

Help Your Patients Recover By Building Better Brains and Better Lives

Amen Clinics
**Creating A Brain Healthy
Addiction Treatment Program**

**10 Steps to Breaking the
Addictions That Steal Your Life**

PROFESSIONAL VERSION

Daniel G. Amen, MD
Co-Author of *Unchain Your Brain* and Author of
Change Your Brain, Change Your Life

Other Programs by Dr. Amen

THE AMEN SOLUTION, Crown Archetype, 2011

END EMOTIONAL OVEREATING NOW with Larry Momaya, MD, MindWorks Press, 2011

UNCHAIN YOUR BRAIN, with David E. Smith, MD, MindWorks Press, 2010

WIRED FOR SUCCESS, MindWorks Press, 2010

CHANGE YOUR BRAIN, CHANGE YOUR BODY, Harmony Books 2010, New York Times Bestseller

MAGNIFICENT MIND AT ANY AGE, Harmony Books 2009, New York Times Bestseller

SEX ON THE BRAIN, Harmony Books 2007

MAKING A GOOD BRAIN GREAT, Harmony Books 2005, Amazon Book of the Year

PREVENTING ALZHEIMER'S, with neurologist William R. Shankle, Putnam, 2004

HEALING ANXIETY AND DEPRESSION, with Lisa Routh, MD, Putnam, 2003

NEW SKILLS FOR FRAZZLED PARENTS, MindWorks Press, 2003

HEALING THE HARDWARE OF THE SOUL, Free Press, 2002

IMAGES OF HUMAN BEHAVIOR: A Brain SPECT Atlas, MindWorks Press, 2003

HEALING ADD, Putnam, 2001

HOW TO GET OUT OF YOUR OWN WAY, MindWorks Press 2000

CHANGE YOUR BRAIN, CHANGE YOUR LIFE, Three Rivers Press, 1999, New York Times Bestseller

A.D.D. IN INTIMATE RELATIONSHIPS, MindWorks Press, 1997

Would You Give 2 MINUTES A DAY For A Lifetime Of Love, St. Martin's Press 1996

A CHILD'S GUIDE TO A.D.D., MindWorks Press 1996

A TEENAGERS GUIDE TO A.D.D., (written with Antony Amen and Sharon Johnson) MindWorks Press 1995

MINDCOACH: Teaching Kids To Think Positive And Feel Good, MindWorks Press, 1994

THE MOST IMPORTANT THING IN LIFE I LEARNED FROM A PENGUIN, MindWorks Press, 1994

TEN STEPS TO BUILDING VALUES WITHIN CHILDREN, MindWorks Press 1994

THE SECRETS OF SUCCESSFUL STUDENTS, MindWorks Press 1994

HEALING THE CHAOS WITHIN, MindWorks Press 1993

MEDICAL DISCLAIMER

The information presented in this book is the result of years of practice experience and clinical research by the author. The information in this book, by necessity, is of a general nature and not a substitute for an evaluation or treatment by a competent medical specialist. If you believe you are in need of medical interventions please see a medical practitioner as soon as possible. The stories in this book are true. The names and circumstances of the stories have been changed to protect the anonymity of patients.

Creating A Brain Healthy Addiction Treatment Program Contents

Creating A Brain Healthy Addiction Treatment Program Materials, included:

- Amen Clinics Intake Form
- Amen Clinics Questionnaires and Answer Keys
 - Amen Clinics General Symptoms Checklist and Diagnostic Answer Key
 - Unchain Your Brain Master Questionnaire and Answer Key
 - Amen Clinics Learning Disability Screening Questionnaire and Answer Key
 - Amen Clinics Hormone Questionnaire for Men with Answer Key
 - Amen Clinics Hormone Questionnaire for Women with Answer Key
- Amen Clinics 8 Circles of Health and Healing
- Know Your Important Health Numbers
- Summary Chart of the Amen Clinics Six Types of Addicts

10 Patient Handouts (1 for each of the 10 steps)

1. Know Your Motivation: To Drive Your Desire to Change
2. Get the Right Evaluation: A Bio-Psycho-Social-Spiritual Approach
3. Know Your Brain Type: Learn the Six Different Types of Addiction
4. Boost Your Brain to Get Control: And Prevent Lasting Memory Problems and Brain Damage
5. Craving Control: Nine Ways to Lock Up the Craving Monster That Steals Your Life
6. Eat Right to Think Right and Heal from Your Addiction
7. Kill the Addiction ANTs That Infest Your Brain and Keep You in Chains
8. Manage Your Stress That Triggers Relapse
9. H-A-L-T Plus: Overcome the Barriers That Keep You from Conquering Your Addictions
10. Get Well, Beyond Yourself: Finding Meaning in Family and Community

Bonus Materials

Additional Resources

COMPLETE EVALUATION FORMS

TAB GOES HERE

Name: _____

PRIOR ATTEMPTS TO CORRECT PROBLEMS/PRIOR PSYCHIATRIC HISTORY

(Please include contact with other professionals, medications, types of treatment, etc.)

MEDICAL HISTORY

Current medical problems/medications: _____

Current supplement/vitamins/herbs: _____

Past medical problems/medications: _____

Other doctors/clinics seen regularly: _____

Ever any seizures or seizure like activity? _____

Prior hospitalizations (place, cause, date, outcome): _____

Prior abnormal lab tests, X-rays, EEG, etc: _____

Allergies/drug intolerances (describe): _____

Any history of head trauma? Sports? Falls? Motor vehicle accidents? Assaults? (describe):

Present Height _____ Present Weight _____ Present Waist Size _____

CURRENT LIFE STRESSES (include anything that is currently stressful for you, examples include relationships, job, school, finances, children) _____

Prenatal and birth events: Your parents attitude toward their pregnancy with you _____

Pregnancy complications (bleeding, excess vomiting, medication, infections, x-rays, smoking, alcohol/drug use, etc) _____

Any birth problems, trauma, forceps or complications?: _____

Sleep behavior: sleepwalking, nightmares, recurrent dreams, current problems (getting up, going to bed)

School History: Last grade completed _____ Last school attended _____

Average grades received _____ Specific learning disabilities _____

Learning strengths _____

Any behavior problems in school? _____

What have teachers said about you _____

Please bring school report cards and any state, national or special testing that has been performed.

Name: _____

Employment History: (summarize jobs you've had, list most favorite and least favorite)

Any work-related problems? _____
What would your employers or supervisors say about you? _____

Military History? _____

Ever Any Legal Problems? _____

Sexual history: (answer only as much as you feel comfortable)

Age at the time of first sexual experience: _____ Number of sexual partners: _____
Any history of sexually transmitted disease? _____ History of abortion? _____
History of sexual abuse, molestation or rape? _____
Current sexual problems? _____

Alcohol and Drug History: (Please list age started and types of substances used through the years and any current usage. Also, describe how each of these substances made you feel; what benefit you got from them.). These include alcohol (hard liquor, beer, wine), marijuana or hash, prescription tranquilizers or sleeping pills, inhalants (glue, gasoline, cleaning fluids, etc.), cocaine or crack, amphetamines or crank or ice, steroids, opiates (heroin, codeine, morphine or other pain killers), barbiturates, hallucinating drugs (LSD, mescaline, mushrooms), PCP. _____

Ever experience withdrawal symptoms from alcohol or drugs? _____
Has anyone told you they thought you had a problem with drugs or alcohol? _____
Have you ever felt guilty about your drug or alcohol use? _____
Have you ever felt annoyed when someone talked to you about your drug or alcohol use? _____
Have you ever used drugs or alcohol first thing in the morning? _____
Caffeine use per day (caffeine is in coffee, tea, sodas, chocolate) _____
Nicotine use per day, past and present, (nicotine is in cigarettes, cigars, tobacco chew) _____

FAMILY HISTORY

Family Structure (who lives in your current household, please give relationship to each):

Current Marital or Relationship Satisfaction _____

History of Past Marriages _____

Significant Developmental Events (include marriages, separations, divorces, deaths, traumatic events, losses, abuse, etc.) _____

Name: _____

Natural Mother's History: age _____ outside work _____

School: highest grade completed _____

Learning problems _____ Behavior problems _____

Marriages _____

Medical Problems _____

Childhood atmosphere (family position, abuse, illnesses, etc) _____

Has mother ever sought psychiatric treatment? Yes ___ No ___ If yes, for what purpose? _____

Mother's alcohol/drug use history _____

Have any of your mother's blood relatives ever had any learning problems or psychiatric problems including such things as alcohol/drug abuse, depression, anxiety, suicide attempts, psychiatric hospitalizations? (specify)

Natural Father's History: age _____ outside work _____

School: highest grade completed _____

Learning problems _____ Behavior problems _____

Marriages _____

Medical Problems _____

Childhood atmosphere (family position, abuse, illnesses, etc) _____

Has father ever sought psychiatric treatment? Yes ___ No ___ If yes, for what purpose? _____

Father's alcohol/drug use history _____

Have any of your father's blood relatives ever had any learning problems or psychiatric problems including such things as alcohol/drug abuse, depression, anxiety, suicide attempts, psychiatric hospitalizations? (specify)

Siblings (names, ages, problems, strengths, relationship to patient) _____

Children (names, ages, problems, strengths) _____

Cultural/Ethnic Background _____

Describe your relationships with friends _____

Describe yourself _____

Describe your strengths _____

Name: _____

AMEN CLINICS GENERAL SYMPTOMS CHECKLIST

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, partner or parent) rate you as well. List other person _____

