

2/11/24 YOUR HEALTH MATTERS

The Foundation of Health Starts at Your Feet: Insights from Dr. Emily Splichal

Speaker Sterling** ((00:00:00)) - -As always, I am thrilled to be your host as we explore the journey towards a longer, healthier, more active life together. We have lots to talk about today. First of all, I want to say thank you everybody for the wonderful feedback from last week's show featuring Dr Dale Bredesen, bestselling author, foremost Alzheimer's researcher, along with Dr Joe Barry. The two of them were happy to meet each other. And I've had so much great feedback. Thank you for listening, and I'm glad to hear that you got so much out of it. Another thing I want to mention that I repeatedly forget to mention is at my clinic, which is over in Camillus, New York. Same building as Dr Barry. We do metabolic testing, we do resting metabolic analysis, we do VO2 Max testing. What this offers is the best snapshot of your current state of health, so that you can create the absolute best and most appropriate intervention based on where you're at and where you want to go.

Speaker Sterling** ((00:01:11)) - - All right. So last week, a week ago today, I was in Mexico and I taught my largest workshop in Mexico. I was in Puebla, beautiful place. Even saw my first active volcano there. It was so cool. Anyways, I'm teaching a workshop of 150 people live, 250 people live streaming. And I have a quick story to tell you as I lead in to introducing my very special guest today. So we wanted to get some people with Parkinson's who were attending moving better. You know that a little bit of hope can go a long, long ways. So this one lady, when we said, let's take off your shoes and socks. This lady who had walked in with a walker, barely able to move, had somebody sort of holding her up. Takes off her shoes and socks very reluctantly. And we were outdoors because there was not enough room at this university to hold all the people. So we're outdoors. We're in a tent. Let me go outside the tent into the sun.

Speaker Sterling** ((00:02:12)) - - We got people walking barefoot. Barefoot stimulation is a big part of what we do at my clinic. Well, I have to tell you. This lady. This one particular lady starts walking without a walker. Improved posture, increased stride length, increased velocity, improved arm swing. And more important than that is she felt better. She felt more stable. She felt more secure. Well, I'll tell you what, the reason I know this stuff is because my guest taught me this stuff. Ten years ago, I started a podcast, she was my second guest. And when I met her, I have to tell you, I was absolutely in shock that hour. I'll never forget it. If you ever watched the interview, you also see how nervous I was, respectfully, because she bombed me with all this knowledge. And in the next four months after meeting her, I had to learn everything. So I went and I traveled around and took every one of her courses. A year later, I started teaching for.

Speaker Sterling** ((00:03:13)) - - Her name is Dr Emily Splichal. She is a functional podiatrist and a movement specialist extraordinaire and a thought leader in the world of human movement. I'd like to welcome you to my show, Dr Emily Splichal. How are you?

Speaker Emily (Splichal**) - (00:03:30) - I am doing amazing. Thank you Karl. It is such an honor.

Speaker Sterling** ((00:03:35)) - - So good to have you here. You know, I have three top mentors. I'll tell you right now who they are. Brent Brookbush told me about you. He's one of them. He told me about Dr Perry Nickelston. He's the other. It's the three of you. You three have changed my world. So thank you for everything.

Speaker Emily (Splichal**) - (00:03:55) - And of course you are now changing so many lives, so that that is exactly why I do what I do.

Speaker Sterling** ((00:04:01)) - - Well, you know, there's so much power in this thing about getting those shoes and socks off. And that's just the beginning. I mean, you're you're the expert in this area. Let me just say real quick, my experience because of you.

Speaker Sterling** ((00:04:19)) - - Movement disorders, no movement disorders. Whoever it is, athletes may be, you know, improving their vertical, their jumps. They're spiking the ball, dunking the ball in the basket, whatever it is they're doing. Why is this? I know the answer, but I want you to share with us. Why is this so effective? Getting the shoes and socks off.

Speaker Emily (Splichal**) - (00:04:40) - Yeah. So we are really accessing the nervous system through the bottom of the feet. And when you take a deep dive and understand the power of touch, which is also what we're describing. Hands and feet, bottom of feet, palm of hand, there's something powerful, but there's also something innate in the design of our nervous system, our brain, our neuromuscular. So the way that the muscles are designed to be activated and coordinated is based off of sensory stimulation. And when you think about it, the only contact point between the body and the ground, when we stand and we walk and we move is the skin in the bottom of the foot.

