

# **Global Wellness Summit**

**11<sup>th</sup> Annual Global Wellness Summit  
Good News/Bad News  
Mental Wellness and Technology**

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## 11<sup>th</sup> Annual Global Wellness Summit - Good News/Bad News

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[background music]

MR. JARED WEINER: Okay, welcome everybody. We're going to get started in just a moment, so if everyone could locate their seats. Okay. All right. This room filled up in a hurry. There was nobody in here five minutes ago and now we're almost at capacity. This is going to be a very, very exciting session today. As you all know, we are here this morning to talk about the intersection of mental wellness and technology, which is a really, really hugely important topic.

Many of you know me. I just want to quickly introduce myself. I'm Jared Weiner of the Future Hunters. I'm a futurist based out of New York City and this is an area, the intersection of wellness and technology that we study very closely and I think is frankly one of the most important topics on this year's agenda. You think about the backdrop yesterday of the wellness moonshot, which I think personally was one of the most galvanizing and unifying things that I see of attending this great event, and I was reminded this morning and many of you are probably aware of this that today is mental health day, so, as designated by the World Health Organization is actually world mental health day, so considering that, both the wellness moonshot and the fact that this is world mental health day, this is actually a really, really important topic for us to be covering today, so we are going to spend an hour today with a table full of some of the most brilliant people I already know or have the pleasure to just meet. I am going to ask all of you, in the interest of having as rich a discussion as possible, to try to keep your remarks brief today. If at any point I do have to interrupt you, please do not take it personally. Please do not be offended. We're going to keep this flowing as quickly as possible.

Many of you were in the room yesterday for the roundtables we have. What I would like to do in the hour we have together today is also to try to keep this a little bit more participatory with the audience because we have this phenomenal round set-up here, which I think is really unique and works very well, so we're going to try a couple of times

in this session to engage you and have you ask questions, not direct comments to the roundtable. And we get to know everyone around this table. With that, I want to get started, and I want to make sure we get to know everyone around this table very quickly, so we are seated in alphabetical order, so I guess I'll start with you, Rona, and all I'll ask you to do is if each one of you would state your name, tell everyone what your affiliation is, and in just a couple of words, mention what you think a technology or a technological application is right now that has the potential to have the relates possible impact on mental wellness as we think about it today. We're going to take a much deeper dive into all of this in just a few minutes, but again, name, affiliations and one technology or technological application that you think has the greatest potential to benefit or enhance or optimize mental wellness, so let's start with you, Rona, over here.

And, by the way, there's a microphone at every two stations. If every time you make a remark you could speak directly into the microphone, that would be great, because we are audio recording these sessions.

MS. RONA ABRAMSON: Thank you, Jared. MY name is Rona Abramson and my affiliation is the Transcendental Meditation Program and I specifically work with women and girl initiative because we've always, I think the one technology, it's actually an interesting question because we're always referred to transcendental meditation based on its research and all the findings and benefits that have come from that as a technology of consciousness and I think the time has really come, especially so germane to this topic, that we start to look at mental techniques that we know are successful that produce benefits, that are verifiably repeatable, that we start to think about technologies of consciousness, and when I was listening to, I guess I'm over. I'm going over now. I've got a lot to say.

MR. WEINER: I don't want to get started with an immediate interruption, but that was a great answer. Thank you for getting us started, Rona.

MS. NANCY BOARD: Thank you, Rona. I'll keep it brief. Hi everyone. I'm Nancy Board. I'm a co-founder of Global Women 4 Wellbeing and what came to mind immediately would be the

online therapeutic technologies that are currently out there because we can reach everyone that way.

DR. LAWRENCE CHOY: Elite Focus Clinic in Silicon Valley, Dr. Lawrence Choy. I'm from Elite Focus Clinic in Silicon Valley where we treat adult ADHD and cognitive performance, so the one piece of technology when I'm introduced is actually an old one. It's medication. It's about reframing the use of medication and treating wellness rather than illness, so it's about neuro-enhancement and neuro-resilience.

MS. ALIA CRUM: Good morning, I'm Alia Crum. I'm a professor of psychology at Stanford, and I run the mind and body lab. We do a lot of research on how our mindsets can change our health and so my first inclination in response to your question was the off button, but I'm going to go beyond that and say that I think that we need to figure out how we can use technology to work without mindsets and our beliefs and our embedded consciousness that we have to improve our health.

MS. DEVORAH CORYELL: Good morning. My name is Devorah Coryell. I'm one of the founders of the Wellness Center for Integrative Medicine. I was one of the founders of the wellness program at Canyon Ranch in 82 and Lennox in 89 and at this time, my work is in mindful aging and interesting to me, I have really noticed that there's been not a lot of focus here on the challenges of aging, and I would say in terms of technology, connection, because it's the most important component as we age and it is the place where we can reach each other most easily.

MR. WEINER: I have to say we're only made it through four people, five people so far and in your collective answers, you've already basically predicted three of the next questions I was going to ask, so this is going to go very well. This is great. All right. On to the next.

MR. JOHN FERNSTROM: My name's John Fernstrom. I'm a professor at the University of Pittsburgh Medical Center. I'm a basic researcher with a little clinical sprinkle working at the interface of diet, drugs and neuroscience. Technologically, I'd say one methodology developing new drugs increases over time is the methodology of developing new drugs for treating mental diseases but also the remarkable techniques that have been developed over the next decade and continue for better

understanding the intricacies of the brain, both chemically and structurally.

