

## GDL Jimmy Bluff

Welcome Welcome back to Hi I'm Michelle Murad along with That's right Kyle And we have the lovely Jimmy Bluff How are you Wonderful Thank you for having me It's such a pleasure Thank you Thank you Um So you are a um a healer Uh You're also known as the surgeon who doesn't need a knife Um You I'm gonna read a little bit about you because this is what I was told to do because I should do my job Um You grew up playing competitive basketball football skiing and snowboarding Um You grew up in Pennsylvania you're familiar with the pain of sports injuries and the toll intense physical activity can have on the human body You earn your C certifications at the University of Utah Utah College of Massage Therapy You love working with people to reach their fitness goals and found to be more gratifying and led you in the direction of pain relief rehab and the art of healing Your technique is a form of holistic healing which is unique and removes lifelong pain and injuries in a way that no one else can Yeah it's been quite the journey over the last 20 years Um the healing well my mom had severe scoliosis growing up and I was always I think what the term they came out with Recently a highly sensitive person I was told that I was a hyper empath which means as a child I could just feel people's emotions and feel people's pain very empathic right So even very very young saw ghosts and stuff So how old were you Maybe four or five You know and then I turned that off and and it didn't happen again But when I got into my early twenties I ran into a woman who was a healer and a shaman And she started telling me all about my childhood And I'm like how do you know that And she started explaining to me the way I built and you know to prove it was almost like a bunch of crap I went and took a fata healing class for a weekend It's just the specific type of healing with energy work and stuff and it was all working with God And I'm like what You know because when when I was young my nana passed away and I I kind of blamed God for it quite honestly and kicked him out of my life And you know little by little these healers and my early twenties I I was a previous basketball player and I got into body building and um I grew up doing hard labor asphalt work with my dad's business So I was always very hard working and I meant to be a physical therapist But um I kind of fell in love with the massage therapy side of things And then before I could finish my therapy degree at the University of Utah For physical therapy I became general manager of a a big fitness industry um in Utah And that quickly steered me in a different direction And

you know I've always felt people's pain So when I had the ability to do something about it and more and more common people would leave and come back totally different And I remember this one client came in She's like I don't know about this And I'm like I I accept your judgment I accept your judgment And I said tell you what man I I said um ma'am I said let me work on you 20 minutes because her son that referred her had fallen behind enemy lines as a soldier broke his back was getting nowhere Went to a month that cost \$50,000 for a pain clinic that got him nowhere He came in crying He's like I don't want to be a drug addict I'm like listen you're not a drug addict you're just trying to live you know living on pain pills So I took a couple of sessions and I released his abdomen released his low back and all of a sudden he was pain free And you know I was always very successful in everything I did But but nothing came close to the gratitude I felt when clients would leave come back You know and and in this situation with this particular client's mom she came in and she was terrified And I said you know I I understand you're in pain I accept your judgment because I was bodybuilding I was a very big guy And I even though I was more of a preppy in high school and best dressed and honor roll student and um I worked with her found out during the treatment she had just lost her partner and all she wanted to do was walk around the block She's like Jimmy I just want to walk on the street like I used to with my husband and I'm sitting there like this is all this woman truly wants Well I'm gonna do everything I can to serve her So she laughed and I thought nothing about it I'm like I'm never gonna see her again and and she messaged me to come back in and I was like ok that's interesting So then I open the door and I see this woman I've been thinking about you and I like look behind me and I'm like are you talking to me And and she had makeup on her hair done lipstick a new outfit you know new shoes It was the same person But I was like who are you Because she was just so angry and so grumpy and she immediately threw her arms around me So here I am this big you know scary on the exterior guy And I remember this is about 15 years ago she was in getting ready getting on the table and I was washing my hands preparing for treatment and I was just bawling and I was sitting there questioning like why am I emotional right now It was it was gratitude She was simply happy and and more and more and more Children with cerebral palsy and and um kids and teenagers with scoliosis and a lot of people that uh I've come across in my life that have had a lot of severe issues ongoing for 10 20 years Um I've been told I just look at the body in a specific manner I do some channeling and and energy work and finally I had