0 1 2 3 4 NA
Never Rarely Occasionally Frequently Very Frequently Not Applicable/Not Known

Other Self

- ____ 1. depressed or sad mood
- ____ 2. decreased interest in things that are usually fun, including sex
- ____ 3. significant weight gain or loss, or marked appetite changes, increased or decreased
- ____ 4. recurrent thoughts of death or suicide
- ____ 5. sleep changes, lack of sleep or marked increase in sleep
- ____ 6. physically agitated or "slowed down"
- ____ 7. low energy or feelings of tiredness
- ____ 8. feelings of worthlessness, helplessness, hopelessness or guilt
- ____ 9. decreased concentration or memory
- ____ 10. periods of an elevated, high or irritable mood
- ____ 11. periods of a very high self esteem or grandiose thinking
- ____ 12. periods of decreased need for sleep without feeling tired
- ____ 13. more talkative than usual or pressure to keep talking
- ____ 14. racing thoughts or frequent jumping from one subject to another
- ____ 15. easily distracted by irrelevant things
- ____ 16. marked increase in activity level
- ____ 17. excessive involvement in pleasurable activities which have the potential for painful consequences (spending money, sexual indiscretions, gambling, foolish business ventures)
- ____ 18. panic attacks, which are periods of intense, unexpected fear or emotional discomfort (list number per month ____)
- ____ 19. periods of trouble breathing or feeling smothered
- ____ 20. periods of feeling dizzy, faint or unsteady on your feet
- ____ 21. periods of heart pounding or rapid heart rate
- ____ 22. periods of trembling or shaking
- ____ 23. periods of sweating
- ____ 24. periods of choking
- ____ 25. periods of nausea or abdominal upset
- ____ 26. feelings of a situation "not being real"
- ____ 27. numbness or tingling sensations
- ____ 28. hot or cold flashes
- ____ 29. periods of chest pain or discomfort
- ____ 30. fear of dying
- ____ 31. fear of going crazy or doing something uncontrolled
- ____ 32. avoiding everyday places for fear of having a panic attack or needing to go with other people in order to feel comfortable
- ____ 33. excessive fear of being judged by others which causes you to avoid or get anxious in situations
- ____ 34. persistent, excessive phobia (heights, closed spaces, specific animals, etc.) please list _____
- ____ 35. recurrent bothersome thoughts, ideas or images which you try to ignore
- ____ 36. trouble getting "stuck" on certain thoughts, or having the same thought over and over
- ____ 37. excessive or senseless worrying
- ____ 38. others complain that you worry too much or get "stuck" on the same thoughts

Name: _____

- ___ 39. compulsive behaviors that you must do or you feel very anxious, such as excessive hand washing, checking locks, or counting or spelling
- ___ 40. needing to have things done a certain way or you become very upset
- ___ 41. others complain that you do the same thing over and over to an excessive degree (such as cleaning or checking)
- ___ 42. recurrent and upsetting thoughts of a past traumatic event (molest, accident, fire, etc.) please list _____
- ___ 43. recurrent distressing dreams of a past upsetting event
- ___ 44. a sense of reliving a past upsetting event
- ___ 45. a sense of panic or fear to events that resemble an upsetting past event
- ___ 46. you spend effort avoiding thoughts or feelings associated with a past trauma
- ___ 47. persistent avoidance of activities/situations which cause remembrance of upsetting event
- ___ 48. inability to recall an important aspect of a past upsetting event
- ___ 49. marked decreased interest in important activities
- ___ 50. feeling detached or distant from others
- ___ 51. feeling numb or restricted in your feelings
- ___ 52. feeling that your future is shortened
- ___ 53. quick startle
- ___ 54. feels like you're always watching for bad things to happen
- ___ 55. marked physical response to events that remind you of a past upsetting event, i.e., sweating when getting in a car if you had been in a car accident
- ___ 56. marked irritability or anger outbursts
- ___ 57. unrealistic or excessive worry in at least a couple areas of your life
- ___ 58. trembling, twitching or feeling shaky
- ___ 59. muscle tension, aches or soreness
- ___ 60. feelings of restlessness
- ___ 61. easily fatigued
- ___ 62. shortness of breath or feeling smothered
- ___ 63. heart pounding or racing
- ___ 64. sweating or cold clammy hands
- ___ 65. dry mouth
- ___ 66. dizziness or lightheadedness
- ___ 67. nausea, diarrhea or other abdominal distress
- ___ 68. hot or cold flashes
- ___ 69. frequent urination
- ___ 70. trouble swallowing or "lump in throat"
- ___ 71. feeling keyed up or on edge
- ___ 72. quick startle response or feeling jumpy
- ___ 73. difficult concentrating or "mind going blank"
- ___ 74. trouble falling or staying asleep
- ___ 75. irritability
- ___ 76. trouble sustaining attention or being easily distracted
- ___ 77. difficulty completing projects
- ___ 78. feeling overwhelmed of the tasks of everyday living
- ___ 79. trouble maintaining an organized work or living area
- ___ 80. inconsistent work performance
- ___ 81. lacks attention to detail
- ___ 82. makes decisions impulsively
- ___ 83. difficulty delaying what you want, having to have your needs met immediately
- ___ 84. restless, fidgety
- ___ 85. make comments to others without considering their impact
- ___ 86. impatient, easily frustrated
- ___ 87. frequent traffic violations or near accidents
- ___ 88. refusal to maintain body weight above a level most people consider healthy
- ___ 89. intense fear of gaining weight or becoming fat even though underweight

Name: _____

- ___ ___ 90. feelings of being fat, even though you're underweight
- ___ ___ 91. recurrent episodes of binge eating large amounts of food
- ___ ___ 92. a feeling of lack of control over eating behavior
- ___ ___ 93. engage in regular activities to purge binges, such as self induced vomiting, laxatives, diuretics, strict dieting or strenuous exercise
- ___ ___ 94. persistent overconcern with body shape and weight
- ___ ___ 95a. involuntary physical movements or motor tics (such as eye blinking, shoulder shrugging, head jerking or picking). How long have motor tics been present? _____ How often? _____ describe _____
- ___ ___ 95b. involuntary vocal sounds or verbal tics (such as coughing, puffing, blowing, whistling, swearing). How long have verbal tics been present? _____ How often? _____ describe _____
- ___ ___ 96. delusional or bizarre thoughts (thoughts you know others would think are false)
- ___ ___ 97. seeing objects, shadows or movements that are not real
- ___ ___ 98. hearing voices or sounds that are not real
- ___ ___ 99. periods where your thoughts or speech were disjointed or didn't make sense to you or others
- ___ ___ 100. social isolation or withdrawal
- ___ ___ 101. severely impaired ability to function at home or at work
- ___ ___ 102. peculiar behaviors
- ___ ___ 103. lack of personal hygiene or grooming
- ___ ___ 104. inappropriate mood for the situation (i.e., laughing at sad events)
- ___ ___ 105. marked lack of initiative
- ___ ___ 106. frequent feelings that someone or something is out to hurt you or discredit you
- ___ ___ 107. do you snore loudly (or do others complain about your snoring)
- ___ ___ 108. have others said you stop breathing when you sleep
- ___ ___ 109. do you feel fatigued or tired during the day
- ___ ___ 110. do you often feel cold when others feel fine or they are warm
- ___ ___ 111. do you often feel warm when others feel fine or they are cold
- ___ ___ 112. do you have problems with brittle or dry hair
- ___ ___ 113. do you have problems with dry skin
- ___ ___ 114. do you have problems with sweating
- ___ ___ 115. do you have problems with chronic anxiety or tension
- ___ ___ 116. impairment in communication as manifested by at least one of the following:
- delay in, or total lack of, the development of spoken language (not accompanied by an attempt to compensate through alternative modes of communication such as gesture or mime)
 - in individuals with adequate speech, marked impairment in the ability to initiate or sustain a conversation with others
 - repetitive use of language or odd language
 - lack of varied, spontaneous make-believe play or social imitative play appropriate to developmental level
- ___ ___ 117. impairment in social interaction, with at least two of the following:
- marked impairment in the use of multiple nonverbal behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction
 - failure to develop peer relationships appropriate to developmental level
 - lack of spontaneous seeking to share enjoyment, interests, or achievements with other people (e.g., by a lack of showing, bringing, or pointing out objects of interest)
 - lack of social or emotional reciprocity
- ___ ___ 118. repetitive patterns of behavior, interests, and activities, as manifested by at least one of following:
- preoccupation with an area of that is abnormal either in intensity or focus
 - rigid adherence to specific, nonfunctional routines or rituals
 - repetitive motor mannerisms (e.g., hand or finger flapping or twisting, or complex whole-body movements)
 - persistent preoccupation with parts of objects

AMEN CLINICS GENERAL SYMPTOMS CHECKLIST DIAGNOSTIC ANSWER KEY

Major Depression 1-9 (at least 5 of a score of 3 or more)
Manic Episode 10 plus 11-17 (at least 3 of a score of 3 or more)
Panic Disorder 18 plus 19-31 (at least 4 of a score of 3 or more
during a panic attack)
Agoraphobia 32 with or without panic disorder
Social Phobia 33
Simple Phobias 34
Obsessive Compulsive Disorder 35-41 (at least 3 of a score of 3 or more)
Post Traumatic Stress Disorder
42-45 (at least 1 of a score of 3 or more)
46-52 (at least 3 of a score of 3 or more)
53-57 (at least 2 of a score of 3 or more)
Generalized Anxiety Disorder 57 plus
58-75 (at least 6 of a score of 3 or more)
Adult Attention Deficit Disorder
76-87 (at least 5 of a score of 3 or more)
Anorexia Nervosa 88-90 (at least 3 of a score of 3 or more)
Bulimia Nervosa 91-94 (at least 2 of a score of 3 or more)
Tourette's or other tic disorders 95
Psychotic Disorders 96-105 (at least 3 of a score of 3 or more)
Paranoia 106
Sleep Apnea 107-109
Thyroid Abnormalities 110-115 (suspicion if two answers of 3 or more)
Autism 116-118
Asperger's Syndrome 117-118

AMEN CLINIC QUESTIONNAIRES

TAB GOES HERE

Name: _____

UNCHAIN YOUR BRAIN MASTER QUESTIONNAIRE

Copyright © 2010 Daniel Amen, M.D.