DR. DANIEL FRIEDLAND: Hi, I'm Dr. Daniel Friedland, CEO of SuperSmartHealth, also serve as co-chair for Conscious Capitalism in San Diego. My passion is around cultivating high-performance conscious leadership, so to Rona, you opened up, when I think about technology, I don't think only about hardware. I think about software and for me, the foundation of consciousness is mindfulness as a technology.

MR. SAMER HAMADEH: Hello, Samer Hamadah. I'm the founder and CEO of Zeel. We're the technology company that brings massage on demand to homes, hotels, spas and workplaces. It's a good question. Wasn't sure how to answer it. I though back - - county outside New York and went for a nice long ride in the winding roads of West Chester County outside of New York in my friend's Tesla. It was so quiet in the car and I just sat back and chilled out and thought self-driving cars, where I could just sit back and chill out for 30 minutes and think about nothing, that will be truly transformative.

MS. ALINA HERNANDEZ: Good morning, Alina Hernandez, and I am the vice chair for the mental wellness initiative of the global wellness institute, together with Jerry Bodecker and I am also working with Dr. Sergio Pecorelli on the prevention of non-communicable diseases before conception and I want to bring into the room something that mostly everybody has talked about, and that is a meta perspective and definition on what technology already is. A second definition of technology is a brand of knowledge and all of these are different knowledge points that we need to basically synthesize going forward to be able to be utilized really for what we are here as human being.

MS. FABIENNE JACQUET: So, strategic insights, sorry, heading strategic insights and International Flavors and Fragrances and talking about passion, my mission as I say it is really to elevate the sense of smell to a higher level in the society and make sure we use the sense for improving the wellbeing of people, including the mental wellness, and talking about the technologies that could enhance this, digital definitely is a step forward for the fragrances world and flavors and also big data allowing the personalization.

MS. TRACY MIDDLETON: Hi, I'm Tracy Middleton. I'm the health director at Women's Health Magazine and the last few years we've really been taking a deep dive into specifically the mental health of women and the interplay between mind and body, and I'm really excited by social media. I think we've heard a lot in the past few years about how it's bad for our mental health and makes us feel bad about ourselves, but there are some really interesting things going on that groups like Instagram are actually looking at behavior in real-time and actually reaching out to people to recognize people who need on what they're posting in the moment to recognize people who need help in the moment and kind of reach out to them.

MR. JEREMY MCCARTHY: Hi, everybody, I'm Jeremy McCarthy. I'm the group director of Spa and Wellness for Mandarin Oriental Hotel Group, and I'm also the chair of a new initiative on digital wellness that I'll be talking about more tomorrow. You know, the first answer that popped into my head when you asked about a technology that has a positive impact on mental wellness, I thought mindfulness and that's a non-digital technology, but I think, if I think about digital technology, I think about how many people are learning about mindfulness through technology and have access to a ton of wellness information through technology, so certainly the ability to spread and share information is having a massive positive impact.

MR. SERGIO PECORELLI: Hi, my name is Sergio Pecorelli. I'm a professor of - - gynecology in the University of Brescia, Italy. I think the pregnant woman in the possibility of connecting the pregnant woman with who is following the pregnancy. If some of you followed what I said yesterday about the first 1,000 days, the most important thing is stressors during pregnancy, and in the moment that there is a stress for the woman, that woman is left alone and the connection now, how to do it, I have a few ideas, but that I think is a very important one for connection.

MR. WEINER: Thank you.

MR. LOUIE SCHWARTZBERG: Hi, Louie Schwartzberg. I'm a filmmaker. In response to your question, I think we're living in a very exciting time of breakdown and breakthrough. There's a giant disruption with delivery platforms. The entertainment industry that were the gatekeepers for

distribution are now being disruption by streaming, which I think is really exciting, and there's a shift in consciousness happening where obviously people want to receive things that are healthy. Eighty percent of the information we receive comes through our eyes. It doesn't have to be junk food. It can be healing, I can be positive. It can be beautiful, so for me, this is an extraordinarily exciting time, and also in contrast to what we're discovering, that there has been a hijacking of consciousness by political evil forces that are using it to manipulate us into thinking in a negative way. We need to rise to the occasion and change it.

MR. WEINER: Please be brutally honest, Louie.

MR. TED SOUDER: I'm just calmer sitting next to Louie. It's amazing. So, my name's Ted Souder and I'm from Chicago. I work at Google and one of the things that I think is actually great for the world is this, and the phone gets a really bad rap. Think about how liberating this is for people in places like sub-Saharan Africa, people in India, remote villages. Now, all of a sudden they have access to anything in the world, and they're able to pay and consume and get information, so that's really a nice piece of mind for - - as much.

MR. DEVON WHITE: Hi, everyone. I'm Devon White. I am the CEO of Field. We are a private member brain and performance optimization club, is very tech forward and while I think that's a big part of the solution, I'm going to actually go to Rona and to what Dr. Friedland started with and say that mindfulness at the center of really everyone's awareness is going to be critical, and using technology from phones to forthcoming VR and AR to build scaffolding, because I think mindfulness, as Sergio said, really begins in utero and those first 1,000 days after that are critical, and we have to know, as it scales, people go from zero to 25, they're still developing, so having all of these experts can collaboratively build in, these are the fundamental variables, these are how we make it fun, these are how we help people learn, so we're beginning by starting on the inside out is the key to fighting the forces of evil by starting from the inside out.