Speaker Emily (Splichal**) - (00:05:18) - So there is inherently something powerful in accessing the nervous system through the feet to control again, posture and movement. Very simple. Super powerful.

Speaker Sterling** ((00:05:31)) - - It's amazing. I mean, literally without any exaggeration, I have seen lives changed in front of my very eyes, and a lot of times it has to do with the fact that because of this increased, let's say, the wake up call of the century. The planter skin is the skin that's most densely populated with nerve endings, I forget the names of them, but they go to sleep by the time we're 40. Aren't half of them sort of a dormant?

Speaker Emily (Splichal**) - (00:06:02) - Well yeah. So research has shown in shod populations. So shod means people who wear shoes all day, which is what modern society is for the most part, is that by the age of 40 you need that's the peak is age 40. The sensitivity of the nerves in the bottom of the foot. By the time you are 70, you need twice the stimulation to create the same response.

Speaker Emily (Splichal**) - (00:06:28) - So that would be kind of like if you think of like medications or anything, right, where oh, one Advil would work. Now I need to take two Advil for it to work. Right. And that is very difficult to get when you have socks on and shoes on and cushion in the shoes, you're you're actually taking away sensory information, but you need twice as much. So it becomes an even greater compounding effect. And again, research has demonstrated that shoes and the types of shoes that we wear are is a major contributor to loss of awareness, impaired balance and fall risk.

Speaker Sterling** ((00:07:09)) - - Exactly. I love the science behind this. So believe it or not, the first break is coming up in a minute. Okay, so we're going to head out for a break. When we come back, the floor is yours. We're going to talk a lot more about this stuff. I want to get into Naboso. So I want to talk about the company. I remember the early days with prototypes of Naboso.

Speaker Sterling** ((00:07:33)) - - Remember that? Oh my gosh, it was it was amazing.

Speaker Emily (Splichal**) - (00:07:38) - Yeah.

Speaker Sterling** ((00:07:38)) - - So you're listening to Your Health Matters right here in news radio 570 WSYR. We are will be back shortly with more with Doctor Emily.

Speaker Emily (Splichal**) - (00:07:52) - The Naboso line, and I developed it five years ago with the first product as a way to help people get even more out of their foot stimulation in their shoes, out of their shoes, to just really further the power of the bottom of the foot. All of the products at Naboso feature these tiny little pyramids, so a texture across every product, whether it is our insoles, our socks, mats, flooring, release tools, balance boards. Now we have many, many products, and the goal of that is that we are using a very specific stimulus that targets one of the nerves, a specific nerve in the bottom of the feet that when it's stimulated, it will wake up the brain. So some of the powerful effects that you've seen, particularly with your Parkinson's clients and patients and individuals, is that we are giving them a stimulus.

Speaker Emily (Splichal**) - (00:08:51) - The brain recognizes. So think of it almost again. Medication is an easy analogy that we're giving this specific dosage of ibuprofen or, you know, diphenhydramine, which is the active ingredient of like Benadryl, right, is it's this ingredient. The body's system recognizes it here. It recognizes the textural pattern to help the individual feel their feet to wake up these neuromuscular pathways. What I often find is that your first step is, is that if you can't even feel your feet because of neuropathy, just a sensorial disconnect, you've just chronically worn shoes. You aren't aware of the foot that that in itself is affecting balance, movement, posture.

Speaker Sterling** ((00:09:44)) - - Absolutely. I'll tell you, it's amazing to me. What I've seen, I mean, there's a video series I have on YouTube if you go to Karl Sterling, that's Karl with the K. Karlsterling.net and look through my playlists and try to find the one out of dozens that says Naboso Before and after, you'll see a series of videos there, maybe a dozen or so.