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give yourself the most complete picture, have another person who knows you well (such as a spouse, lover, or parent) rate you as well. List other person _____

0 1 2 3 4 NA
Never Rarely Occasionally Frequently Very Frequently Not Applicable/known

Other Self

- | | | | |
|-------|-------|-----|--|
| _____ | _____ | 1. | Trouble sustaining attention |
| _____ | _____ | 2. | Lacks attention to detail |
| _____ | _____ | 3. | Easily distracted |
| _____ | _____ | 4. | Procrastinate until I have to do something |
| _____ | _____ | 5. | Restless |
| _____ | _____ | 6. | Loses things |
| _____ | _____ | 7. | Difficulty expressing empathy for others |
| _____ | _____ | 8. | Blurts out answers, interrupts frequently |
| _____ | _____ | 9. | Impulsive (saying or doing things without thinking first) |
| _____ | _____ | 10. | Needs caffeine or nicotine in order to focus |
| _____ | _____ | 11. | Gets stuck on negative thoughts |
| _____ | _____ | 12. | Worries excessively |
| _____ | _____ | 13. | Tendency toward compulsive or addictive behaviors |
| _____ | _____ | 14. | Holds grudges |
| _____ | _____ | 15. | Upset when things do not go your way |
| _____ | _____ | 16. | Upset when things are out of place |
| _____ | _____ | 17. | Tendency to be oppositional or argumentative |
| _____ | _____ | 18. | Dislikes change |
| _____ | _____ | 19. | Needing to have things done a certain way or you become very upset |
| _____ | _____ | 20. | Trouble seeing options in situations |
| _____ | _____ | 21. | Feeling sad |
| _____ | _____ | 22. | Being negative |
| _____ | _____ | 23. | Feeling dissatisfied |
| _____ | _____ | 24. | Feeling bored |
| _____ | _____ | 25. | Low energy |
| _____ | _____ | 26. | Decreased interest in things that are usually fun or pleasurable |
| _____ | _____ | 27. | Feelings of hopelessness, helplessness, worthlessness, or guilt |
| _____ | _____ | 28. | Crying spells |
| _____ | _____ | 29. | Chronic low self-esteem |
| _____ | _____ | 30. | Social isolation |
| _____ | _____ | 31. | Feelings of nervousness and anxiety |
| _____ | _____ | 32. | Feelings of panic |
| _____ | _____ | 33. | Symptoms of heightened muscle tension, such as headaches or sore muscles |
| _____ | _____ | 34. | Tendency to predict the worst |
| _____ | _____ | 35. | Avoid conflict |

Name: _____

- _____ 36. Excessive fear of being judged or scrutinized by others
- _____ 37. Excessive motivation, trouble stopping work
- _____ 38. Lacks confidence in their abilities
- _____ 39. Always watching for something bad to happen
- _____ 40. Easily startled
- _____ 41. Temper problems
- _____ 42. Short fuse
- _____ 43. Irritability tends to build, then explodes, then recedes, often tired after a rage
- _____ 44. Unstable or unpredictable moods
- _____ 45. Misinterprets comments as negative when they are not
- _____ 46. Déjà vu (feelings of being somewhere you have never been)
- _____ 47. Often feel as though others are watching you or out to hurt you
- _____ 48. Dark or violent thoughts, that may come out of the blue
- _____ 49. Trouble finding the right word to say
- _____ 50. Headaches or abdominal pain of uncertain origin
- _____ 51. Tend to be clumsy or accident prone
- _____ 52. Walks into furniture or walls
- _____ 53. Trouble with coordination
- _____ 54. Poor handwriting
- _____ 55. Trouble maintaining an organized work area
- _____ 56. Multiple piles around the house
- _____ 57. More sensitive to noise than others
- _____ 58. Particularly sensitive to touch or tags in clothing
- _____ 59. Trouble learning new information or routines
- _____ 60. Trouble keeping up in conversations
- _____ 61. Forgetful
- _____ 62. Memory problems
- _____ 63. Trouble remembering appointments
- _____ 64. Trouble remembering to take medications or supplements
- _____ 65. Trouble remembering things that happened recently
- _____ 66. Trouble remembering names
- _____ 67. It is hard for me to memorize things for school, work, or hobbies
- _____ 68. I know something one day but do not remember it to the next
- _____ 69. I forget what I am going to say right in the middle of saying it
- _____ 70. I have trouble following directions that have more than one or two steps
- _____ 71. Have trouble sleeping
- _____ 72. Snores loudly or others complain about your snoring
- _____ 73. Other say you stop breathing when you sleep
- _____ 74. Feel fatigued or tired during the day
- _____ 75. Crave sweets during the day
- _____ 76. Agitated, easily upset, nervous when meals are missed
- _____ 77. Get lightheaded if meals are missed
- _____ 78. Eating relieves fatigue
- _____ 79. Light sensitive and bothered by glare, sunlight, headlights, or streetlights
- _____ 80. Become tired and/or experience headaches, mood changes, feel restless, or have an inability to stay focused with bright or fluorescent lights
- _____ 81. Have trouble reading words that are on white, glossy paper
- _____ 82. When reading, words or letters shift, shake, blur, move, run together, disappear, or become difficult to perceive
- _____ 83. Feel tense, tired, sleepy, or even get headaches with reading

Name: _____

- _____ 84. Have problems judging distance and have difficulty with such things as escalators, stairs, ball sports, or driving
- _____ 85. Night driving is hard
- _____ 86. Craving for simple carbohydrates, such as bread, pasta, cookies, or candy
- _____ 87. Winter depression (mood problems tend to occur in the fall and winter months and recede in the spring and summer)
- _____ 88. Diet is poor and tends to be haphazard
- _____ 89. Do not exercise
- _____ 90. Put myself at risk for brain injuries, by doing such things as not wearing my seat belt, drinking and driving, engaging in high-risk sports, etc
- _____ 91. Live under daily or chronic stress, in my home or work life
- _____ 92. Thoughts tend to be negative, worried, or angry
- _____ 93. Problems getting at least six to seven hours of sleep a night
- _____ 94. Smoke or am exposed to second hand smoke
- _____ 95. Drink or consume more than two cups of coffee, tea, or dark sodas a day
- _____ 96. Use aspartame and/or MSG
- _____ 97. Spends time around environmental toxins, such as paint fumes, hair or nail salon fumes, or pesticides
- _____ 98. Spend more than one hour a day watching TV
- _____ 99. Spend more than one hour a day playing video games
- _____ 100. Outside of work time, spend more than one hour a day on the computer
- _____ 101. Consume more than three normal-size drinks of alcohol a week
- _____ 102. Struggle with addictions for food, drugs, or behaviors
- _____ 103. Struggle with unhealthy cravings, either for food, alcohol, or drugs
- _____ 104. Energy is low

Answer "Yes" or "No"

- _____ 105. My brain needs help to recover from a brain injury, stroke, drug abuse, moderate to heavy alcohol usage, environmental toxins

UNCHAIN YOUR BRAIN MASTER QUESTIONNAIRE

ANSWER KEY

Place the number of questions you, or a significant other, answered “3” or “4” in the space provided.

_____ 1 – 10 Prefrontal cortex (PFC) problems

_____ 11 – 20 Anterior cingulate gyrus (ACG) problems

_____ 21 – 30 Deep limbic system (DLS) problems

_____ 31 – 40 Basal ganglia (BG) problems

_____ 41 – 50 Temporal lobe (TL) problems

_____ 51 – 60 Cerebellum Problems

_____ 61 – 70 Memory Problems

For the six brain systems above and memory problems, find below the likelihood that a problem exists. If there is a potential problem see the corresponding section of the book or summary sheets.

5 questions = Highly probable

3 questions = Probable

1-2 questions = May be possible

_____ 71 Insomnia

_____ 72 – 74 Sleep apnea. If you answered one or more of these questions with a score of “3” or “4” you may have sleep apnea. Sleep apnea occurs when people stop breathing multiple times during the night. It causes significant oxygen deprivation for the brain and people often feel tired and depressed. This condition is best evaluated by a sleep study in a specialized sleep laboratory. Treating sleep apnea often makes a positive difference in mood and energy. If you suspect a problem talk to your physician.

_____ 75 – 78 Hypoglycemia. If you answered three or more questions with a score of “3” or “4” low blood sugar states should be evaluated by your physician. Low blood sugar or hypoglycemia can cause symptoms of anxiety and lethargy. Eating four to five small meals a day, as well as eliminating most of the simple sugars in your diet (such as sugar, bread, pasta, potatoes, and rice) can be very helpful to balance your mood and anxiety levels.