MR. WEINER: Well, thank all of you. That was a fantastic kind of lightning round of introduction, right?

[Applause]

MR. WEINER: And what's really great about all those answers was, while that took a little bit more time than I was hoping for, you admittedly started to answer several of the questions I was going to ask, so we've already sort of dived right into what I think is a really good discussion. Now, the sort of pre-title to this session was good news, bad news and so I think what we want to do for the remainder of this session is to have an honest conversation, and I think there's so much to be excited about, but I think at the same time, we have to be honest about what the context is. You know, we heard before, you know, you mentioned Alia about turning off.

So the idea that there are so many enabling technologies that will allow us to enhance or optimize wellness, but at the same time there are technologies or usages of technology which could actually undermine wellness and frankly, a lot of people talk about how many technologies today are simply platforMS. It's what we do with them that effectively negative consequences. Dr. Jerry Botticker who unfortunately could not be with us at the summit this year was kind enough to send me some statistics in advance of this session and a recent WHO-led study estimates that depression and anxiety disorders cost the global economy roughly \$1 trillion U.S. each year in lost productivity, so the focus of mental health day, world mental health day is productivity, workplace wellness and all of that. We're not going to go too much into detail in that particular area other than to say that obviously this issue of mental wellness is huge. It's huge for the global economy, so this is a really, really important topic. I want to take a more specific dive into some of the things you all mentioned.

I love the fact that many of you actually took the question away from just digital technology and talked about things like mindfulness. I think that shows really that you all are right. It's fantastic. So, let me get specific here. I heard a mention of aging, and I think aging is tremendously important. The entire pretty much developed world is aging. We know that baby boomers in this country are aging, and we know that aging numbers and many are expected to be centenarians, and will live to be 100 years old older, and we know that aging is more active than ever before, but there are a lot of challenges with the aging process, so what do you think are some of the most exciting technologies in



relation to preventing or mitigating cognitive declines on aging populations or talk about the interrelationship between advancing digital technology and dealing with issues of aging. I know it's a big topic, and again, this topic could probably be the focus of its own summit, so again, we'll try to keep focused here, but technology and aging and cognitive decline. Any thoughts on that topic? Yes.

MALE VOICE: I'm going to jump right in because I've watched my partner at the, in the medical side of what we do use a combination of quantitative EEG, so we're looking at your brain, TMS, neuro-feedback, neuro-modulators to successfully halt Alzheimer's for 10 months running, and one patient, now addiction, can cure PTSD, depression, addiction, so certainly memory is a huge piece that we work to enhance and work to stop the loss of memory, so I know it's an effective technology, and I know that there's a growing interest and even growing support of it in the world of insurance.

MR. WEINER: Yes?

MS. JACQUET: My - - is and everyone knows the power of scents in the memory, and when you age, and everybody know in Alzheimer's, the sense of smell is the first one to be altered so you can have some very easy test to predict people who may have Alzheimer's. Well, we're just scratching the surface here, but it's very promising, and also people who have Alzheimer's here or patients with autism scents can really trigger back. So, it's a very powerful information. Of course, it will not solve everything, but it's building on your point here.

MR. WEINER: Yes.

MS. CORYELL: Okay, first of all I always sort of have to laugh. We talk about aging as if it's happening on another planet and I look around the room and we're all aging. I hear anti-aging and I always want to say, I want a bumper sticker that says death is anti-aging, you know? What's up with this? Okay, so I want to, I'm going to talk about the elephant in the middle of the room. I just turned 70. I am technologically challenged. When I was put on this panel, everybody who knows me, starting with my friend, colleague Andy Weil, were hysterical because I really can't use technology. Now, however, I have learned how to use my phone and what I really appreciate it, we've got to find ways to

help folks. I don't know what the age group is, but 70, and we founded this moment. My peers, we started what is this global wellness economy. We were the hippy, all of this eating well, wellness, but we're being left behind because all of this technology is frightening to so many people. The place I know people are really using like let's say the phone is safety issues, and I don't even really mean just falling in the house. I know I can go anywhere in the world aloe and be safe if I've got my phone, my iPad, and I don't really, you know, when we talk about advances, they seem to belong to another generation, and I think there's a real challenge right now today to bridge that gap between the folks who really need this assistance in terms of let's say cognitive decline and the fear of trying to get into a whole new territory of education that feels unavailable.

MR. WEINER: Thank you for that comment, and that's, again, in the spirit of having an honest conversation here, that was honestly a very serious observation, but a little aside. I see my mom Edie Weiner, 81, sitting on the, futurist and she barely knows how to use her own, I think she partially, she appreciated the common because she's a world-renowned futurist and she barely knows how to use her own phone, so she can appreciate the fact that there is sometimes a disconnect between a lot of the technology we take for granted and the usage of it and then I'd like to take one more comment on this and then we'll move on.

MALE VOICE 2: First point is, let's keep Alzheimer's, which is a very serious degenerative disease separate from the normal aging process which we all undergo, okay? On the one hand, there's a lot of research that's going to go on for a long time before that one gets solved. That's a tough nut. We all age. We all forget, and that's a different nut to crack, but I think in the aging process, you could simply say we need to keep people connected. We need to keep them mentally active and physically active and that's perhaps a cut below the technology you're thinking about, but that's a very important issue that's quite a bit separate from the Alzheimer's issue. In terms of carrying a cell phone and the technology, so I have to learn a new, always hurdle, go in as a graduate student until right now, and it's always a hurdle getting over that learning curve, right? So, I have a new program I have to learn, a big manual thrown at me and I have to go it down and slowly work through that. It gets harder

as you get older, but it's the same process and it was a pain when I was 21 and it's a pain today.

