

Paul D. Nussbaum, Ph.D., ABPP
Board Certified Clinical and Geropsychology
President of **Brain Health Center**, Inc. and
Clinical Neuropsychologist
Adjunct Professor of Neurological Surgery
University of Pittsburgh School of Medicine
info@brainhealthctr.com
www.brainhealthctr.com
(724) 719-2833

Twitter @brainhealthlifestyle
Facebook is Brainhealthlifestyle

Your Brain Health and Brain Health Lifestyle ®

(All content is copyright protected © and not to be used without Dr. Nussbaum's permission)

“The single greatest system ever designed in the history of the universe”

Your brain is responsible for your every thought, emotion, and behavior. Unfortunately we humans do not know much about our brains and it is time to change that.

Brain Basics:

1. Your brain weighs 2 to 4 pounds.
2. Your brain is comprised of 60% fat and is the fattiest system in your body.
3. Your brain consumes 25% of the blood from every heartbeat.
4. Your brain has two sides or hemispheres (left hemisphere and right hemisphere).

Left hemisphere helps you with language, detail, and analysis

Right hemisphere helps you with faces, spatial orientation, and sounds.

5. Your brain has a Cortex and Subcortex.

Your Cortex is conscious and helps you learn, remember, communicate, Read, write, orient to space, process sensory information, and personality.

Your Subcortex processes subconscious motor or procedural behaviors such as dressing, driving, and typing on your computer.

Your Cortex and Subcortex interact as a beautiful symphony.

6. Your hippocampus is the structure in your brain (sits in the middle of each temporal lobe just under each temple on your skull) that enables you to learn.

New Ideas about Your Brain:

The human brain (like the animal brain) can generate new brain cells. This new brain cell development (neurogenesis) occurs in the hippocampus.

The human brain is now thought to have “neural plasticity” or be a system that is highly dynamic, constantly reorganizing, and malleable. It is shaped by environmental input.

Our brains need exposure to environments that are enriched, complex and novel. Environments that are passive and rote do not help the health of your brain.

Exposure to enriched environments across your lifespan will lead to new brain cell development and increased cellular connections (“**Synaptic Density**”). Synaptic Density or **Brain Resilience** may help to delay the onset of neurodegenerative diseases such as Alzheimer’s and related dementias.

Our Brain’s “Neural Energy” will lead to internal healing and revolutionize civilization in ways we cannot yet understand!!

Your Brain Health

1. Brain health begins in the womb and needs to be promoted across your lifespan.
2. Engage in the novel and complex not the rote and passive.
3. Consider the following Brain Health Lifestyle to build up your brain reserve:

Five Domains of the Brain Health Lifestyle®

Socialization (we connect on many levels)

Do not isolate or segregate, as you get older. People who isolate have a higher risk for dementia.

Join groups and social organizations in your community.

Maintain and build your friendship and family network.

Be forgiving and giving.

Develop hobbies.

Do not retire.

Ask about loneliness as it increases risk for dementia.

Surf the web.

Inquire about loneliness from loved ones.

Use social media in moderation to remain connected.

Physical Activity (25% of the blood from each heart beat goes to your brain)

Walk between 7,000 and 12,000 steps daily. Walking several times a week reduces the risk of dementia.

Walk one mile a day for six weeks to get functional and structural brain benefit.

Buy yourself a pedometer to remind yourself to walk and to keep track of your daily steps.

Dance as this is a behavior that reduces the risk of dementia.

Garden and Knitting reduce the risk of dementia.

Aerobic exercise will help the heart and thereby feed the brain with the necessary blood and oxygen. It also promotes cognitive functioning such as memory and is now believed to relate to positive structural changes in the brain.

Weight training can be helpful

Use both sides of your body more often: Become ambidextrous in the brain.

Physical exercise with mental stimulation quite helpful.

Yoga and hot Yoga

Mental Stimulation (it is all about the “novel and complex”)

Learn a second and third language.

Read and write (use your nondominant hand) on a daily basis: the more complex the better.

Learn sign language as it increases IQ and increased IQ reduces the risk of dementia (www.ASLfriends.org)

Consider Rosetta Stone for learning a new language (www.rosettastone.com)

Play board games as board game playing reduces the risk of dementia.

Travel reduces the risk of dementia because it involves a new and complex environment.

Play a musical instrument (integrates and stimulates many different regions).

Listen to classic music as it helps to increase learning.