_____ 79 – 85 Scotopic Sensitivity Syndrome. If you answered three or more questions with a score of “3” or “4” you may have Scotopic Sensitivity Syndrome (SSS). SSS occurs when the brain is overly sensitive to certain colors of light. This can cause headaches, anxiety, depression, problems reading, and depth perception issues. Getting this condition properly diagnosed and treated can make a significant difference for your mental and physical health. To learn more about the diagnosis and treatment of SSS go to www.irlen.com. Most physicians do not know about this disorder, so please do not rely on them for accurate information.

_____ 86 Carbohydrate Cravings. If you answered this question with a score of “3” or “4” carbohydrate cravings may be a problem. Dr. Amen’s experience led him to develop Craving Control to help people manage their cravings.

_____ 87 Seasonal Mood Disorder. If you answered this question with a score of “3” or “4” you may have a seasonal mood disorder. Getting outside during daylight hours can be helpful, along with sitting in front of special “full spectrum light therapy” devices for thirty minutes in the morning. See <http://www.mayoclinic.com/health/seasonal-affective-disorder/MH00023> for more information.

_____ 88 – 101 Bad Brain Habit Questions. For these questions add up your total score, not just the ones you answered 3 or 4.

If you score between 0 – 6 then odds are you have very good brain habits. Congratulations! Keep up the good work.

If you score between 7 – 12 odds are you are doing well, but you can work to be better.

If you score between 13 – 20 your brain habits are not good and you are prematurely aging your brain. A better brain awaits you.

If you score more than 20 you have poor brain habits and it is time to be concerned. A brain makeover may just change your life!

_____ 102. Addiction Issues. If you scored 3 or 4 on this question, a comprehensive addiction program could be very helpful, maybe even lifesaving, for you.

Type 1 Compulsive Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 11 – 20 you are likely to have the compulsive addiction type.

Type 2 Impulsive Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 1-10 you are likely to have the impulsive addiction type.

Type 3 Impulsive-Compulsive Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on both questions 1-10 and 11-20 you are likely to have the impulsive-compulsive addiction type.

Type 4 Sad or Emotional Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 21 – 30 you are likely to have the sad or emotional addiction type.

Type 5 Anxious Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 31 – 40 you are likely to have the anxious addiction type.

Type 6 Temporal Lobe Addicts

If you scored 3 or 4 on this question, plus a score of 3 or more on questions 41 – 50 you are likely to have the temporal lobe addiction type.

_____ 103. Cravings. If you scored 3 or 4 on this question, cravings may be a problem for you and you may benefit from information in Chapter 10: Craving Control or our craving formula Craving Control.

_____ 104. Low Energy. If you scored 3 or 4 on this question, low energy may be a problem for you and you may benefit from our Focus and Energy Optimizer.

Answer “Yes” or “No”

_____ 105. My brain needs help to recover from a brain injury, stroke, drug abuse, moderate to heavy alcohol usage, environmental toxins. Consider our Brain and Memory Power Boost.

Name: _____

AMEN CLINICS LEARNING DISABILITY SCREENING QUESTIONNAIRE

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person (such as a spouse, partner or parent) rate you as well. List other person _____

0 1 2 3 4 NA
Never Rarely Occasionally Frequently Very Frequently Not Applicable/Not Known

Other Self

Reading

- ___ ___ 1. I am a poor reader.
- ___ ___ 2. I do not like reading.
- ___ ___ 3. I make mistakes when reading like skipping words or lines.
- ___ ___ 4. I read the same line twice.
- ___ ___ 5. I have problems remembering what I read even though I have read all the words.
- ___ ___ 6. I reverse letters when I read (such as b/d, p/q).
- ___ ___ 7. I switch letters in words when reading (such as god and dog).
- ___ ___ 8. My eyes hurt or water when I read.
- ___ ___ 9. Words tend to blur when I read.
- ___ ___ 10. Words tend to move around the page when I read.
- ___ ___ 11. When reading I have difficulty understanding the main idea or identifying important details.

Writing

- ___ ___ 12. I have "messy" handwriting.
- ___ ___ 13. My work tends to be messy.
- ___ ___ 14. I prefer print rather than writing in cursive.
- ___ ___ 15. My letters run into each other or there is no space between words.
- ___ ___ 16. I have trouble staying within lines.
- ___ ___ 17. I have problems with grammar or punctuation.
- ___ ___ 18. I am a poor speller.
- ___ ___ 19. I have trouble copying off the board or from a page in a book.
- ___ ___ 20. I have trouble getting thoughts from my brain to the paper.
- ___ ___ 21. I can tell a story but cannot write it.

Body Awareness/ Spatial Relationships

- ___ ___ 22. I have trouble with knowing my left from my right.
- ___ ___ 23. I have trouble keeping things within columns or coloring within lines.
- ___ ___ 24. I tend to be clumsy, uncoordinated.
- ___ ___ 25. I have difficulty with eye hand coordination.
- ___ ___ 26. I have difficulty with concepts such as up, down, over or under.
- ___ ___ 27. I tend to bump into things when walking.

Oral Expressive language

- ___ ___ 28. I have difficulty expressing myself in words.
- ___ ___ 29. I have trouble finding the right word to say in conversations.
- ___ ___ 30. I have trouble talking around a subject or getting to the point in conversations.

Name: _____

Receptive language

- ___ ___ 31. I have trouble keeping up or understanding what is being said in conversations.
___ ___ 32. I tend to misunderstand people and give the wrong answers in conversations.
___ ___ 33. I have trouble understanding directions people tell me.
___ ___ 34. I have trouble telling the direction sound is coming from.
___ ___ 35. I have trouble filtering out background noises.

Math

- ___ ___ 36. I am poor at basic math skills for my age (adding, subtracting, multiplying and dividing)
___ ___ 37. I makes "careless mistakes" in math.
___ ___ 38. I tend to switch numbers around.
___ ___ 39. I have difficulty with word problems.

Sequencing

- ___ ___ 40. I have trouble getting everything in the right order when I speak.
___ ___ 41. I have trouble telling time.
___ ___ 42. I have trouble using the alphabet in order.
___ ___ 43. I have trouble saying the months of the year in order.

Abstraction

- ___ ___ 44. I have trouble understanding jokes people tell me.
___ ___ 45. I tend to take things too literally.

Organization

- ___ ___ 46. My notebook/paperwork is messy or disorganized.
___ ___ 47. My room is messy.
___ ___ 48. I tend to shove everything into my backpack, desk or closet.
___ ___ 49. I have multiple piles around my room.
___ ___ 50. I have trouble planning my time.
___ ___ 51. I am frequently late or in a hurry.
___ ___ 52. I often do not write down assignments or tasks and end up forgetting what to do.

Memory

- ___ ___ 53. I have trouble with my memory.
___ ___ 54. I remember things from long ago but not recent events.
___ ___ 55. It is hard for me to memorize things for school or work.
___ ___ 56. I know something one day but do not remember it to the next.
___ ___ 57. I forget what I am going to say right in the middle of saying it.
___ ___ 58. I have trouble following directions that have more than one or two steps.

Social Skills

- ___ ___ 59. I have few or no friends.
___ ___ 60. I have trouble reading body language or facial expressions of others.
___ ___ 61. My feelings are often or easily hurt.
___ ___ 62. I tend to get into trouble with friends, teachers, parents or bosses.
___ ___ 63. I feel uncomfortable around people I do not know well.
___ ___ 64. I am teased by others.
___ ___ 65. Friends do not call and ask me to do things with them.
___ ___ 66. I do not get together with others outside of school or work.

Name: _____

Scotopic Sensitivity

- ___ ___ 67. I am light sensitive. Bothered by glare, sunlight, headlights or streetlights.
- ___ ___ 68. I become tired, experience headaches, mood changes, feel restless or an inability to stay focused with bright or fluorescent lights.
- ___ ___ 69. I have trouble reading words that are on white, glossy paper.
- ___ ___ 70. When reading words or letters shift, shake, blur, move, run together, disappear or become difficult to perceive.
- ___ ___ 71. I feel tense, tired, sleepy, or even get headaches with reading
- ___ ___ 72. I have problems judging distance and have difficulty with such things as escalators, stairs, ball sports, or driving.

Sensory Integration Issues

- ___ ___ 73. I seem to be more sensitive to the environment than others.
- ___ ___ 74. I am more sensitive to noise than others.
- ___ ___ 75. I am particularly sensitive to touch or very sensitive to certain clothing or tags on the clothing.
- ___ ___ 76. I have unusual sensitivity to certain smells.
- ___ ___ 77. I have unusual sensitivity to light.
- ___ ___ 78. I am **sensitive to movement or crave spinning activities?**
- ___ ___ **79. I tend to be clumsy or accident-prone.**

AMEN CLINICS LEARNING DISABILITY SCREENING QUESTIONNAIRE ANSWER KEY

No specific numbers of answers for each section. Look for trends in each section and if present, refer to a local school psychologist or educational specialist for more formal testing.

AMEN CLINICS HORMONE QUESTIONNAIRE FOR MEN WITH ANSWER KEY

Your brain is the control-center of your body. One important system it controls is the body's *endocrine*, or hormone system. When your brain is not functioning optimally, or as you age through life's changes, your hormone system may become imbalanced. Below are a few of the more common imbalances seen in our hormone systems today. Take this short quiz to see if you may be imbalanced. Please mark each question with a "yes" or "no."