So, if technology can figure out a way, and there are some great ways to do this now, figure out a way to make it easier for us to absorb all of this high tech that's being thrown at us, as well as low tech stuff, I might add.

MR. WEINER: And I did have one more comment over here, so I'll take a quick one, yes.

MS. CRUM: I'll just quickly say a few perspectives from the psychological research on this, so one is Laura Carsonsens, who's getting inducted in the National Academy of Medicine today and has shown that, as people age, they actually become more happy, so I think there's an incredible amount of focus on the negative things that occur as one ages, and a failure to account for many on that people's mindset about aging.

And the other perspective that is being shown is people's mindsets about aging being shown as a decline, so that being shown as a decline more rapid and more likely, so if we can change the media and the technologies about aging to have more positive images of aging, we can really make a big different.

MALE VOICE 3: And I want to add that before we really didn't know much about the brain, but technology did enhance our understanding of the brain functional and brain imaging allowed us to really see what was happening inside the brain, rather than guessing based on how people behave and how they act, so in the past decade or so, we really have so much knowledge about the brain and plasticity, and now that we know how the brain works, we can actually start hacking the brain, much the same way we can hack our phones and update our operating system, so, as we age, our brain does become less flexible and we can use our - - to really make the brain and stimulation, magnetic or electrical to really make the brain more flexible for change and for learning.

MR. WEINER: That hacking the brain concept is really interesting and one that, if we have time, I'd like to touch on briefly later, and again, Devon, you and I were having a conversation a little bit about that exact topic in the hall the other day, so I'd like to pick up on something you were talking about before, Nancy, in your introduction, which is the fact that we talk about disintermediate technology. As futurists,

we talk about this all the time and many people perceive that to be a threat, the idea that as artificial intelligence evolves and similar technologies evolve that they are going to replace human labor.

Now, we're in a room who represent industries who are typically characterized by human labor and so, as we think about the evolution of artificial intelligence and things like all of these therapy apps and online applications that are developing now, do you think that in the very near future, these applications are going to be as effective if not more effective in some ways than human practitioners are, whether you think about therapists, whether we think about yoga and medication that are out there now that allow people to think about wellness behaviors, like yoga and meditation. I'm going to open with you, Nancy and then I'm going to open it up to the group. What are your thoughts on that? Do you think they're going to be as effective as human practitioners and why?

MS. BOARD: Yes. Okay. I think they are going to be more effective. Back to the comment that one of you made, Ted, that you made that everybody in the world has a phone, probably a smart phone, but at least a flip phone in places where none ever existed, but the fact that everybody has access now to technology, all of these people that would never seek out help. I mean, those of us in here, and again, I'm talking about those of us they can afford to seek out yoga, therapy, those kinds of things, sure, they may always find that, but for people that can't, it's probably the first step they're going to make, and again, it's about normalizing the conversation and mental health and mental health services, so I think it's a tremendous opportunity for people that never would have gotten any kind of help. Even if it's an artificial person, some kind of social connection, you know, an artificial person might lead to-

MR. WEINER: --the potential - - that's an optimistic answer and I appreciate it because it talks about the potential democratizing effect of some of this technology which is huge because again, the conversation, several people in their talks so far have talked about opening up wellness to the world, and so I think that's the context we have to think about this with the moonshot. Other comments on that? Yes?

MR. MCCARTHY: Um, you know, that is an optimistic answer, and maybe I'll bring a little pessimism to the table, but I think there's a price that we pay when we, I mean, I think the answer is correct. The technology will come and artificial intelligence will become smarter than we are and it will help us with a lot of these things, but I don't know if some of you are familiar with this study because it's been written about in a few publications, that they did of the Inuit hunters up in northern Africa and they began using GPS technology because it was more effective to kind of help them navigate their territory, but actually, because they became so reliant on that technology, the number of accidents have been handed down on how to navigate things because they didn't have the wisdom of generations that had been handed down of how to navigate when things don't go perfectly well, and I think that's the challenge of the age that we live in is you have these new technologies that they are helpful, they are going to bring great benefit and they are going to do good things for us, but the more we outsource our wellness to technology, the more reliant we become on it and the less kind of able we are to kind of take care of ourselves, and I think that's something we need to really think about is how we strike the right balance.

MR. WEINER: Yeah, I don't think that's pessimistic at all. I think that's realistic.

[Applause]

MR. WEINER: It's realistic, yeah. Any other comments on that.

MS. ABRAMSON: Well, I was, just in addition to that, I think what we're hearing about with technology is a spiraling about effect, and I think to counter that, we need a, spiraling out of control is a common phrase that we use, and so when we think about meditation practices, yoga and my profession this process of transcending, which is distinct from mindfulness practices, and I think the more, the further out, but is spiraling in factor to gain control and I think the more, the further out we go, we also have to embrace this as a very realistic, practical factor in our educational system, not only the direct experience, but also the theoretical direct foundations calling upon ancient sciences, marrying that to what we know in modern science and also, at the juncture of those two, the actual subjective experiences, and those subjective experiences can then refer back and forward, so I

think these three components are vital to establishing a framework, a new paradigm where we're really looking for, the genie is out of the bottle, so it's going, but there's still a lot of room for spiraling into control our own human understanding and spiritual growth in the most practical sense of integration of life, integration of personality, not something that can be thought of as mystical, rather as brain integration and integration of-

MALE VOICE 3: --what you said early on-

MR. WEINER: Yes.