to trademark what I did because people would be like well what do I ask for when I go you know to the physical therapist or what I ask for when I go to the spa And I'm like ask for Jimmy Bluff you know so it became very unique And then as I worked with more and more prominent people who've been to 100 countries around the world They're like what are you doing And I'm like call your bluff surgery without the knife I never wanna make anything about me But because you're sitting across from me I feel like I have to ask you because I've been having stuff and and they all know it and it's been like freaking me out and uh got some blood work back that scared me and I'm going to a rheumatologist tomorrow Um but like I notice when I wake up I'm like shaking And so I would ask how are you sleeping if you're not sleeping on your back Right When we're side sleeping a lot of times we have an internal rotation of our arm which when that arm internally rotates it impinges here it cuts off the stuff going up your neck It can create a lot of scapular issues A lot of numbness and tingling If you're not putting a pillow between your knees and ankles you can have hip issues You can have an internal rotation of your leg that can create um sciatic issues I've had a lot of clients recently whose front ribs were actually fused to the front of their hips So try to sit up straight when your abdominals are so tight Now energetically they say that the so a stores a lot of our emotions and and the hips the the inner abdominals you know in the abdomen region And you know coincidentally the um the abdominals and uh a lot of our hormones are regulated in our stomach So when we're stressed we get tight and we shortness of breath and it's literally anxiety So fas al also stores emotions I heard that your issues are stored in your tissues It's crazy And and you wouldn't you be like no until you're working on you would be you're like no that's not true And then you're working on a power lifter Like 10 years ago I remember we were listening to like Metallica or something and I don't listen to that music now and I heal people but and I'm like crying and I'm like why am I crying And I'm releasing this crazy knot in my client's back I was getting energetically electrocuted healing One of my clients and I have a lot of clients who you know with healing My goal is to provide the safest most comfortable environment for people to feel vulnerable especially as a man you know helping to assist another man who can feel comfortable enough to just just relax because everyone stores traumas in their body everyone holds onto traumas And so you know a lot of the sleeping I find most of what I fix all day long are you know rotation misalignments from sleep patterns And it drives me nuts that doctors don't talk about this because like I do like to curl

on a ball when the fetal position right It kind of turns it kind of it's a safe place and it it turns everything off get my blankets and I'm just like totally the problem is everything internally rotates and and and now my abs are tight Everything's tight So then try to go stand up and I'm like shaking shaking I mean that could definitely be something neurological If things are very tight or if your bedroom as cold as mine in the morning when you get out of bed I like having a cold room Yeah me too So the initial yeah I have to scoot into a nice hot shower in the morning A lot of people do the cold showers I'm like God bless them you know But although I do want to do the ice plunge our mutual friend of ours is like was doing I would highly recommend I'd highly recommend an infrared sauna followed by a cold plunge My wife and I do them weekly Yeah they're a game changer because I have to also heal my inflammation I use my fingertips mostly in my hands to cut facial tissue and facial tissues £2000 of tensile strength per square inch and it has the consistency of steel wool So a lot of people just like you said I'm scared I got blood work A lot of people come in Do I have cancer Do I have a tumor What's going on And I'm like you have an internally rotated shoulder that's attaching to your trapezius and your you know the back of your skull So a lot of times people like don't even have blood flow and I have a musician He he messaged me a few weeks ago He's like hey uh I think my career is over I got the first first concert in the last two years and I had to cancel it I can't get through a full set And I'm like you've also been sleeping with different holding patterns for two years I know you moved and I know you haven't been playing nonstop and and when guitar players play how are they internally rotated So I had to you know literally sculpt every single fiber in the hand the arm unattached the the uh subs CAPP So he could move his arm and not feel numb and tingly Think Well how many times do you go to a doctor And the doctor offers you surgery or he offers you something for your pain management It's like but they don't look at the fact that your legs externally rotate and your arm is pointed in your trap is elevated That's what kind of drives me crazy in that gap between Eastern and Western medicine And that's something that I've been trying to educate you know especially as they move forward and teaching other healers just the basics and looking at someone's alignment and asking how they sleep and be like well that's definitely one cause But then and this is a whole another topic of discussion Everything we eat more or less has inflammation in it You know carbohydrates sugars it inflamed your body So it's it's interesting you know a lot of people with ongoing migraines Stomach sleeping is the worst because