ANDROPAUSE – MALE HORMONE IMBALANCE

1. Has your sex drive noticeably decreased? _____
2. Have you noticed an increase in fat around your abdomen? _____
3. Do you notice your morning erections disappearing? _____
4. Have you noticed a decrease in your enjoyment of life? _____
5. Do you have a lack of energy? _____
6. Do you have a decreased amount of strength? _____
7. Has your endurance for physical exercise decreased? _____
8. Have you noticed a decrease in enjoyment of life? _____
9. Do you feel depressed? _____
10. Have you noticed a decrease in the strength/firmness of your erections? _____
11. Do you feel irritable often? _____
12. Do you feel anxious often? _____
13. Do you notice a sense of fatigue in your body? _____
14. Have you lost significant muscle mass in your body? _____
15. Do you fall asleep early in the evening, around dinnertime? _____

If you answered "yes" to three or more of the above questions, you may have low testosterone levels. This can be accurately determined with a blood test ordered by your doctor for both "Total Testosterone" and "Free Testosterone." In some men, testosterone gets converted to estrogen, which can also contribute to the above symptoms. Your doctor can order a blood test for "Estradiol" to check for this, too.

THYROID HORMONE IMBALANCE

1. Have you noticed excessive fatigue or weakness? _____
2. Do you have dry or coarse skin? _____
3. Have you experienced hair loss on your head and body? _____
4. Do you have cold hands and feet? _____
5. Have you experienced weight gain? _____
6. Do you frequently have insomnia? _____
7. Do you struggle with constipation? _____
8. Do you feel depressed? _____
9. Do you have a poor memory or forgetfulness? _____
10. Do you feel sluggish? _____
11. Do you have an intolerance to cold weather? _____
12. Do you become out of breath easily? _____
13. Is your voice hoarse? _____

If you answered "yes" to five or more of the above questions, you may have low thyroid levels, or *hypothyroidism*. This can be accurately determined with a blood test ordered by your doctor for "TSH, Free T4, and Free T3."

THYROID HORMONE IMBALANCE #2

1. Do you notice fatigue? _____
2. Do you notice weakness? _____
3. Do you have an intolerance to hot weather? _____
4. Have you experienced unexplained weight loss? _____
5. Do you suffer from insomnia? _____
6. Do you have frequent bowel movements? _____
7. Do you often feel nervous? _____
8. Do your hands have a shaky tremor? _____
9. Do you feel heart palpitations (rapid or fluttering heart beat)? _____
10. Do you experience breathlessness? _____

If you answered “yes” to five or more of the above questions, you may have high thyroid levels, or *hyperthyroidism*. This can be accurately determined with a blood test ordered by your doctor for “TSH, Free T4, and Free T3.”

ADRENAL HORMONE IMBALANCE

1. Do you feel like you have excessive exhaustion? _____
 2. Are you unable to lose gained weight? _____
 3. Do you have a low sex drive? _____
 4. Do you feel lightheaded shortly after standing up? _____
 5. Do you have difficulty getting up in the morning? _____
 6. Do you need coffee or other stimulants to get going in the morning? _____
 7. Do you crave sugar or salty foods? _____
 8. Do you tremble when under pressure? _____
 9. Do you have difficulty remembering things? _____
 10. Do you feel fatigued in the afternoon between 3 and 5 pm? _____
 11. Do you feel suddenly better for a brief period after eating? _____
 12. Is it difficult for you to recover after a physical exercise session? _____
 13. Are you sensitive to bright lights? _____
 14. Do you ever feel overwhelmed or unable to cope? _____
 15. Do you have difficulty concentrating? _____
 16. Do you often find yourself anxious or irritable? _____
 17. Do you have low blood pressure? _____
 18. Do you have multiple allergies? _____
 19. Do you feel depressed? _____
- Are you intolerant to cold weather? _____

If you answered “yes” to five or more of the above questions, you may have adrenal fatigue or adrenal exhaustion. This can be accurately determined with a Urine or saliva test ordered by your doctor for “Cortisol and DHEA.”

This symptom list is to be used in conjunction with sound medical advice and is intended to be used as a supplement to other diagnostic tools as seen fit by your healthcare provider.

AMEN CLINICS HORMONE QUESTIONNAIRE FOR WOMEN WITH ANSWER KEY

Your brain is the control-center of your body. One important system it controls is the body's *endocrine*, or hormone system. When your brain is not functioning optimally, or as you age through perimenopausal or menopausal changes, your hormone system may become imbalanced. Below are a few of the more common imbalances seen in our hormone systems today. Take this short quiz to see if you may be imbalanced.

Mark each question with a 0, 1, or 2. Mark 0 for NEVER, mark 1 for SOMETIMES, and mark 2 for OFTEN.

LOW ESTROGEN

1. Do you experience hot flashes/ hot flushes? _____
2. Do you have night sweats? _____
3. Have you experienced crying spells over things that wouldn't usually make you cry? _____
4. Do you have vaginal dryness or pain on intercourse? _____
5. Do you get frequent bladder infections? _____
6. Do you struggle with recurrent yeast infections? _____
7. Do you have leakage from the bladder when you cough or sneeze? _____
8. Do you wake up often throughout the night? _____
9. Do you experience anxiousness or a rapid heart beat? _____
10. Have you noticed reduced fullness in your breasts? _____
11. Do you have dry eyes, dry hair, or dry skin? _____
12. Do you have a decreased sense of well-being? _____

Now, add your score. If you scored 8 or higher on the above questions, you may have low estrogen levels. This can be accurately determined with a blood test ordered by your doctor for "estradiol" levels.

LOW PROGESTERONE – Often starting in a woman's late 30's or early 40's, progesterone levels can begin to decline up to 10 years before menopause.

1. Have you tried unsuccessfully to become pregnant? _____
2. Do you have heavy periods? _____
3. Have you been diagnosed with fibrocystic breasts? _____
4. Are your menstrual cycles irregular? _____
5. Do you experience sudden mood swings? _____
6. Do you pass blood clots during menstruation? _____
7. Do you have painful periods? _____
8. Do you have difficulty concentrating, sometimes called "brain fog"? _____
9. Do you have heavy periods? _____
10. Do you wake up between 3-5am unable to go back to sleep? _____
11. Do you crave sweets? _____
12. Are you tired or low energy? _____
13. Do you suffer from PMS? _____
14. Do you have constipation? _____
15. Do you have anxiety? _____
16. Do you consider yourself moody? _____
17. Do you suffer from depression? _____
18. Do you have painful cramping during your menstrual cycle? _____

Now, add your score. If you scored 10 or higher on the above questions, you may have low progesterone levels. This can be accurately determined with a blood test ordered by your doctor for progesterone.

ESTROGEN DOMINANCE

Symptoms of estrogen dominance appear when an imbalance between estrogen and progesterone appear in your body. This is very common during the perimenopause years, or the 10 years before menopause, because progesterone levels tend to decline earlier than estrogen levels. It is important to not only have adequate levels of all hormones in your body, but to have them balanced as well.

1. Do you have tender breasts? _____
2. Do you experience mood swings? _____
3. Do you retain water (your rings feel tight, ankle swelling)? _____
4. Do you have headaches? _____
5. Do you have a low sex drive? _____
6. Are you irritable? _____
7. Do you suffer from depression? _____
8. Are you unusually bossy? _____
9. Have you increased a breast size? _____
10. Have you been diagnosed with fibrocystic breasts? _____
11. Have you been diagnosed with uterine fibroids? _____
12. Is your face puffy? _____
13. Have you gained weight around the hips and stomach? _____
14. Do you have difficulty reaching orgasm? _____
15. Do you suffer from PMS? _____
16. Do you have heavy periods? _____

Now, add your score. If you scored 10 or higher on the above questions, you may have estrogen dominance. This can be accurately determined by a blood test for estradiol and progesterone.

TESTOSTERONE

Although traditionally thought of as a male hormone, testosterone is important in women as well. Women produce and require a fraction of the amount of testosterone as compared to men, but it plays an important role nonetheless.

LOW TESTOSTERONE

1. Have you noticed a decrease in the desire for you to have sex? _____
2. Have you noticed a decrease in your enjoyment of life? _____
3. Do you have a lack of energy? _____
4. Do you have a decreased amount of strength? _____
5. Has your endurance for physical exercise decreased? _____
6. Do you feel depressed? _____
7. Is it difficult for you to reach orgasm? _____
8. Do you feel irritable? _____
9. Do you feel anxious? _____
10. Do you notice a sense of fatigue in your body? _____
11. Have you lost significant muscle mass in your body? _____
12. Have your orgasms become weaker and take longer to achieve? _____
13. Do you find it more difficult to become sexually aroused? _____

Now, add your score. If you scored 10 or higher on the above questions, you may have low testosterone levels. This can be accurately determined with a blood test ordered by your doctor for both "Total Testosterone" and "Free Testosterone."

HIGH TESTOSTERONE

1. Do you have acne as an adult? _____
2. Do you have excessive hair growth on your chin, upper lip, or breast area? _____
3. Do you have unexplained weight gain around the middle that you are unable to lose? _____
4. Do you have male-pattern baldness ie. Receding hairline or bald spot? _____
5. Do you have excessively oily skin or hair? _____
6. Do you have unexplained depression? _____
7. Do you have irregular periods? _____
8. Do you have a loss of sex drive? _____
9. Do you have an excessive sex drive? _____

Now, add your score. If you scored 10 or higher on the above questions, you may have high testosterone levels. This can be accurately determined with a blood test ordered by your doctor for both “Total Testosterone” and “Free Testosterone.” High testosterone can be a sign of other conditions such as PCOS (Polycystic Ovarian Syndrome), so please discuss this with your health care provider.

