by the ner ous system?	Question
1	57	49	Joke	Attendee	this book is great! a	Chat
1	58	50	Biljana Durickovic	Attendee	I also ties in Dr. Donald Epstein's Model	Chat
1	59	59	Lisa	Attendee	Heidi brilliant as ever. thank you for your ambition to change the the narrartives of our profession not only to the profession but to the public and other medical professionals. c heers... Lisa Baptista	Question
2	0	6	Kelly Boyed	Admin	Sorry Kristen, still trying to see why you can't see video on your phone	Chat
2	0	50	Kate+B	Attendee	Good answre Glenn!	Chat
2	1	10	Dirk	Attendee	Lisa .. I agree stunning	Chat
2	2	25	Jack+Moran,+D.C.	Attendee	Alas, I need to leave. needto go to my Chiropractic appointment for an adjustment. Is there a link for later review of the remainder of the seminar? TIA	Question
2	3	11	Maggie Peterson	Attendee	www.heartmath.com to learn more about HRV. I am doing the certification class	Question
2	4	49	Kelly Boyed	Admin	Hi Jack, you can access the replay afterwards. You will get an email and it is available for 48 hours to watch :)	Chat

2	5	39	Joke	Attendee	I can also recommend working together with a psychologist, it will go even faster ;-)	Question
2	5	49	Monika	Attendee	Then add the chemical stressors in modern day society, tehcnology and poor diet!	Chat
2	8	54	Jack+Moran,+D.C.	Attendee	God Be with You!	Chat
2	9	10	Kelly Boyed	Admin	enjoy your appointment! :)	Chat
2	9	10	natasha	Attendee	Would love to see 'patient talking points' from what is covered in this webinar; I'm not sure how to communicate this new info in an efficient, easy to understand manner...	Question
2	9	45	Lindsey Wynne	Attendee	For anyone interested I am going to use a cardiac vagal tone monitor to measure parasympathetic activity, developed to be more accurate than HRV and I think more relevant to chiropractors, google pro biometrics	Question
2	9	45	Monika	Attendee	I believe in the ACE's study they concluded an average 20 yr less life expectancy in those children?	Question
2	11	53	Skyler	Attendee	Woooo	Chat
2	12	3	Kelly Boyed	Admin	Hi Natasha, we cover a lot of how to communicate information to practice members on therealitycheck.com. Our Science Gems focus on this, specifically. This information will be making it's way into Science Mastery, available to members only. https://therealitycheck.com/science-mastery/	Chat
2	13	31	Richard	Attendee	thank you for the hard core proof in support of my belief.	Chat
2	13	33	Kelly Boyed	Admin	For those wanting to sign up to our membership, you can head to https://therealitycheck.com/pricing/	Chat
2	16	52	Kate+B	Attendee	How does an adjustment stimulate PFC if amygdala is switching off PFC? just continued/ repetitive stimulation to override amygdala?	Question
2	18	7	Doug	Attendee	Richard Barwell`s book might be of interest to the Doc`s listening here.	Question
2	18	19	Doug	Attendee	https://www.amazon.com/Why-You-Sick-Your-Brain/dp/1937111164	Question
2	19	9	Monika	Attendee	Kate, if you can help regulate incoming sensory input (the NINE sensory systems), you can help regulate the amygdala's response! This is the kind of stuff Heidi & I will cover in our "duet" seminars :-)	Chat
2	19	23	Tim	Attendee	Will you proivde a PDF copy of the chat notes?	Question
2	19	59	Franca	Attendee	where can i find the questionnaires that shoe the higher risk of a majot health crisis depending on different traumatic events	Question
2	20	4	Jason Pape DC	Attendee	_cant wait for that one Monika	Chat
2	20	31	Kate+B	Attendee	Perfect, thanks Monika- I'm looking forward to those seminars!!	Chat
2	20	33	Charles Jackson	Attendee	Thank you for your informative and inspirational effort Dr Haavik... Charles Jackson DC - Michigan	Chat
2	22	52	Richard	Attendee	love this and will be recommending it at all my presentations.	Chat
2	23	11	Kate+B	Attendee	This is the best video you've done!! So brilliant!	Chat
2	23	15	Biljana Durickovic	Attendee	Its awesome	Chat
2	23	35	Kelly Boyed	Admin	< 3	Chat