Speaker Sterling** ((00:10:12)) - - We have a video of people moving. Many of them are moving. We have a treadmill lateral view. We have a posterior and anterior view either on treadmill or outside. And I remember talking with you from Mexico when I did this in San Luis Potosi. And I couldn't believe because we didn't tell anybody what we were going to do. I was in this physical therapy clinic. We haven't walked. Just walk with shoes, socks, whatever. Take them off, put it in the Naboso, boom, watch the change without them having any idea what to expect. It's mind boggling. Because it wakes things up and they look at me like I have three heads. What just happened to me? I feel everything velocity, posterior arm swing, and most important note like what I see. I always tell people it's important what I see to me, right? But how they feel is more important.

Speaker Emily (Splichal**) - (00:11:11) - Yeah, you can actually see it through through their reaction, which is an authentic reaction. I was just sent a video from another of our resellers and they're like, oh my God, Doctor Emily, I have to share this video with you.

Speaker Emily (Splichal**) - (00:11:26) - And it was an 85 year old woman, she doesn't have Parkinson's or a neurological disorder. She's just 85 and she walks very hesitantly. I think she had really bad, maybe osteoarthritis in her knees or something. So she walks with a cane and then they had her walk holding the sensory sticks. So for the listeners, the sensory sticks are 2 pounds each. So having a light weight, 1 to 2 pounds in your hands when you are doing walking posture, balance training is accessing the nervous system through proprioception. It's just another pathway light resistance. The sensory sticks also then have the texture. So that combination of a neuro stimulus in the hands is very powerful. So she's walking. And immediately this change which was incredible, they took the sticks away. She walked again. They're just like, wait, what's the woman is like, wait, why? Why can't I walk the same anymore? Then she walked across the Naboso mat. It was like when she held the sticks. Then they had her hold both.

Speaker Emily (Splichal**) - (00:12:31) - And she's just like, I don't get it, but oh my God. Like, she was just like this authentic reaction. And that's just a demonstration of the power of touch, remembering that touches the hand, touches the feet. The more that you can access these two pathways, which is so easy. Right? I'm hold your phone is when I tell people to do hold the neural ball like something and then use the Naboso socks or insoles, it can have a profound effect on movement.

Speaker Sterling** ((00:13:04)) - - Absolutely. You know, the other thing I am really impressed with, is the carryover effect. Because once you've woken up, you know, done some awakening of those nerves, whether it's barefoot or you have insoles. And because when we did this in San Luis, Potosi, we've done it a few times. Other cities around the USA and Mexico. But we'll have them in 20 minutes maximum, ten minutes minimum that carryover that carries over into hours or in some cases, people walked all day.

Speaker Sterling** ((00:13:40)) - - Improved movement to the point where they felt so good, a couple of them forgot to take their medications because they didn't think they needed them, because they were so "on" feeling right, like levodopa. So I find that to be, great, wonderful, inspiring and just it's really great news that we can actually take action now, take off shoes and socks now and just get moving and see how we feel. And we have people do it. This is something we recommend a lot. Tell me, tell me about the socks. I have not seen the new socks yet.

Speaker Emily (Splichal**) - (00:14:23) - So our socks, like the insoles are, have this texture. So for the listeners, imagine again little tiny pyramids across the entire top of the insole or the inside of the sock. So the inside of the sock, what is actually touching your foot is all these tiny little pyramids. When people see them, I'm showing you just because you have it.

Speaker Emily (Splichal**) - (00:14:46) - But when people see them, they they're like, oh, that's what's touching the foot, right? It's it is so unique. It's the only sock like this on the market that is intended to wake up the foot. There's grips on the outside. So for the listeners, if you're thinking of I don't want to fall in my home. So I wear the shoes. So I feel stable in my home. I'm more of an advocate of getting people like one. You want to be comfortable, like wearing shoes, not comfortable all day. You're like, if you get hot. Like it's just be free. So imagine if you would be able to get a stimulus in a sock with grips on the outside so you could comfortably walk around your home. Or if you get up in the middle of the night to go to the bathroom, that is actually where a lot of falls happen because it's dark, you're tired. Things are just not as awake and stimulated. So imagine if you had these socks on so in the middle of the night, if you do get up one, you got the grips, but you could feel your feet as you are walking to the bathroom.