MALE VOICE 3: I want to pick up what you said earlier on, technology can be very connecting and it can also be very disconnecting. So, the issue is not technology. The issue is mindset to begin with, and that's why, when we spoke about mindfulness up front as a foundation, it becomes core, because if you think of the brain, the brain maps according to Maslow's Hierarchy of Needs, safety, love and belonging, significance. At each of those levels, technology has an effect, so at the level of safety, people can spiral into addiction, but then you can find your way around, you can feel safe. At the level of love and belonging, you have cyberbullying, but then you have ways of connecting through technology. At the level of significance, you have all these tools to empower you and follow your focus and your dreams, but just as much power to disconnect you and distract you and numb you out. So, that's why I think, when I look at mindfulness, I see mindfulness as a technology of inner, of elevation where you can rise to your higher levels of - - and so make the prudent choices of how you want to use technology in service of wellness.

MR. WEINER: I mean, that's a great comment and it leads to what my next question was going to be. We have another comment, but perhaps we can roll it into the next discussion, which is, let's just take social media or socially connecting technologies as an example. We know that loneliness is one of the leading causes of things like depression and so, and we just, I quoted those numbers that Dr. Botticker had sent to me prior to this. Do you think on balance that social media and related technologies today are serving to more connect us or in some ways more isolate us, and why? Why do you think that? And you started to get to that right now. Comments on that? Yes.

MS. CORYELL: Thank you. That actually rolls perfectly into it because I've been a therapist for 40 years and when you first, when Nancy first started talking and absolutely we have access to enormous aspects, though about was that film Her was via technology, but what I immediately thought about was that film, Her, that Joaquin Phoenix made some years ago and my memory not being great, I don't remember the end of that film, however, I do know that there's an enormous danger in the ways in which we're using our technology to disconnect from each other and terrified at the idea when I think about an app can take the place of, of a human being who would be there to help us through a difficult situation, whether it's a therapist or a coach or a husband or a best friend, and I see that so much.

I mean, how often are we out in the world and you see couples at a dinner table and they're both on their phone, people walking down the street with friends and they're engaged in their screen, so you know, when we started the wellness group in Canyon Ranch in Tucson in 82, there was a definition. I remember Mel Zuckerman said you have to have one sentence that you can tell people what wellness is, because nobody knew what wellness was then. And the sentence we came up with was an attitude or responsibility for one's health and well-being, so I think we have to keep going back to the individual to be responsible for how we use what is available to us, so anyways, thank you.

MR. WEINER: Yeah, other comments?

MALE VOICE 4: I'm going to lean in on that and say, yeah, responsibility first and foremost. We have to put that at the center of our use of technology, and technology has both disconnecting, there was an article that came out maybe a month ago from a woman who was citing the statistics of youth and the maturity levels have dropped. The 18 year olds today are the 15 year olds of 20 years ago and the 15 year olds are the 11 year olds of 20 years ago. They go out with their parents more often. At the same time, they're sitting on their beds looking at a screen for eight hours a day. At the same time, something like the, they did a study of young girls 14 years old or so and they averaged out as having 5.1 best friends, which as new. That didn't happen. If you were a nerd or you were on the outskirts of popularity back in the day, you had no friends, so there's beautiful things, but all technologies when they first come around, television, we had

Howdy Doodie. It was fun, but it wasn't as engaging as House or Fringe or Lost where there's multiple threads and your intelligence is engaged in a different way. And then I look. I was watching something on Vice News the other day and they have people in old age homes who have dementia and they have like a \$20 cat robot that purrs and people are loving their cats, you know, so they're giving them some level of comfort, and those people, their kids aren't showing up, so at least they have something so there's always well table and the people are, bet on humanity, I want to bed on the experts at this table and the people that are pro-succeeding, throwing in and finding a way to curb the ilth and ramp up the wealth and figure out how to make us more mindful, more responsible in our use of technology, because you said, the genie's out of the bottle. There's only going to be more AI and more of the, and we're going to change. We're not going to more of, we're not going to be homo sapiens for much longer. That ramps up and we have to figure out how do we project future generations to be the best versions of what humanity can become.

MR. WEINER: Thank you. I'm going to move on to the next question, but I am going to try to take as many comments as possible. I'd like to talk about technology as a potential proxy to pharmacology, which is a very tricky subject, but I see you nodding and I'm always fascinated by your presentations and I know for example when I see you putting projections up of technology depicting images of a proxy or preplacement to pharmacology, hospital environment as a potential compliment to, or I think of it as a proxy or replacement to pharmacology, I'm going to start with you obviously because I think you're, this is one of the areas that you can speak to. What do you think the future of that could potentially look like?