THYROID HORMONE IMBALANCE

1. Have you noticed excessive fatigue or weakness in your body? _____
2. Do you have body temperature below 98.6 degrees? _____
3. Do you have dry or coarse skin? _____
4. Have you experienced hair loss on your head and body? _____
5. Do you have heavy menstrual periods? _____
6. Are your menstrual periods irregular? _____
7. Do you have cold hands and feet? _____
8. Have you experienced weight gain? _____
9. Do you have insomnia? _____
10. Do you struggle with constipation? _____
11. Do you feel depressed? _____
12. Have you noticed puffiness around your eyes? _____
13. Do you have a poor memory or forgetfulness? _____
14. Do you feel sluggish? _____
15. Have you tried to become pregnant and found that you are unable? _____
16. Do you have an intolerance to cold weather? _____
17. Do you become out of breath easily? _____
18. Is your voice hoarse? _____

Now, add your score. If you scored 10 or higher on the above questions, you may have low thyroid levels, or *hypothyroidism*. This can be accurately determined with a blood test ordered by your doctor for “TSH, Free T4, and Free T3.”

THYROID HORMONE IMBALANCE #2

1. Do you notice fatigue in your body? _____
2. Do you experience light menstrual periods? _____
3. Are your menstrual periods irregular? _____
4. Do you notice weakness in your body? _____
5. Do you have an intolerance to hot weather? _____
6. Have you experienced unexplained weight loss? _____
7. Do you suffer from insomnia? _____
8. Do you have frequent bowel movements (more than 3 per day)? _____
9. Do you feel anxious or nervous? _____
10. Do your hands have a shaky tremor? _____
11. Do you feel heart palpitations (rapid or fluttering heart beat)? _____
12. Do you experience breathlessness? _____

Now, add your score. If you scored 10 or higher on the above questions, you may have high thyroid levels, or *hyperthyroidism*. This can be accurately determined with a blood test ordered by your doctor for “TSH, Free T4, and Free T3.”

ADRENAL HORMONE IMBALANCE

1. Do you feel like you have excessive exhaustion? _____
2. Do you struggle with excessive symptoms of PMS? _____
3. Are you unable to lose gained weight? _____
4. Does your period flow for 1 or 2 days, then stop for 1 or 2 days, then start again for two or three more days?

5. Do you have a low sex drive? _____
6. Do you feel lightheaded shortly after standing up? _____
7. Do you have difficulty getting up in the morning? _____
8. Do you need coffee or other stimulants to get going in the morning? _____
9. Do you crave sugar or salty foods? _____
10. Do you tremble when under pressure? _____
11. Do you have difficulty remembering things? _____
12. Do you have pain in your upper back or neck for no apparent reason? _____
13. Do you feel fatigued in the afternoon between 3 and 5 pm? _____
14. Do you feel suddenly better for a brief period after eating? _____
15. Do you have alternating constipation and diarrhea? _____
16. Do you have lowered immunity (ie. Get the flu easily)? _____
17. Is it difficult for you to recover after a physical exercise session? _____
18. Are you sensitive to bright lights? _____
19. Do you feel overwhelmed or unable to cope? _____
20. Do you have difficulty concentrating, sometimes called “brain fog”? _____
21. Are you anxious or irritable? _____
22. Do you have low blood pressure? _____
23. Do you have multiple allergies? _____
24. Do you feel depressed? _____
25. Are you intolerant to cold weather? _____

Now, add your score. If you scored 15 or higher on the above questions, you may have adrenal fatigue or adrenal exhaustion. This can be accurately determined with a Urine or saliva test ordered by your doctor for “Cortisol and DHEA-S.”

This symptom list is to be used in conjunction with sound medical advice and is intended to be used as a supplement to other diagnostic tools as seen fit by your healthcare provider.

Health, Healing & Types

Tab Goes Here

AMEN CLINICS 8 CIRCLES OF HEALTH AND HEALING

UNDERSTANDING THE PROBLEM

BIOLOGY

- Brain function
 - Blood flow (SPECT)
 - Electrical activity (qEEG)
- Trauma/injuries
- Allergies (food, mold, pet hair)
- Toxins (environment (mold), drugs, alcohol, excessive caffeine, smoking)
- Infections
- Genetics—family history
- Physical illness—thyroid, fatty acid level, nutrient status
- Hormones
- Nutrition
- Exercise
- Sleep
- Medication
- Dehydration

PSYCHOLOGY

- How we talk to ourselves
- Self concept
- Body image
- Upbringing
- Developmental issues
- Past emotional trauma
- Past successes
- Past failures
- Grief
- Generational histories and issues (i.e., immigrants, survivors of trauma, children/grandchildren of alcoholics)
- Hope
- Sense of worth
- Sense of power or control

- Quality of current environment
- Connection to family, friends, community
- Pets
- Stresses
- Relationships
- Health
- Finances
- Work, school
- Thrilling behavior
- Current successes or failures
- Information

- Sense of meaning and purpose (Why does my life matter?)
- Connection to higher power (Who am I accountable to? What happens after I die?)
- Connection to past generations
- Connection to future generations
- Connection to the planet
- Morality
- Values

SOCIAL

SPIRITUAL

HEALING YOUR BRAIN AND YOUR LIFE

BIOLOGY

- Optimizing brain function
- Protecting brain from trauma
- Avoiding toxins (drugs, much alcohol, nicotine, much caffeine, food, or environmental allergens)
- Healthy sleep
- Treating any physical illness
- Treating any psychiatric illnesses
- Brain healthy diet
- Exercise, especially using coordination exercises
- Eliminate unnecessary meds
- Neurofeedback, alpha stim
- Supplements
- Medications
- Hyperbaric oxygen
- Bright light therapy
- Meditation/hypnosis (both have biological effects)

PSYCHOLOGY

- Understanding your brain leads to forgiveness
- ANT therapy (questioning and correcting your own thoughts)
- History of your family through generations
- Life therapy—going through each year of your life, working through developmental issues
- Gratitude
- Healing past emotional traumas (EMDR)
- Hypnosis/meditation (have psychological benefits)
- Offering hope
- Clearly written goals to stay on track

- Optimizing the environment
- Keeping you safe
- Improving relationships and community connections
- Stress management techniques
- Problem solving techniques
- Work or school accommodations
- Hope for the future
- Opportunities
- Information/education
- Options

- Discovering a sense of meaning and purpose (Why does my life matter?)
- Evaluating your connection to higher power (Who am I accountable to? What happens after I die?)
- Explore connection to past generations
- Explore connection to future generations and the planet
- Define your morality
- Clarify your values

SOCIAL

SPIRITUAL

Know Your Important Health Numbers

Getting a thorough physical evaluation can help uncover biological factors that might be contributing to problems and that when corrected, may be able to help your patients break free from addiction. Here is a checklist of important numbers we often test for in our patients.

IMPORTANT HEALTH NUMBERS YOU NEED TO KNOW

1. *Vitamin D level*
2. *Hormone levels*
 - *thyroid (TSH and free T3)*
 - *testosterone (for men and women)*
 - *estrogen and progesterone (for women)*
 - *DHEA-S level*
3. *HgA1c*
4. *Fasting blood sugar*
5. *Complete blood count (CBC)*
6. *Comprehensive metabolic panel*
7. *Two-hour glucose tolerance test (if hypoglycemia symptoms are present)*
8. *Cholesterol*
9. *C-reactive protein*
10. *Homocysteine*
11. *Blood pressure*
12. *How many of the twelve most common modifiable risks you have*
13. *Number of hours you sleep*
14. *BMI*
15. *Daily caloric needs*
16. *Daily caloric intake*

Vitamin D level. Vitamin deficiencies can harm your brain and increase your vulnerability for out-of-control behavior. Get a blood test called 25-hydroxy vitamin D to check your vitamin D level, and if it is low, get more sunshine and/or take a vitamin D3 supplement to get it in the optimal range.

Low: less than 30

Optimal: 50-90

High: over 90

Hormone levels (thyroid, DHEA-S, testosterone, estrogen, and progesterone): Most people think “hormones” are only involved in reproductive issues. Not true. Hormones are essential for health and vitality in both men and women, and it is the brain that controls all the hormones in your body. Your hormones all work together to achieve beautiful balance, but if a single hormone isn’t working hard enough or is working too hard, it can throw your whole system off balance. Imbalanced hormones clearly impact how the brain works and can contribute to impulse problems and compulsive behaviors.

Having problems with your thyroid can cause symptoms that make you want to self-medicate with food, drugs, alcohol, or thrilling behaviors. An overactive thyroid can mimic symptoms of anxiety that make you want to drink alcohol or take painkillers to calm down. Low thyroid levels cause your body's systems to function at a slower speed, which may drive you seek out stimulating substances or behaviors. Having low thyroid levels also decreases overall brain activity, which can impair your thinking, judgment, and self-control.

Dr. Marvin Rick Sponaugle, founder and director of the Florida Detox and Wellness Institute, which has successfully treated over five thousand addicted patients, insists that the role of hormones in addiction can't be overlooked. "We have successfully proven that over 90 percent of addicted patients self-medicate with drugs and alcohol in their attempt to balance their brain chemistry and feel more normal," he writes in a paper entitled *Anti-aging/Longevity Medicine Reduces the Prevalence of Alcoholism and Drug Addiction*. "Patients utilize drugs and alcohol either to stimulate under-active brain regions or relax over-active brain systems. The aberrant electrical activity in the addicted patient's brain is typically caused by inherited or acquired biochemical and hormonal deficiencies."