Speaker Emily (Splichal**) - (00:15:56) - So that's another really powerful effect from them. All of the products, the insoles, the socks, the release tools, all of that is on our website now Naboso.com so it's very easy for people to get the products and to try them. And they are covered by HSA and FSA which is great as well.

Speaker Sterling** ((00:16:13)) - - Oh that's beautiful actually that was a question I had because a lot of people out there. If you don't know, maybe you don't even know if you have HSA dollars. We have people who come into my clinic. They kind of forgot they have it. We just had somebody come in the other day. Oh, I bet you say I can pay for this. Yeah you can. Health savings account, FSA, RSA, maybe. I highly recommend and go to Naboso.com Go there and just go through and look at everything and get things by things, because this will be probably the best investment you've made in a very long time into your movement.

Speaker Sterling** ((00:16:58)) - - And I don't want to sound like a diminishing anybody, but, you know, some people never invest in their movement. And by the way, I was one of those people till 15 years ago. I was investing in eating too much, drinking too much, and playing drums all the time. And I got big and I got unhealthy. And you know what? I had to make changes. So I did. And the beauty of it is , go to Naboso.com , invest there, get these things in your shoes. And we got to head off for another commercial break here in a minute. All right, so we'll be back with Doctor Emily after the news. Bottom of the hour. You're listening to Your Health Matters here on WSYR 570 also on 106.9 FM will be back soon. Folks. Thanks for tuning in.

Speaker Emily (Splichal**) - (00:17:42) - Cognitive protective to preventing dementia, Alzheimer's to joints and just every aspect of it. So to move well, you have to have healthy feet.

Speaker Emily (Splichal**) - (00:17:57) - So the three pillars to healthy feet is first one is awareness, activation, tuning in. So it's really that sensory side. Do you feel your feet. Do you notice your feet. Are you tuned into them for that? What I recommend is to start your day by releasing your feet using the neutral ball, which is covered in texture, just standing on them as you brush your teeth to wake up all of the nerves. You're also barefoot, right? Be barefoot that first 30 minutes in the day when you are getting ready to again access all of these nerves and to wake up the brain body connection. Then the second pillar is going to be strength. So once you feel your feet now you want to strengthen your feet. And why strengthening the feet is so important is that chronically using shoes and arch supports actually weakens feet. And research has shown chronic use of orthotics and arch supports causes atrophy and denervation of our foot muscles in the bottom of your feet alone, just the bottom where your arch sits, there are 26 small muscles, and those 26 muscles are how you maintain balance, how you absorb impact forces, how you stabilize your pelvis, your lower back.

Speaker Emily (Splichal**) - (00:19:23) - So everything. So we need to strengthen these muscles. And the strength that I teach is integrated strength. So how can you strengthen your foot with your core, your abs, which is your center of gravity? Because that's really how you stabilize when you stand up in gravity. And then the third pillar is going to be really the recovery component. Now, the part of recovery that I really focus on is circulation. And circulation is extremely important because obviously if you don't have good blood supply, you don't have good oxygen to the tissue. But the oxygen to the tissue that I focus on is what's called micro circulation. So it is the itty bitty blood vessels that are going to the nerves that's going to your plantar fascia, that's going to these small muscles, that's going to the skin, that's going to the tips of the toes. And that is really important to overall recovery and overall foot health. So if you think of this for kind of a key takeaway for the listeners is can you start every day with sensory stimulation.

Speaker Emily (Splichal**) - (00:20:35) - Could you release your feet when you brush your teeth? I love that. Can you try to do something to strengthen your foot muscles? Honestly, one of the best ways to strengthen your foot muscles is to stand on one leg. So stand on one leg 10 seconds on each side. You also get balance, which is good. And then from the sensory side again it would be from the recovery would be using texture. Right. So you're you're supporting micro circulation through different types of stimulation. So those three pillars of foot health is then the foundation to movement longevity.

Speaker Sterling** ((00:21:14)) - - Absolutely. You know, I recommend to people, my clients. When do I go barefoot? First thing in the morning. I mean, let's start off your day. Waking up the nerves. Because if you know that carryover potential can help you throughout your day. If you have insoles, you know, stick them in, use them as long as you want to. Sometimes there's a point where they want to take them out, but that carryover is going to happen.