DR. CHOY: I think the future is extraordinarily bright. I think people have been stuck in the paradigm where people don't watch TV because the content is so negative. It's not a TV. It's a digital display device and the fact that today you can get the quality of an IMAX theater into a home by buying a 4K TV at Costco for 999 is a miracle breakthrough. What we need to do is put healthy food, like - - just said, 50 years from now, we're going to look back and say what dumb things were we going like tobacco being fashionable. Same thing. we have jump food 99 percent of the time on quote on



quote digital display devices, but there's a shift in behavior where I think people want visual - - that is healing and I've gotten hundreds of comments from people who have claimed that they've had a major breakthrough with a child with autism, that they've had someone who is suicidal who is about to kill themselves who wrote to me and said this saved their life. This is shocking. I've never made a claim every that my work is healing, but the comments are, you know, alleviation of depression, viewing post survey, pre-surgery, things that I've never dreamed about because in my gut intuitive sense, I know that looking at nature is like looking into a mirror, into all of the patterns and rhythms of nature that are incurring inside every cell of your body and that is a rejuvenation. That is a rejoicing of being in the flow of life energy. Hopefully that'll be measureable, and I'm trying to get the data to prove that, but as I said earlier, your eyes are a direct connection to the brain. What visual, what healing modality exists for vision? We have, you know, touch, the eye is a direct, for sound, aromatherapy for smell. The eye is a direct connection to the brain and if we can stimulate the brain in a positive way that mirrors and reflects nature's energy, then I think it can be very powerful

MR. WEINER: Thank you, yes. We have a lot of comments on this. I'll try to get them all Yes.

MR. PECORELLI: Thank you very much because I think that you touch the point. I was for five years on the European Commission for frailty in the aging population, okay? And one of the things that struck me more was somebody who said, I think he was from Sweden, he said well, what you should try to do is to stimulate much more the vision and you should try to stimulate much more your brain.

Now, do you know in this room that if you have a down syndrome baby is born and at the same time four times a day for 10 minutes for two years, at the same time, you make him listen to Mozart, for instance, melodic music anyhow, piano, the vision that is only 40 percent at two years for normal is 92 percent? So, I think that this is something that we have to keep in mind, and so yesterday when I watched your videos, which I, yes, yesterday it was? Yeah. I really, I was fascinated.

What was I fascinated by? I was fascinated by, by the brightness, by the colors, by what, what was happening, you know, movements, all of this, and while I was thinking, I was saying, well, if this could be given to people who wake up in the morning and are lonely there and look at it, so, so I think that completely your day. So, so I think that we have the possibilities with very low cost, as you said. I mean, to impact a lot upon this.

MR. WEINER: Every time I attend an insurance conference or an accounting conference, I think I wish I had a Louie Schwartzberg presentation in my pocket to kind of give that kind of energy that was in the room yesterday. Isn't that amazing?

MR. PECORELLI: We can clone him.

MR. WEINER: We can, that's right. Yes.

MALE VOICE: I think the process, I think some of the sensory inputs are tremendously, are of breath potential use in mental disease, treating mental illness mild or severe, and the issue really would be, go find a collaborator who is a clinical researcher who's working in the area of mental health and figure out some of this stuff and do it in a systematic way in which - - can do and then publish some papers. That's the fastest way to get this technology into the mainstream. I can think of some people offhand who would be very happy to talk about such things.

MALE VOICE 5: That's great. We're actually going to collect data as UCSD. It's a small step forward, but we need like a bigger study. It's amazing that we've gone this far and have not really had any research in an areas that it seems like a primary function of even behavior. There's a great documentary where they had Alzheimer's patients who were listening to music, music that was of their past and you saw people just light up, and you took off the headphones, they went back to sleep.

MALE VOICE: Yeah, and with schizophrenia, there are cortical functions that are aberrant, including some of the sensory functions mediated through cortical areas of the brain that lend themselves at least to some investigation to see if they might be helpful, and I have some friends at UCSD that might be interested in this, as well.

MALE VOICE 5: That'd be great.

MS. JACQUET: And virtual reality, talking about vision, I think where technology can help is immersion and virtual reality is definitely something very powerful. It's a very good tool, for example, for empathy. You know, how, what is the best way to put yourself in the shoes of somebody than being there. I was at a conference. There was this story about this guy who was protecting a young woman going into an abortion clinic from the people who insulted them. He was like protecting them, and then they put on his head these virtual reality and he was, you know, at the place of the women in the car trying to go through and he said, that the six feet experience it changes life. You say, I didn't realize that there were, you know, I think technology does a service in helping people better understand connecting and it's a great tool.

MR. WEINER: I'm going to get to your comment, Nancy, but that was going to be my last question before I opened it up to the audience, which was going to be the empathy building capabilities of technology like virtual reality. You know, virtual reality, many of the you in the room are probably familiar with it, but VR effectively in our shop in an alternative environment to our real world environment and in our shop we talk about the definition of VR as tricking the brain into thinking it is somewhere else doing something else in real time and I think the true VR is going to be the integration of all of the senses effectively. SO, we talk about vision. We talk about sound. We talk about the sense of smell which is so closely tied to memory and our limbic brain and I think, you know, the idea, we've had several people on this program talk about the fact of doing good for others, doing things that are altruistic behaviors can actually elevate us individually, so it is actually a wellness behavior in many ways psychologically, so if you think about that, if we have technology that can enhance empathy for other people, whether it's putting someone in other's shoes to understand what their life is like, we've heard examples about how to you experience first-hand what the life of a refugee is like, you are likelier to give to a philanthropic cause that supports refugees but you're going to give more than you would have, so there are measurable outputs, so you've kind of answered that question already. That was going to be my last question. If anyone has any

quick thoughts on that and then Nancy, I'll get your comment from the previous conversation.