For women, Sponaugle points to declining levels of progesterone, a calming hormone, during perimenopause as a source for anxiety and insomnia that drives women to abuse drugs and alcohol. Women who normally drink a glass of wine with dinner will progress to a couple of bottles of wine at night, he writes. He claims this is the case with more than 40 percent of the middle-aged females at the Florida treatment facility. Other women in perimenopause will turn to drugs like Vicodin or OxyContin to calm their brains. Sponaugle has found that with hormone replacement therapy, their cravings for these substances subside.

Having low testosterone levels for men or women has been associated with low energy and depression, both of which may drive a person to self-medicate. Low levels of the hormone DHEA-S can produce some of the same problems.

Testing hormone levels involves a blood test. Have your doctor check your free T3 and TSH levels to check for hypothyroidism or hyperthyroidism and treat as necessary to normalize.

Also have your physician test your DHEA-S, testosterone, and (for women only) estrogen and progesterone levels. If your hormone levels are off, consider balancing them with hormone replacement therapy.

HgA1c. This test shows your average blood sugar levels over the past two to three months and is used to diagnose diabetes and prediabetes. Having diabetes has been shown to lower impulse control. Here is a look at what the A1c numbers indicate:

Normal: 4.0-5.6

Prediabetes: 5.7-6.4

Diabetes: 6.5 or higher

Fasting blood sugar. This test usually requires that you fast for about eight hours prior to having your blood drawn. It evaluates your blood sugar levels solely for the day when you have your blood drawn. Here is what the levels mean:

Normal: 70-99 mg/dL

Prediabetes: 100-125 mg/dL

Diabetes: 126 mg/dL or higher

Complete blood count (CBC). The CBC is used to screen for a wide variety of disorders, including anemia and infection, which negatively impact brain function.

Comprehensive metabolic panel. Have your doctor order this blood test to evaluate the status of your kidneys, liver, electrolytes, and more.

Two-hour glucose tolerance test. This is used to test for diabetes and reactive hypoglycemia. It involves drinking a glucose solution, then having blood drawn at several intervals during a two-hour period.

Cholesterol: Having high levels of cholesterol is associated with an increased risk for heart disease and dementia later in life. Both of these conditions decrease brain function. Make sure your doctor checks your total cholesterol level as well as your HDL (good cholesterol), LDL (bad cholesterol), and triglycerides (a form of fat). Optimal levels are as follows:

Total cholesterol: less than 200	HDL: 60 or higher
Triglycerides: less than 150	LDL: less than 100

C- reactive protein. This is a measure of inflammation that your doctor can check with a simple blood test. Elevated inflammation is associated with a number of diseases and conditions that affect brain health.

Homocysteine level. This is another marker of inflammation.

Blood pressure. High blood pressure increases your risk for heart disease and stroke. Have your doctor check your blood pressure to determine if it is high. Here is how to interpret the numbers:

Optimal: below 120 over 80
Prehypertension: 120–139 over 80–89
Hypertension: 140 (or above) over 90 (or above)

How many of the twelve most common modifiable health risks you have. Know how many of the twelve most common preventable causes of death you have...then decrease them.

1. Smoking
2. High blood pressure
3. BMI indicating overweight or obese
4. Physical inactivity
5. High fasting blood glucose
6. High LDL cholesterol
7. Alcohol abuse (accidents, injuries, violence, cirrhosis, liver disease, cancer, stroke,
8. heart disease, hypertension)
9. Low omega-3 fatty acids
10. High dietary saturated fat intake
11. Low polyunsaturated fat intake
12. High dietary salt intake

13. Low intake of fruits and vegetables

Number of hours you sleep. Don't fool yourself into thinking you need only a few hours of sleep. Sleep deprivation reduces brain function and lowers impulse control. You can read more about this in Chapter 9: Boost Your Brain to Get Control. Here are the average sleep requirements by age:

Age Range	Number of Hours of Sleep
1–3 years old	12–14 hours
3–5 years old	11–13 hours
5–12 years old	10–11 hours
13–19 years old	9 hours
Adults	7–8 hours
Seniors	7–8 hours

Body mass index (BMI). Your BMI indicates whether or not you have a healthy weight. This is important because being overweight or obese is associated with having a smaller brain and increases your risk for many medical conditions. To calculate your BMI, use the BMI Calculator at www.amenclincis.com/cybeyb or use the following equation: -- $\text{Weight in pounds} \times 703 / \text{height in inches}^2$

Here's how to interpret your BMI:

Underweight: below 18.5	Overweight: 25-29
Normal: 18.5-25	Obese: 30-39
	Morbidly obese: 40 and over

Daily caloric needs to maintain current body weight. To find out your basic calorie needs without exercise, which is referred to as your resting basal metabolic rate (BMR), use the following equation:

- Women: $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$
- Men: $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Take that number and multiply by it by the appropriate number below.

- 1.2 if you are sedentary (little or no exercise)
- 1.375 if you are lightly active (light exercise/sports 1–3 days a week)
- 1.55 if you are moderately active (moderate exercise/sports 3–5 days a week)
- 1.75 if you are very active (hard exercise/sports 6–7 days a week)
- 1.9 if you are extra active (very hard exercise/sports and a physical job or strength training twice a day)

Daily caloric intake (don't lie to yourself). Keep track of everything you eat and drink along with their calorie counts to find out how much you are truly eating each day. It would be very helpful for you to keep a daily journal for at least a week.

Other tests based on your history and individual profile. Depending on your particular needs, other tests may be warranted.

SUMMARY CHART OF THE AMEN CLINICS SIX TYPES OF ADDICTS

Type	Symptoms	Brain Findings/ Neurotransmitter Issue	Supplements	Medications
1. Compulsive Addicts	overfocused, worrying, trouble letting go of hurts	increased AC (anterior cingulate)/low serotonin	Serotonin Mood Support (5-HTP, inositol, saffron), or St. John's wort	SSRIs, such as Prozac, Zoloft, or Lexapro
2. Impulsive Addicts	impulsivity, bored, easily distracted	low PFC (prefrontal cortex)/low dopamine	Focus & Energy Optimizer (green tea, Rhodiola) or L-tyrosine	Stimulants such as Adderall or Ritalin
3. Impulsive-Compulsive Addicts	combination of types 1 and 2	high AC plus low PFC/low serotonin and dopamine	5-HTP plus green tea and rhodiola	SSRI plus phentermine or stimulant
4. Sad or Emotional Addicts	sad or depressed mood, winter blues, carbohydrate cravings, loss of interest, sleeps a lot, low energy, self-medicates to improve mood	high limbic activity, low PFC/check vitamin D and DHEA levels	SAME Mood & Movement Support, vitamin D, or DHEA if needed	Wellbutrin
5. Anxious Addicts	anxious, tense, nervous, predicts the worst, self-medicates to calm	high basal ganglia/low GABA levels	GABA Calming Support (GABA, B6, magnesium)	Anticonvulsants, such as Topamax, Neurontin
6. Temporal Lobe Addicts	Temper problems, mood instability, memory problems, learning disabilities	abnormal TL	GABA Calming Support (GABA, B6, magnesium) for calming, or Brain & Memory Power Boost (huperzine A, acetyl-l-carnitine, vinpocetine, ginkgo) for memory	Anticonvulsants, such as Lamictal for mood stability, Aricept or Namenda for memory enhancement

Patient Handouts

TAB GOES HERE

Step 1

Know Your Motivation *To Drive Your Desire to Change*

Pain Is the First Step to Change

It isn't easy to change, which is why most of us are so reluctant to do it. Our brains get comfortable with our daily habits and patterns, even if they are unhealthy for us. In order to change our habits, the brain has to be rewired and develop a whole new system, and it fights that process.

That's why even though you know that it would be better for you to stop overeating, smoking, or drinking alcohol, you don't do it. It is only when those habits cause enough pain in your life that you finally make the decision to change.

The pain and consequences that inspire change are different for each person. In your case, it might be financial problems, relationship woes, legal troubles, or health conditions. In order for you to change, you need to understand why you are uncomfortable. Only then can you make the decision to change your brain so you can break free from your addictions.

What are the consequences your addiction has brought to you or your loved one? Write them down here or use a separate sheet of paper. Don't leave anything out no matter how trivial you believe it to be. When you have your list, mark the consequences that matter most to you, that brought you the most shame, or that you want to make sure you never experience again.

Consequences of My Addiction

Using Hope

Unless you have hope, you are never going to make the decision to change. Hope is what makes you believe that you can change and that your life will be better if you succeed in changing your ways.

What are the things that inspire a feeling of hope for you? Create a list of people, books, songs, and anything else that makes you feel hopeful about your ability to change.

My Hope List

What Does Your Life Mean and Why do You Care?

In order for you to break free from the chains of addiction, you must know your motivation. Is it to:

- get healthy?
- prevent brain damage?
- have more money?
- keep your spouse from divorcing you?
- prevent another potentially fatal overdose?
- avoid flunking out of college?
- reverse diabetes, lung cancer, or other health risks?
- stop beating yourself up about your weight, drinking or gambling?
- stop getting arrested or going to jail?
- avoid getting fired?
- avoid losing your home and living on the streets?

My Motivation to Change

Create a One-Page Miracle

One of the most powerful yet simple exercises is the One-Page Miracle. It will help guide nearly all of your thoughts words, and actions. It is called the One-Page “Miracle” because I’ve seen this exercise quickly focus and change many people’s lives. It is particularly effective for people with addictions because it makes you focus on what is truly important to you and forces you to think about long-term goals rather than just the immediate gratification that comes from addictive substances and behaviors. As you will see, it is an all-encompassing bio-psycho-social-spiritual exercise that includes your hopes and dreams for all of these areas.