2	23	36	Louise	Attendee	LOVE it!	Chat
2	23	41	Laetitia	Attendee	love it thank you very much	Chat
2	24	0	Johan Nilsson	Attendee	Love it! It's what we are already saying so can't wait to get the video and the snippet!	Chat
2	24	2	Kate+B	Attendee	What is this video called?	Chat
2	25	27	Kelly Boyed	Admin	This ones not actually released yet. It's called "stress affects your brain and health". I can release it sooner rather than later if you like	Chat
2	25	53	Kate+B	Attendee	Sooner please :)	Chat
2	26	19	Jason Pape DC	Attendee	hypnosis!	Chat
2	26	21	Michael Johansson	Attendee	Nice!!!	Chat
2	26	35	Kelly Boyed	Admin	Sure :) The replay will go up on the 15th so will put this animation up on the 1st March	Chat
2	27	18	Kate+B	Attendee	Amazing- thanks Kelly!!	Chat
2	30	24	Kate+B	Attendee	That's awesome Heidi- massive work for yourself!	Chat
2	30	26	Neil	Attendee	Well done Heidi!	Chat
2	30	28	Joke	Attendee	you just explained the key thing in treating trauma! reframing	Chat
2	31	17	Drs. Ian & Melanie McIntosh	Attendee	Are the videos and snippets available for members only? Not us docs who are attending the webinar?	Chat
2	33	3	Joke	Attendee	tai chi is also good for cross lateral integration, that calmes as well!	Chat
2	33	30	Richard	Attendee	entrainment, biofeedback and neurofeedback after adjustment ?	Question
2	34	12	margaret	Attendee	oh Heidi I miss you too and that wonderful group. I have so enjoyed this lecture and it makes so much sense. xxxx Maggie	Chat
2	34	15	Franca	Attendee	Richard how did you say you can measure autonomic function?	Question
2	34	19	Maggie Peterson	Attendee	Peter Levine, Somatic Experience. He teaches pendulating. When we touch people who have been abused they may become triggered. I teach pendulating to patients before they are examined or adjusted. Then watch for triggers and have them pendulate out of the stress.	Chat

2	34	25	Kelly Boyed	Admin	Hi Ian and Melanie, the videos are a members benefit that they pay for, so they are only available for members to download and use on their websites or in their waiting rooms. However, anyone can watch them on the site at https://therealitycheck.com/animations/	Chat
2	35	22	Monika	Attendee	Specific probiotics also affect amygdala, PFC and hypothalamus....like L. Rhamonosus & L. Reuteri	Question
2	35	28	Richard	Attendee	there is the answer thanks	Chat
2	39	16	Barbara	Attendee	All of this is fabulous! * feedback: when the video suggests seeing Chiropractor is says it will help relax patient, which being true, takes away from the professional scientific health impact. I can "relax" many ways not all positive. What you say is powerful.	Question
2	41	37	Ruben Mateo	Attendee	Do you think one can find "the right vertebrea" to adjust? Or does it not matter?	Question
2	43	42	Bridgette	Attendee	Loved this!!!!	Chat
2	44	36	Robert Moore	Attendee	Just confirming the webinar is live to view over the weekend?	Chat
2	45	49	Kelly Boyed	Admin	Hi Robert, yes it is. The replay will be emailed out to you afterwards and is available to view for 48 hours :)	Chat
2	47	47	Robert Moore	Attendee	Great - thank you. I'm off to adjust clients. How to contain all this right now, I'm buzzing!!	Chat
2	48	22	YL	Attendee	Just want to say thanks Heidi, for backing up the way I've been thinking and practicing for years, with all of your heavy lifting on the research end of things. Really appreciate it. Looking forward to catching you in Vegas next month! :)	Question
2	49	5	Tim	Attendee	What research needs to be done to change the language from chiropractic can impact the PFC to improve the PFC?	Chat
2	50	8	Kelly Boyed	Admin	See you later, Robert. Thanks for joining!	Chat
2	54	39	Thomas	Attendee	been great love you heidi but need to go now will finish over weekend if you email link to seminar	Chat
2	55	28	Kelly Boyed	Admin	Hi Thomas, thanks for joining us! You will get emailed a link to the replay when this webinar is finished :) it's available for 48 hours	Chat