MS. BOARD: Sure, because it kind of blends into that. So, your question was related to pharmacology or psychopharmacology and other modalities is how I heard it, but what I wanted to say is there will always be a need for medication for certain illnesses. I mean, we'll probably never get away from that, and that's really important for people who actually need that. What my hope is, and I'm starting to see it. I've been working with some of the business groups in health around this whole concept, and I was trained years ago in my graduate study, which was working with primary care physicians and saying, instead of giving you that pill today, how about you talk with Nancy. She's here for talk therapy or something like that so it wasn't so threatening for people. If we can combine, going back to cognitive behavior therapies or other ways of working with people, CrossFit, physician fitness, other modalities, all of this in the wellness space, whether we're in healthcare, corporations, whatever aspect we have, it is about bringing a preventative approach and trying less invasive technique and therapies to somebody through a modality about that. I always have hope, so everything I talk about is, we can help somebody through a modality of they don't need the medication because we need to get out of the mindset of pills cure everything, because we know that's not where we want to be.

MR. WEINER: Thank you for that, yeah. Yes Alia?

MS. CRUM: I just want to bring again what Rona has brought several times and the issue of wellness is about reaching out and helping others. That is what human transcendence is about, when you transcend the ego self and you realize that we are a part, all of us, of are we, not an I, of an ecosystem of what happens to one happens to another.

MR. WEINER: And I appreciate that, and that was kind of the backdrop for that question because the idea that as we elevate others, we elevate ourselves and I think that some of it, in my personal opinion, some of these technologies have the capability of doing that, and that's really exciting. I'll take one more comment and then I'm going to open it up to the audience. Actually, two quick comments on this side of the table. Go.

MS. CORYELL: I just want to, because that really is what I've been immersed in for so many years and what Dr. Weil has devoted his life to, and when we talk about prescription drugs and what it is that our physicians really feel most educated about, the question of giving someone an anti-depressant or anti-anxiety is almost not on the table because they're not trained yet to be able to say, you know, exercise, meditate. We are still in the dark ages in terms of the kind of training we're giving our doctors who are our first line of defense, so we really have, you know, it's a market driven revolution. Any, that's the first thing I heard Andy say 45 years ago. There's going to be a revolution in healthcare and it's going to be market driven. The global wellness economy that we're looking at is market-driven, so we've got to drive our doctors, our healers, our therapists trained differently.

MS. CRUM: Just quickly, this dovetails very nicely, so we did a study recently where we evaluated the medical curricula of the 100 top medical schools and found that less than two percent of the education is devoted to understanding the psychological or social forces in healing, and bringing it back to the technology conversation, I think this is an area where technology can really help because we can outsource a lot of the memorization of things to the technology and we can go back to what it really means to heal and that is to connect with the human in front of you. At Palo Alto Medical Foundation, they're using Google glasses to basically take notes, so instead of staring at the computer, they can look the patient in the eyes, so I think-

MR. WEINER: And that's a good application of augmented reality technology, separate from VR, but something which in some ways more available today, so thank you for bringing that example up, and Dr. Friedland, yes?

DR. FRIEDLAND: So, I love talking about - - you're bringing up conventional healthcare. I served as the founding chair for the academy of integrative health and medicine and when you're talking about health, you're talking about paradigms, and in conventional medicine, the paradigm has been absence of disease, where psycho-care, pharmacological have had their place in maintaining actual disease, but the new paradigm is focused on the creation of health, the creation of health, and that changes everything. The root of the world health comes from old English heal, which is wholeness, through to

our patients, the patients that we are is patients, which is to suffer. Patients suffer from fragmentation of mind, body and spirit, and our role here as healer is to help people remember their central wholeness health, which, coming back to what Louie is doing, when you're showing your videos, you're reminding people of the essential wholeness they already are, and that's why the technology has the capacity to expand what's being done in conventional health to help us achieve broader health and wellness in the world.

MR. WEINER: Thank you. We'll take one more comment and then if anyone has a question and we'll try to—

MALE VOICE 6: I think we're kind of downplaying technology and tools, but I feel like we're downplaying the importance of health and wellness to the point where I think as far as when you look at it from a government standpoint is an absolute top priority that we get our health and wellness shit in order. It is amazing how unhealthy America has become over the past 100 years, how medicated that we have become. If you're sick, if you're overweight, if you have high blood pressure, let's just get a bunch of pills and that solves everything. I know I had, used to weigh about 55 pounds more and I had high blood pressure medicine and high cholesterol medicine and it actually made me feel worse and then I went to France for a little while and enjoyed all the wonderful things that France has to offer gastronomically and was able to lose 55 pounds, and it really set off this light in my head that, wow, I need to change my eating habits, our communities need to change their, when Dr. Wa [phonetic] said they can bring in more healthy grocery stores. When Dr. Weil was up on stage earlier talking about when you go to an Indian reservation, you'd be horrified by what you see in the supermarkets. That's not okay, and I think it puts America at a disadvantage. It puts us economically at a disadvantage. From a national security standpoint, I think it puts us at a disadvantage and this needs to be a top priority for our government for our communities and for us as individuals. And it goes way beyond, my belief it goes beyond just simple technology. We need hard science. We need data and technology is going to play a role in that, but this is, I think this is the defining issue of our times.