typically if you're laying face down hear me out one your head is turned which creates a shortening on both sides Again we're talking about steel wool and then being unconscious at night Then one arm is elevated which means my shoulder in a shortened state In 2030 minutes my arm's gonna be asleep and all that steel wool is gonna harden So that's fine But if you know I try to put your tight leather coat on right Because it's like three sizes too small So all of a sudden you know people side sleep and they bring their arms and I'm like oh why does my shoulder hurt And why does my chap feel like stuck to the back of my head And why is my leg extremely rotated And then I just look at them like so your stomach sleeper Like how do you know like I am not a genius you know we're human but a lot of it's you know attributed to that And you know that's aside from traumas and childhood and when do you feel most safe Right Like that Oh interesting Because oh that's so it's so fascinating Right Yeah Do you do you have any uh knee issues Do you do you help people with knee rehabilitation every day Every every day It's so interesting because if I do this right How comfortable is this everyone does this My leg is externally rotated from my hip My lower leg is rotated in a different position and my foot is rotated differently and this leg is rotated differently So that in general will create knee pain because the I have you know so many clients whose upper legs their lower leg are facing in a different direction and then sometimes their foot from driving in L A traffic you know is different And and I had a Chevelle super sport It was like 50 year old car and it used to elevate and turn my leg in And after two weeks I was like why are my thighs hurting I'm like oh my gosh it's my car And then when we sit I sold it before the pandemic unfortunately But then when we sit in the car what do we do Right So everyone needs lumbar support I tell my clients try to sit like a king because otherwise we're in literally a position of anxiety Oh Weird weird And then we what do we do We shut off our heart space to protect ourselves So when you're sleeping I like queen queen B heal me right I do listen to like meditations at night like where it's like uh beta like healing for body and incredible And I've been listening to that like I will say for the past two weeks and it's been helping me amazing amazing It's just consistency and I use meditation nonstop um myself daily I I have to because I deal with you know transmuting more or less transmuting people's energy you know and it's interesting because I'll be working on a client's pain and all of a sudden I'll just feel like and I normally wear a headband I'll just feel not one or two beads of ST you know sweat come out But all of a sudden like it's like someone turns on a faucet Was that just No But then your client is like

oh I feel so much better and you're like yeah it's very interesting as I've continued to kind of elevate you know over the years And it's kind of been a journey I've been on for the last 20 years and some of my own you know struggles but also seeing my clients struggle and the goal is how can I serve my clients better How can I show up and give them everything that they came for and in my healing And I I do that It's it's so emotional It's it's so spiritual it's so physical but it's also so challenging because I can I can feel what's going on with my clients And it's just a matter of my clients being able to relax enough to be vulnerable to let go of something that sometimes they've been holding on to for 2030 years of their life And you know I've been told you know by a gentleman in the forest down in bra still He's like you know he was translating with my wife and he says you have the same gift I do You can look in someone's eyes and see everything And I said that's a gift you know when you understand how to use it But empathy is not necessarily you know growing up that's a hard thing I was a very emotional kid and then you know got into body building and got very strong and then and realized you know at that point it was a gift because I developed the strength in my fingertips to be able to work on Children to be able to work on hands fingers I mean I've helped women avoid surgeries with augmentations like feet you know and what's frustrating when I'll put online you know stop side sleeping because it does this this and this and I'll have physical therapy students Like is there a case study that oh but you need a case study Yeah just before you like shut it down Um I have I have some questions that I have to ask for you Um I ask to you not for you Um So OK when somebody reaches out to you how often how many sessions does it take I know it's like each person is different everyone's so different you know it depends Saturday I had a gentleman come in for a five hour overhaul and normally because I go fiber by fiber and most of the time I'm literally using my fingertips Um it takes about 56 hours to get through the entire body with my particular techniques and stuff Um average sessions are two hours because most times people want you know from the waist up you know or something like that It depends I have a gentleman coming in from England next week with the frozen shoulder that no one's pretty cool I've had people coming in from other countries for about 10 years and it it's it's cool I was leaving my office uh back when I was visiting New York I remember and uh a guy was 30 minutes late and I'm like I guess he's not gonna show up and I was on my way out and I hear my name hey Jimmy And I'm like what's going on He's like hey I'm your client Oh my God Sorry I got stuck in the