2	57	11	Monika	Attendee	YESSSSSSSSSSSS!!!!!!	Chat
2	58	31	Kate+B	Attendee	just to check- is adjusting the spine impacting on the PFC even if the amygdala is diverting away from the PFC under stress response, or do you need to reduce the stress before that function? Or do we not know yet?	Question
3	0	37	Tim	Attendee	Great webinar. Thank you.	Chat
3	0	53	Joke	Attendee	Great webinar, have to go, Thanks!	Chat
3	1	2	Biljana Durickovic	Attendee	yes...happening in canada	Chat
3	1	10	Kelly Boyed	Admin	Thanks, Joke! Enjoy your weekend!	Chat
3	1	38	Joe	Attendee	Great webinar! Information dense! Need to go finish entraining patients. Have a great weekend!	Chat
3	1	59	Kelly Boyed	Admin	https://therealitycheck.com/science-mastery/	Chat
3	2	12	Kelly Boyed	Admin	Thanks for joining, Joe!	Chat
3	2	28	Ghislain	Attendee	See you in UQTR next week Heidi! Merci beaucoup!	Chat
3	2	39	Richard	Attendee	Support Heidi to support the future of Chiropractic	Chat
3	2	49	Kelly Boyed	Admin	Thanks, Ghislain ^.^	Chat
3	3	15	Kelly Boyed	Admin	Thank you, Richard :)	Chat
3	3	52	Tim	Attendee	Is there a link for the next webinar that Dr Haavik is doing?	Chat
3	4	28	Kelly Boyed	Admin	There isn't one yet but we will send it in a newsletter when we have it	Chat
3	5	29	Kelly Boyed	Admin	We have it scheduled for 15th March 8 am NZDT Pain and Plasticity	Chat
3	5	31	david richardson	Attendee	really awesome webinar thank you. i love your enthusiasm objectivity and high quality knowledge. Must go.	Chat
3	5	47	Kelly Boyed	Admin	Thanks David. Glad you enjoyed it :)	Chat
3	7	17	Lisa	Attendee	So much fantastic info! I am going to have to watch again. Had an emergency patient so I missed a bit. So glad I'll be able to review again and fill in the gaps.	Chat
3	8	3	Kelly Boyed	Admin	Thanks Lisa!	Chat
3	8	21	Kristen Ruttan	Attendee	Amazing information! Looking forward to watching again	Chat
3	9	4	Biljana Durickovic	Attendee	wow..please do this for canada	Question
3	9	42	Dr. Renee Laframboise	Attendee	I second that. Canadian chiros need this so badly.	Chat
3	9	44	Kelly Boyed	Admin	Thanks Kristen, you'll be able to see the whole video in the replay :)	Chat
3	10	2	Kelly Boyed	Admin	Definitely!!!	Chat
3	10	24	Jill	Attendee	Kelly, with respect to the "offer" that showed up just above this chat box to join the membership and wondering how long that offer is valid for?	Chat
3	10	49	Neil	Attendee	Thanks Heidi. Loved it! Glad you connected with Richard Barwell and are familiar with the Neuroinfiniti. We chatted on this about 3 years ago in Scotland	Chat
3	11	34	Kelly Boyed	Admin	Hi Jill, we will keep it open for the whole duration that the replay is available	Chat

3	12	2	Jill	Attendee	thanks Kelly	Chat
3	12	9	Kelly Boyed	Admin	To elaborate, the replay is available for 48 hours and so will the offer	Chat
3	12	38	Richard	Attendee	have to leave great presentation thanks	Chat
3	13	38	Kelly Boyed	Admin	Thanks heaps, Richard!	Chat
3	15	38	Christina	Attendee	Will the series with Monika Buerger be on your membership site?	Chat
3	16	36	Lisa	Attendee	Yes, makes sense!	Chat
3	16	45	Dr. Renee Laframboise	Attendee	If we decide to pay for a month of the membership to try it out, is there anyway that we could change to the yearly membership and get the promotional price?	Chat
3	17	16	Kate+B	Attendee	Renee, the membership is worth the yearly price anyway :)	Chat
3	20	34	Kelly Boyed	Admin	Hi Renee, yes, absolutely. Just email support@haavikresearch.com	Chat
3	20	46	Kelly Boyed	Admin	Thanks Kate :)	Chat
3	22	20	Krishnath	Attendee	Thank you again for your generous and wise words!	Chat
3	24	18	Mykel	Attendee	Thank you, got to run to work now :)	Chat
3	24	30	Monika	Attendee	The membership is more than worth its weight in gold!! PLUS, it helps support Heidi's ability to do more research and this helps ALL of us as well as CHIROPRACTIC!!	Chat
3	24	40	Kelly Boyed	Admin	Thanks Mykal, have a good day!	Chat