Speaker Sterling** ((00:21:39)) - - Another thing I find really interesting, since the first day we met almost ten years ago, that the foot is such a high sensory input part of our bodies, and it's not just the foundation for everything. A biomechanical structure with so many muscles and bones. But this is so, so much a sensory input. And we're standing on our feet. We're not walking around on our hands. Right. So it's so important to wake up those nerves. Along with that, I wanted to talk with you really quickly about arch. Arch. Support. I'm not going to diss any businesses. I'm going to say that there are places where you can go and spend \$1,500 for a pair of insoles. Arch support. That's all I'm going to say. Although I am also say that you might want to reconsider spending that money. The people I know who've gone so far, who come to see me, they're not happy.

Speaker Sterling** ((00:22:43)) - - They could have bought it for a fifth of the price from their podiatrist. And still maybe not been so happy or maybe been happy. But the bottom line is we we can build an arch over time in many, many cases, right? I mean, look at short foot. We have a

couple minutes before a break. Let's talk about what is short foot. Why is it why is it so important and beneficial for us?

Speaker Emily (Splichal**) - (00:23:09) - Yeah. So short foot or domain toe activation, these are all kind of synonymous. It is essentially a exercise to wake up the 26 muscles in the bottom of the foot, which are connected to your deep pelvis muscles. Now, the one way that I like to actually teach short foot on the air when people are just trying to get it quick, is to stand with your feet shoulder width apart. Don't even worry about setting the base right now, but feet or shoulder width apart stand nice and tall. Imagine that you are stiff as a board. Stay stiff as a board and you're going to slightly lean your body forward.

Speaker Emily (Splichal**) - (00:23:47) - Now in the mind, imagine like a ski jumper. I think everyone kind of knows what that would look like. Obviously you're not going that far because it's a slight lean, but you're staying stiff like a ski jumper. Subtle lean of the body forward. Go back vertical. Slightly lean the body forward. Go vertical. Do this a couple times and just notice what's happening in your toes, in your feet, in your toes. What happens reflexively is that your toes are going to anchor into the ground. And that anchoring of the digits is essentially what you do when you do short foot. So it is a toe flexor activation or strengthening exercise. Now, continuing on you, I would want to have the deep core. I'd want you to exhale when you engage your toes. So then we are sequencing everything together. But just high level toes down into the ground is this short foot and is how you build foot strength and stability, which has an effect on the arch, which has an effect on the deep core, your diaphragm, your posture, your balance.

Speaker Emily (Splichal**) - (00:24:58) - It's really all in the toes.

Speaker Sterling** ((00:25:01)) - - Absolutely. And so powerful. So powerful. Over a period of months, I've had people who have come in with very slight arches and built them into nicer arches. They feel better, they move better. So folks, we need to head out for another break here. All right. You're listening to Your Health Matters. We're here on NewsRadio 570 WSYR, we're with Doctor Emily Splichal coming back for the last quarter here in just a couple of minutes. Thanks for listening. This has been a fascinating conversation, as always. And I'll tell you, I'm thrilled to have you here. I'm so happy for your success when Naboso, because nobody deserves this success more than you. Because you are changing lives. You change the mind. You've helped me to help others, to change their lives. But you have a lot going on at Naboso. Besides the insoles, you have the neuro balls. What else is out there? You get socks.

Speaker Sterling** ((00:26:00)) - - Other things. Tell us just a little bit more. And a takeaway message today too. We need a good takeaway for folks.

Speaker Emily (Splichal**) - (00:26:08) - Absolutely. So we have, as you mentioned, the insoles. We have socks. We actually have three. No sorry. We have four different insoles. So they have different levels of stimulation. Most of them are flat. We do have one that has an arch support in it because some people may actually need the arch support. So that's where we bring the sensory stimulations to keep the feet strong. We have five different variations of our socks. We have some toe socks. So if people like that we have knee high compression socks, all with the sensory stimulation inside. The neutral ball is a ball that splits into two pieces. So that's a foot release tool. We just launched what's called a neuro stick, which is a massage stick. With the texture are weighted sensory sticks that I mentioned. Those could be think of like walking weights. It's kind of how you could think of them.