bridge and I'm like we're in Long Island New York What bridge are you talking about He's like the bridge from Canada I'm like what He's like yeah I got stuck for five hours and I was like wait I'm trying to wrap my head around You came from Canada for a two hour treatment You drove he drove he drove So he's like can you help me I was like well we're both here What are we gonna do I've had people drive 16 hours It's crazy Um And uh I got him on the table and within 15 20 minutes he starts moving and he just starts screaming He's like I'm like is everything ok He's like he's like I've gone to every professional in this state and that state and at this university and I'm a student of of physical therapy and none of my professors in 10 minutes You figured it out I'm like awesome Call your I but I look at it from just a very simple standpoint You know what I mean I try not to overcomplicate it We're humans So you know so many people recently have come in and like oh I've got this pain I've got that pain I'm like when did this start It's like two years ago I'm like and then you're like what happened the beginning Yeah at the beginning of the pandemic you know I mean everyone's lives got got upturned and I gently had to explain to this gentleman because because he was also very grumpy and very upset and I could tell he's feeling horrible and I had to explain to him like stop sleeping with your arms over your head because you know because you're causing your own pain I don't want to be the bear of bad news But but and and my problem is how many times when they go to the doctor and get a prescription for OXY for a month or something and that makes everything worse They they don't you know and that's one thing I'm going to give you this prescription for pain meds but I'm gonna set you up with this person who's gonna show you how to you know you get yourself straight get yourself back in alignment And I work hand in hand with chiropractors and and acupuncturist all over the country Um most people truly don't understand how valuable having your fas worked on is because what I do I literally peel people apart at the connective tissue layer So it's almost like I'm not trying to massage over the seams I'm peeling the seams apart So all of a sudden your arm sits back here and if your arm isn't here stuck to your chest it's back here Look at all the pressure I just took off my neck I just feel like I need to you know what I mean So it's not hard to see people's body language when you're like you like that person over there is about to lose it You know what I mean You know And 20 years ago I used to bounce in the nightclub so I could tell like moments before I could feel the energy shift But it's it's interesting because it's not hard to be present and look someone in the eyes and like hey how are you doing A lot of football

players A lot of football players a lot of body builders a lot of Children I work with Children I've I've worked with so many people It it's it's so it's so beautiful you know and the thing about it is most people truly don't know how beautiful their souls are You know what I mean And and I was listening to a podcast the doctor is saying that you know he used to weigh his clients when they passed and their soul when when they pass each client would lose six ounces which means their their soul If you wanna look at it weighs six ounces So we're a spirit and a body So sometimes if you can look at it from that perspective you know and especially for all the moms watching this and all the people that take care of everyone else in their life Right First we have to take care of ourselves grab the oxygen from the airplane and then you take care of everyone else because most people that I that come in take care of everyone else in their life But and then they last and they feel horrible And I'm like I honor you for coming in today When's the last time you had self love for yourself And they look at me and they're like well I worked on a therapist this morning who was from Boston I'm like when's the last time you got therapy He's like looking at me and I'm like bro Yeah I'm like what are you doing so much more than our bodies I honor you for coming to our show and to our stage Uh This is your camera over here I wish we could spend more time with you But please tell people how they can get in touch with you Um How you can you know uh connect with you and all that great stuff Uh Jimmy bluff dot com You can go straight to my website shoot me an email We can do a consult You can book online on Jimmy bluff dot com You can actually buy your friend a gift card and then they can book online with me right now and I'm on Instagram and Facebook as well as Jimmy Bluff Thank you Jimmy Bluff Great stories Um We will be right back after this with Don't go anywhere Mm