3	25	2	Kelly Boyed	Admin	Thanks, Krishnath, glad you enjoyed it	Chat
3	25	16	Kelly Boyed	Admin	Thank you Monika :)	Chat
3	26	11	Biljana Durickovic	Attendee	Love it. You are a machine...seriously.	Chat
3	32	47	Emily	Attendee	This is absolutely amazing!! Thank you for taking the time to present this information :)	Chat
3	33	56	Tim	Attendee	Recommended stress questionnaire (p31-32) of this slide deck. Anything else? Research based PDF versions?	Chat
3	35	7	Kelly Boyed	Admin	Thank you Biljana	Chat
3	35	18	Kelly Boyed	Admin	Thanks, Emily	Chat
3	36	41	Kate+B	Attendee	by variability, do you mean measuring there heart rate at any point, and comparing that to previous records over time?	Chat
3	37	45	Marcin Dochnal	Attendee	can you please explain the difference between HR and HRV	Chat
3	39	4	Justin Peatling	Attendee	HRV measures the variance in the inter beat interval from R to R	Chat
3	40	1	Marcin Dochnal	Attendee	Thanks Justin but I need it dumbed down more	Chat
3	40	18	Kate+B	Attendee	Same as Marcin :)	Chat
3	40	36	Kate+B	Attendee	Is R the QRS beat on ECG?	Chat
3	40	45	Justin Peatling	Attendee	Yes	Chat
3	40	58	Tessa	Attendee	How flexible is the system is varying the heart rate moment o moment to meet demand	Chat
3	41	5	Dr. Renee Laframboise	Attendee	Thank you so much for this webinar! Mind-blowing!	Chat
3	41	9	Kate+B	Attendee	How does measuring HR convert to QRS on ECG without the ECG?	Chat
3	41	35	Biljana Durickovic	Attendee	Thanks this will change my practice!!!!!!!!!!	Chat
3	42	0	Henrik | kiropraktorerne.com	Attendee	With that kind of focus on the vagus nerve - are we going back to the HIO-treatment - to focus only on the C1? I hope not ðŸ˜’ðŸ˜’	Chat
3	42	24	Michael Johansson	Attendee	Great webinar. Thank you!	Chat
3	42	34	Barbara	Attendee	Thank you! Great stuff!	Chat
3	42	36	Tessa	Attendee	Virtual hug	Chat
3	43	38	Petra	Attendee	Great webinar. Thank you.	Chat
3	44	32	Kelly Boyed	Admin	http://heidi.link/	Chat
3	44	55	Johan Nilsson	Attendee	Fab webinar, we've been members since the beginning and love it. Excellent value!	Chat
3	45	12	Tessa	Attendee	HRV=the flexibility of the system in changing hear rate moment to moment to meet the demands of the environment/situation. ... my explanation to patients	Chat
3	45	17	Kelly Boyed	Admin	https://www.heidihaavik.com/pages/speaking	Chat
3	45	39	Maggie Peterson	Attendee	HIO isn't necessary Henrik because a mid thoracic adjustment stimulated the pariaquaductal gray and take the body to PFC activation	Chat
3	45	57	Justin Peatling	Attendee	great Tessa	Chat
3	46	26	Francis	Attendee	Thanks, Doc & Team Haavik ~ Much LOVE from San Jose, CA. Signing off to take care of my local clan and impact some PFC's before it's too late. CHEERS! Dr. Frank	Chat
3	46	28	Mark+Carter	Attendee	Please God, let nothing ever happen to you. Thanks heaps	Chat
3	47	11	Marcin Dochnal	Attendee	I am SOLD Heidi . Thank you	Chat
3	47	17	Kate+B	Attendee	Thanks Tessa, still not sure how I would use tht in my practice, but will look into it :)	Chat
3	47	23	Christian	Attendee	â	Chat
3	47	24	Justin Peatling	Attendee	time to run....Thank you for your passion Heidi	Chat
3	49	13	Kelly Boyed	Admin	Thank you for joining us :) enjoy your weekends	Chat
3	50	24	Henrik | kiropraktorerne.com	Attendee	Thanks Maggie ðŸ˜	Chat
3	50	35	Lisa	Attendee	Is the membership an auto debit or? Is there a contract for a period of time?	Chat

3	51	33	Tim	Attendee	Are the webinars included with membership?	Chat
3	51	59	Kate+B	Attendee	Are those NZ dates on Friday mornings??	Chat
3	52	31	Kelly Boyed	Admin	Hi Lisa, it is a direct debit, cancel any time subscription	Chat
3	52	45	Kelly Boyed	Admin	The NZ date is March 15 8 am	Chat
3	52	50	Lisa	Attendee	Thx Kelly	Chat
3	52	57	Kelly Boyed	Admin	The webinars get added to the membership website	Chat
3	53	1	Kate+B	Attendee	Want to come down to Queenstown and do a reality check 'tour' down here?	Chat
3	53	2	Pritesh	Attendee	When is the Aus tour?	Chat