MR. WEINER: I think that's a very good point and I think that's a broader point than even this roundtable because I think a lot of the sessions at the summit this year are designed to

hit the different aspects of what you were just talking about. So, point very well taken, but if anyone has questions in the room right now, again, questions directed at the contributors in the room we're going to start over here. Yes?

FEMALE VOICE: So, Louie touched upon this and Jeremy I so appreciate you saying we've all been dealing with natural disasters and the earth's things and music is a powerful healing tool and not just listening, but listening with our whole body. The animals knew to go to higher ground before the tsunamis hit. I left the corporate technology world years ago because I had a vision of creating spaces that would incorporate light, sound and music and aroma into corporate offices, hospitals and airports and I've been trying self-funding and we have an 11-bed hospital study going on right now at Grinnell Regional Medical Center that's been taking a long time and I would love, of putting the healing touch of music into hospital beds. We have 11 dental chairs that we're finding they're using less anesthesia. We've sponsored 30 families of children with autism who are sleeping better through the night. There is a gentleman who is a Vietnam veteran day that got shot in the stomach in Vietnam and was being put on eight to 10 Vicodin a day to get through his neurological damage and Ella Stimson brought our sound chair into the spa. He called me in tears and said there's something about that music chair that reminds me of, it takes me to a place in my mind that's beyond the pain and it's letting me not take as much. How do I get one of those music chairs, so I sponsored him with that, so my question is, I would love to work with any of you to get more research going. We've got amazing anecdotal evidence, but I really need the clinical data, too, on the healing touch and power of music, too because feeling is knowing and the human heart, the brain is amazing, but the human heart connects with the heart of the earth and we need to be back in touch in our bodies, with our hearts and remembering the - - experience that music does transcend us. It is vibrational and I would love the opportunity to know how I could work with you to take this research-

MR. WEINER: The panel have a comment right now about collaborating on that sort of work. I see a hand right there. I'll try to get to your comment. Over here first.

Again, if we could try to keep these brief and direct questions at the roundtable, that would be great. Thank you.

FEMALE VOICE 2: Well, it's just interesting because this discussion has just opened up my mind to a possibility about virtual reality and I wonder if there has been anything done in this space where virtual reality, using all of those senses that you've been speaking of, you know, sight, sound, smell, that supports mental wellness, that is actually creating those feelings, as you mentioned, Dr. Friedland, around significance, belonging, connection? IS there anything happening in wellness in that arena, and if not, what type of potential are we sitting on here where this is where technology truly, through virtual reality can more or less have a placebo effect on the state of our wellbeing.

MALE VOICE 7: But I actually want to rewind it a little bit. I know there's some work being done on that, but I actually want to rewind it a little bit to work that was done in the last 20 years on the placebo effect, on visualization where the effects that it had on cancer, visualize yourself, the cancer melting like butter, was tremendous, statistically significant. I don't remember what all the numbers are, but the ability for us to ramp up that kind of programmed visualization and imagination to health diseases and just as importantly, I think, to get back to what Alina and Rona were talking about, in addition to other, virtual reality allows us to tell a story where you put it on and you can, for instance, use some of the work that Louie's putting out to tell the story of nature and then connect each of us to a global nervous system and then really, I went and saw Avatar and I was like, I love the tree people and the visualization that shows to put that in our own minds and selves, programmed visualization that shows and allows us to feel the connectivity we have with everyone on the planet and the way that we are collectively a super organism, so I think we're sitting on tremendous untapped potential. It's moving in that direction and I think it's up to us to harness it and continue it that way.

MR. WEINER: Thank you. Dr. Friedland.

DR. FRIEDLAND: First of all, I'm not an expert in this, but there are, virtual reality creates an immersive medium in which you can create assessments to see how people locate themselves in a space, for example to create assessments of



functional capacity as people age in space and the ability to actually assess their ability to thrive in an environment. One of the other things that I saw in - - that was really sweet, one of the technologies that is used to create experience is heart math, and heart math is a technology about, so it's a positive outcomes, heartrate variability that's associated with all sorts of positive outcomes, balancing your sympathetic and parasympathetic nervous system and so I'd say, just a, I think yesterday a picture at Burning Man where they had everybody hooked up to heart math machines and they had this beautiful digital tree, if you will, in the desert, as everyone starting breathing together and going into coherence, the tree change color, so it was a sense of bringing everybody today, community with technology. It was awesome.

MALE VOICE 8: And may I add to that, so with virtual reality, it's, with virtual reality, it's stimulating the senses of the brain, the vision so it's important to realize that the brain and the mind are strictly trained to endure not the same thing. So, we can trick our brains by stimulating it to perceive symptoms and that perception does become reality, so we can sense or stimulate our sense of smell as real. Your mind believes that is real. Our brain will experience that as real.

MR. WEINER: Thank you. We'll take one more comment and then I'll try to get a few more questions. We only have a couple of minutes. Oh, I'm getting the, I'm getting the signal that we're running out of time, so what I would like to say, if we did not get to your question, obviously it's impossible to get to everyone. I would recommend that you find the participants of the round table and talk to them, network with them, ask them questions at other opportunities during the summit. This is obviously a really, really, really rich topic and again, this topic in and of itself could probably be the focus of an entire summit, so we're just scratching the surface in an hour here together, but I'd like everyone in the room to please join me in giving everyone a warm thank you to everyone who participated in this roundtable.

[Applause]

MR. WEINER: So, we are coming up to an energy break, correct? Okay, so everyone head on over to the energy break and enjoy.

[background music]

[END RECORDING]