Go to www.fitbrains.com for a daily cognitive workout (Rosetta Stone-FitBrains)

Go to www.robortoapp.com for a quick monitor of your cognitive and motor skills.

Surf the Internet.

Problem solve and improvisation

Attend a museum or cultural event.

Spirituality (Balance and neural energies)

Pray on a daily basis as it enhances your immune system.

Attend regularly a formal place of worship as it relates to better quality of life and longevity.

Learn to meditate in order to slow down. Animals exposed to environments that are too stimulating demonstrate slowed brain development. Meditation has been found to help sleep, pain, memory, anxiety, and mood disorder.

Learn relaxation procedures with deep breathing and muscle relaxation.

Slow down and do not be afraid to say “no”.

Develop “me time” for 30 minutes daily.

Try Yoga.

Try Tai Chi.

Sleep at least 6 hours daily and more if you are a teenager and child.

Yawn more regularly.

Natural Daylight and Design Lighting to expose brain to proper sunlight.

Fast for 24 hours (if medically able).

Repeat words of love, joy, forgiveness, and peace frequently.

Dr. Nussbaum's 2016 book: *What is the Purpose of My Brain: Spiritual Healing and Salvation* (www.Amazon.com)

Nutrition (foods affect your mood, energy, and cognition)

Eat 80% of what you intend to eat at each meal. Reasonable caloric restriction can increase your longevity.

Eat one meal a day with family or friends.

Eat with utensils and you will eat less and also eat healthier foods.

Increase your intake of Omega 3 fatty acids. This includes fatty fish such as salmon, sardines, and herring. Several ounces of salmon weekly reduce the risk of dementia. Walnuts and unsalted nuts are also good for you.

Eat 8 ounces of fish weekly.

Increase your intake of antioxidants. This includes Vitamins C and E. Colored fruits (grapes, apples, cantaloupe, and berries) and vegetables are good for you. The FDA recommends five (fist-full) servings of fruit and vegetables a day.

Decrease your intake of processed foods and red meats. Lean meat such as chicken breast without skin is relatively okay. A recent study found mice who consumed a diet with high levels of fat similar to fast foods evinced the markers of Alzheimer's in the brain at death.

Consider the Mediterranean Diet or MIND Diet.

Green leafy vegetables are good for you.

Drink more water daily.

Eat one sit down meal with others a day. This activity provides many brain boosting effects at once (classic music, language, eating with utensils, slowing down, eating healthier foods).

Eat “real foods.”

Limit the poison such as sugar and processed foods.

Take A Look and Give These a Try

WWW.RC21x.com (Dr. Nussbaum is Director of Brain Health for RC21X)

WWW.Robertoapp.com (Dr. Nussbaum is Director of Brain Health)

WWW.Fitminds.com (Tools for the Caregiver-Dr. Nussbaum is Chief Brain Health Officer).

WellQor (WWW.Wellqor.com) Dr. Nussbaum is Chief Clinical Officer

Www.fitbrains.com (cognitive exercise on phone and Ipad)

www.aslfriends.org (sing language for language and social development)

Begin Your Brain Health Lifestyle ® Today!!

You can schedule Dr. Nussbaum to:

- ❖ *Conduct a Keynote or Training Program*
- ❖ *Hire for Consultation*
- ❖ *Bring Brain Health to Your Company*

Call (724) 719-2833

Brain Health Store

Order Dr. Nussbaum's 2016 Book: What is the Purpose of My Brain: Spiritual Healing and Salvation (www.Amazon.com)

Order his 2010 book Save Your Brain published by McGraw Hill can be ordered through www.Amazon.com

Order his 2013 DVD Save Your Brain at www.amazon.com (published by Pines Education Center in Sarasota, Florida).

Nussbaum, P.D. (2011) Neuroscience of the aging brain: Perspectives on brain health and lifestyle. Generations, 35 (Guest Editor). See www.asaging.org

Visit www.BrainHealthctr.com for other information.

Brain Health Lifestyle®

Dr. Nussbaum's Brain Health Lifestyle®



Paul D. Nussbaum, Ph.D., ABPP
Board Certified Clinical and Geropsychologist
Fellow: National Academy of Neuropsychology
Adjunct Professor of Neurological Surgery
University of Pittsburgh School of Medicine
President Brain Health Center

www.brainhealthctr.com

(724) 719-2833

Rev 4.12.17