3	53	16	Skyler	Attendee	Really curious Dr. Haavik - Do we have an idea what the difference of pre and post peaks in the graph could be? Specifically, could it be said that there is a better filtering of sensory information from the presence of this decrease in N30 peak?	Chat
3	53	18	Aaron Roughan	Attendee	gracias heidi!!	Chat
3	53	20	Kate+B	Attendee	Which is a Friday Kelly?	Chat
3	53	48	Thomas	Attendee	Where can we see the replay to this?	Chat
3	54	12	Pritesh	Attendee	June, got it	Chat
3	54	22	Kelly Boyed	Admin	Yes Kate, Friday for us	Chat
3	54	32	Kelly Boyed	Admin	The replay will get emailed to you	Chat
3	54	37	Rebecca	Attendee	absolute legend! thanks so much for all the knowledge!	Chat
3	54	41	Jessica	Attendee	Thank you so much! Can't wait to take advantage of the membership!	Chat
3	54	47	Shady Shafei	Attendee	Hi the link to download todays notes says its expired.	Chat
3	54	48	Dirk	Attendee	Well done Heidi and team. Excellent	Chat
3	57	2	Biljana Durickovic	Attendee	You should talk to Dr. Donald Epstein..This is bridging what he is talking about...he has research as well through the epienergtics foundation	Chat
3	58	28	Lisa	Attendee	Just joined. Thank you for such great info!	Chat
4	0	40	Jill	Attendee	will we be able to pick up the notes again as the link on Heidi.link notes the notes have expired? will we be able to pick these up when we get the details about the replay?	Chat
4	1	4	Jason+	Attendee	Thanks for the effort you put in and taking the profession forward	Chat
4	1	27	Lisa	Attendee	I cannot find where the notes are.	Chat
4	1	30	Jarod Kim	Attendee	Great work!	Chat
4	1	58	Kelly Boyed	Admin	Please email support@haavikresearch.com and we will email the notes to you :)	Chat
4	2	9	Jarod Kim	Attendee	Hi	Chat
4	3	13	Charles	Attendee	Would the decrease in the graph indicate an increase in thalamic activity?	Chat
4	9	50	Kate+B	Attendee	chonic regional pain syndrome	Chat
4	10	4	Kate+B	Attendee	CRPS = chronic regional pain syndrome	Chat
4	12	22	Joseph Hong	Attendee	can i get the facebook link to the notes?	Chat
4	13	4	Kelly Boyed	Admin	https://www.facebook.com/groups/haavikresearch/files/	Chat
4	14	45	Joseph Hong	Attendee	how do i get the webnar notes?	Chat
4	21	24	Lisa	Attendee	A pamphlet would be AWESOME!!!	Chat
4	21	26	Maggie Peterson	Attendee	Yes please pamphlet	Chat
4	21	51	Johan Nilsson	Attendee	yes please create those leaflets!	Chat
4	22	19	Kelly Boyed	Admin	Joseph, please send an email to support@haavikresearch.com for the notes	Chat
4	22	37	Kate+B	Attendee	I haven't done one- wouldn't know where to start!	Chat
4	23	8	Maureen Neskar	Attendee	Can someone who has not signed up for today's webinar sign up and watch it over the next 48 hours?	Chat
4	24	18	Dorthe Brandborg Olsen	Attendee	thanks and goodnight from Denmark	Chat
4	25	47	Lisa	Attendee	I've got to run. Bless you and your team.	Chat
4	25	52	Maureen Neskar	Attendee	Thanks Heidi for this, for BEing YOU and for ALL YOU DO!!!	Chat
4	25	57	Penelope Seuren	Attendee	Thank you.	Chat
4	26	20	Jonas Marry	Attendee	thank you, awesome work	Chat
4	26	36	Henrik | kiropraktorerne.com	Attendee	see you guys - need to stop now - 1139PM. take care	Chat
4	27	17	SebastiÃ¡n JimÃ©nez ZÃºÃ±iga	Attendee	How can we, from a clinical perspective, do some contributions to increase the evidence from a chiropractic perspective?	Chat
4	28	45	Kelly Boyed	Admin	Hi Maureen, unfortunately signing up to this webinar is no longer possible so the replay will now only be available to those who have already registered and then The Reality Check members from Feb 15th	Chat
4	29	45	Johan Nilsson	Attendee	over and out from Spain	Chat
4	31	31	Ronen Tuchfeld	Attendee	Thanks, appreciate the learning, excellent webinar.	Chat
4	31	51	Skyler	Attendee	Thank you Dr Haavik from Life University GA!	Chat
4	32	37	SebastiÃ¡n JimÃ©nez ZÃºÃ±iga	Attendee	Thanks Dr Haavik, in the enf of the world (chile) we're working to do some contributions from a "neuroplastic" perspective. Thanks a lot for all!	Chat