Speaker Emily (Splichal**) - (00:26:59) - For the listeners, we have a balanced board, three different variations of our mats and then a couple other periphery equipment. Oh, and we have our toe spacers. Can't forget our toe spacers because people absolutely love that product that does not have texture on it, but toe spacers or something that would slide on all of the toes and it is essentially spreading them nice and wide. It's a really good way to stretch and release the foot, bring circulation to the forefoot, and essentially just undo the compression that most shoes do to our feet throughout the day. So those are those are awesome as well. And those are on our website. For a key takeaway, I would say, can you do something every day that is intentional for your foot health? And that could be just walking around your home for 30 minutes barefoot. That could be your intentional foot health step. It could be releasing your feet for five minutes a day. When you brush your teeth, that could be something that you do.

Speaker Emily (Splichal**) - (00:28:05) - It could be using toe spacers. It could be doing yoga or doing some balance exercises. I just want people to do something every single day that is really respecting, appreciating and honoring the important role that the foot has in movement and really movement longevity.

Speaker Sterling** ((00:28:26)) - - I appreciate that so much. You know, there's so much power when the feet functioning well, foot posture, foot function, biomechanics. There's also a lot of power when they're not functioning well. And what it can do to you up the kinetic chain knees, hips, back, neck, all kinds of potential issues pain, movement, let's say compensations. You know, getting those feet functioning optimally is key. It's key. And we're talking longevity here too. We're talking people who move more usually live longer. The feet work better. We're probably going to move better for longer and maybe maybe even live longer, right? So let's go back your website again Naboso.com Correct.

Speaker Emily (Splichal**) - (00:29:15) - Naboso.com

Speaker Sterling** ((00:29:18)) - - And that word, Naboso, what is its origin and what does it mean?

Speaker Emily (Splichal**) - (00:29:27) - It is a Czech word. What's let's say it's a Slavic word because it's also Polish that I learned. It's also good. And then I just want to give one more. Fun fact is that I was I spent a lot of time in Asia, in Korea. And now also when you say like na bosso means look at me. Aha!

Speaker Sterling** ((00:29:45)) - - Really? I didn't.

Speaker 4** ((00:29:46)) - - Know that. That's great.

Speaker Sterling** ((00:29:47)) - - I remember that one. Oh, this is fantastic. I'd love to have you on again in a few weeks or months and talk more about all this stuff, especially when it comes to function. Because if you look at things like, bunions and maybe just a mild bunion, like the beginning stage, I'm not the expert here, but if I remember correctly, these toe spacers can really help out a lot with that and maybe stop the progression. And we can do things to try to realign that big toe.

Speaker Emily (Splichal**) - (00:30:19) - Yep, bunions and hammer toes. But bunions particularly have a very powerful connection to your glutes and your ability to stabilize your hip. So there is probably a lot of hip and knee issues that go on to replacements and things like that. That is actually stemming from your foot and specifically a bunion and the big toe.

Speaker Sterling** ((00:30:43)) - - Yeah, that's powerful stuff. Doctor. Emily, I can't thank you enough for joining me today. Thank you so much. Let's do it again sometime. You and I are going to stay in touch, folks. Thank you everybody for listening. I have received several text messages asking where do I get this? So you go to Naboso.com or go to my website. I'll have a link there to drive you right to their site. My website is Karlsterling.com Karl with a K. Some reminders. Whose burden do you want to be down the road? Oh, that's a horrible question. Nobody wants to be a burden do they? So if we get moving now, if we get committed now or when is now a good time to get moving? Get committed to your health, your dietary stuff.

Speaker Sterling** ((00:31:38)) - - Exercise your brain, exercise your body, move your body. Use your brain every day. Don't make excuses. Call me. (315) 935-7488 Karlsterling.com We're back at it next week. Thanks for listening.

Speaker 570** ((00:31:53)) - - The preceding was a great program by Karl Sterling. The content of this show is that of Karl Sterling and does not represent the views of the station or iHeartMedia. Some of the information contained to this program has not been approved by the FDA, nor is it intended to diagnose, prevent, treat, or cure any diseases. Information has been for general information only, and before considering anything discussed, you should contact your doctor or primary care physician.