Directions: Either make copies of the following “My One-Page Miracle” or take a sheet of paper and clearly write out a rough draft of your major goals for the four pillars of healing: biological, psychological, social, and spiritual. If you are using a piece of paper, include “brain health,” “physical health,” and “cravings” under “Biological.” Under “Psychological,” write “emotional health,” and “thinking patterns.” Under “Social,” include “spouse,” “children,” “extended family/friends,” “work/school,” and “money.” Under “Spiritual,” write “spirituality,” “character,” “passions,” and “community.”

Next to each subheading succinctly write out what’s important to you in that area; write what you want, not what you don’t want. Be positive and use the first person. Write what you want with confidence and the expectation that you will make it happen. Keep the paper with you so that you can work on it over several days or weeks.

After you finish with the initial draft (you’ll frequently want to update it), place this piece of paper where you can see it every day, such as on your refrigerator, by your bedside, or on the bathroom mirror. In that way, every day you focus your eyes on what’s important to you. This makes it easier to match your behavior to what you want. Your life becomes more conscious and you spend your energy on goals that are important to you.

MY ONE-PAGE MIRACLE
What Do I Want? What Am I Doing To Make It Happen?

BIOLOGICAL

Brain health: _____

Physical health: _____

Cravings: _____

PSYCHOLOGICAL

Emotional health: _____

Thinking patterns: _____

SOCIAL

Spouse: _____

Children: _____

Extended family/friends: _____

Work/School: _____

Money: _____

SPIRITUAL

Spirituality: _____

Character: _____

Passions: _____

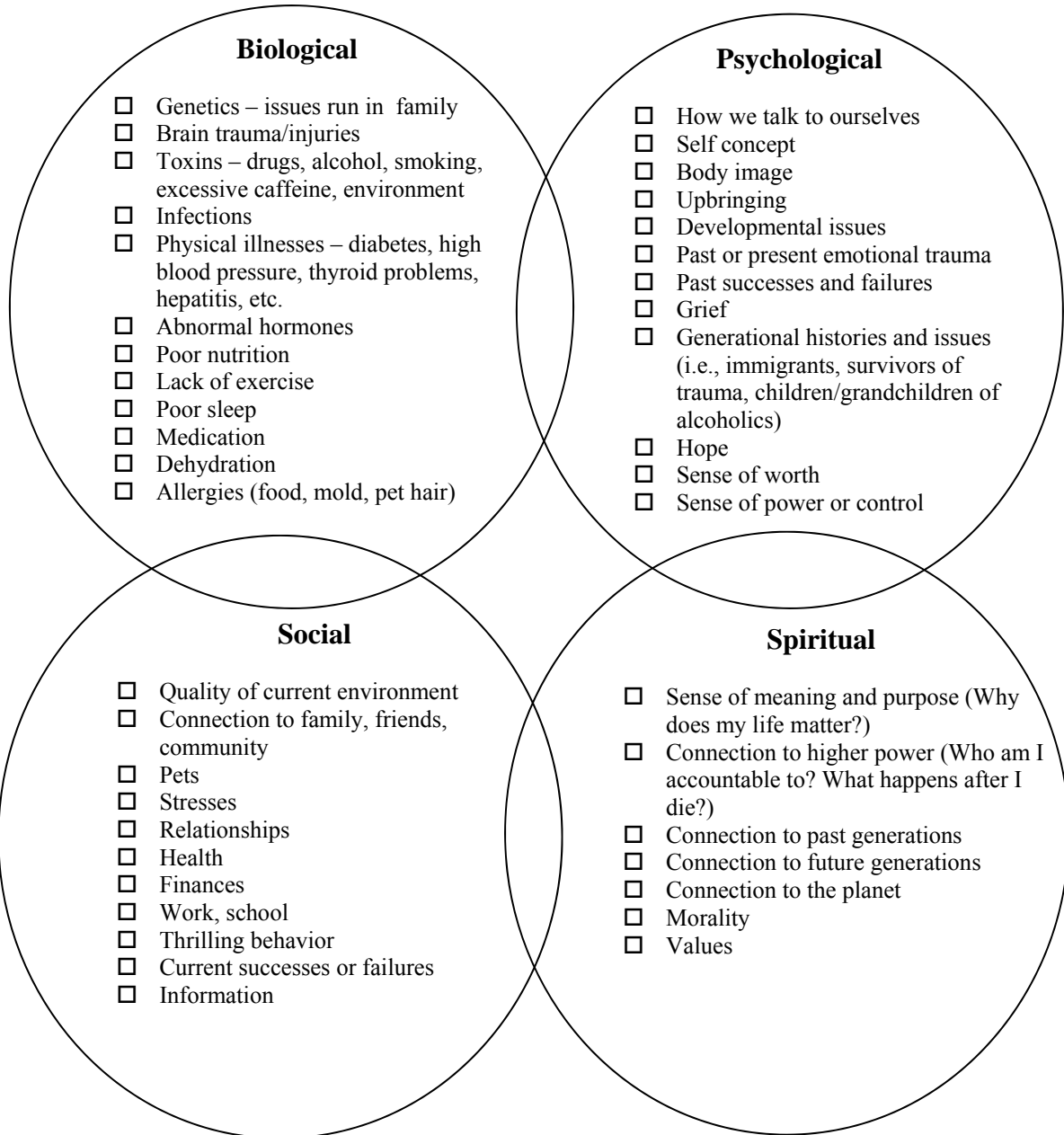
Community: _____

Step 2

Get The Right Evaluation

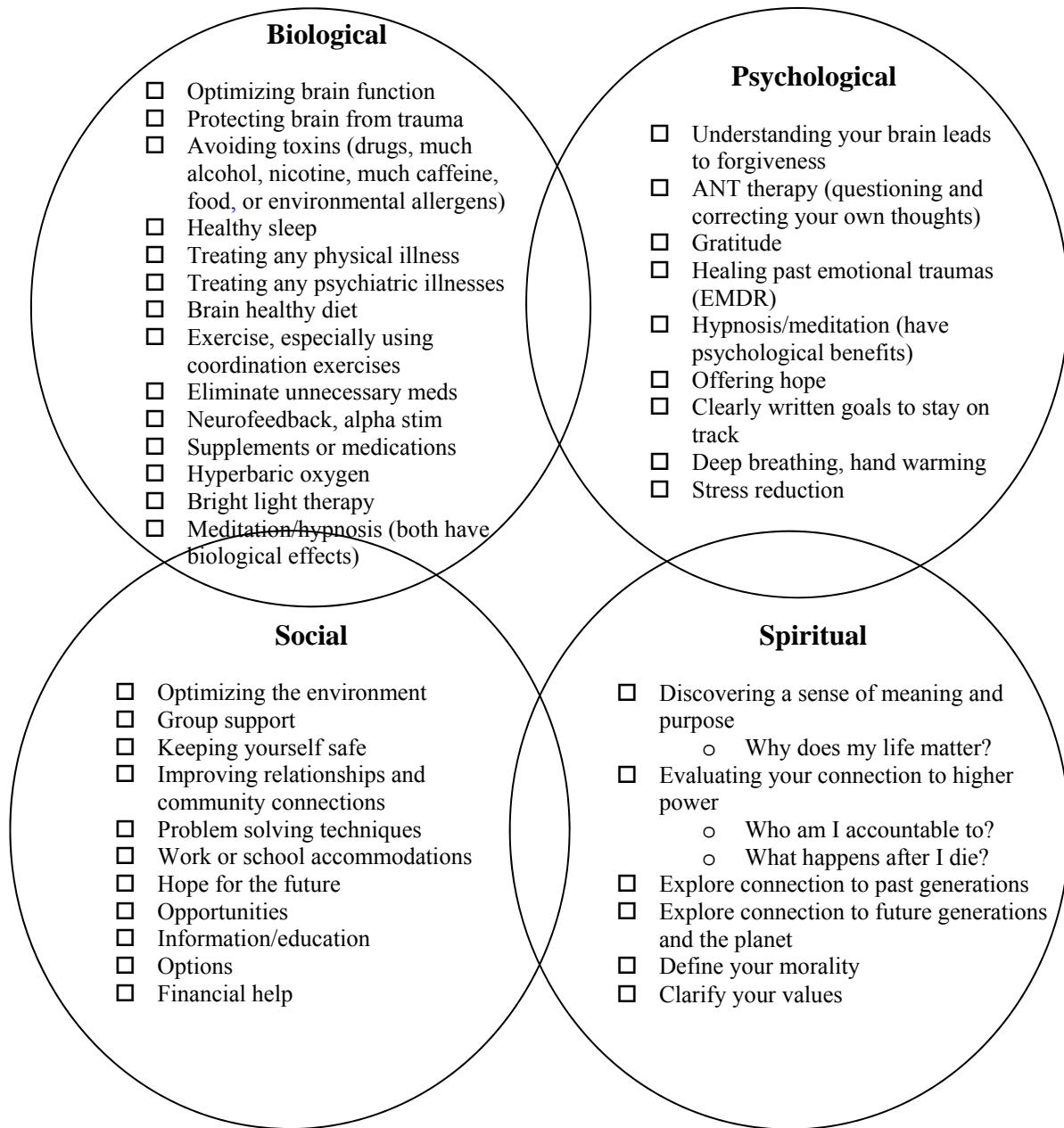
A Bio-Psycho-Social-Spiritual Approach

In order to have a thorough understanding of the problems you are experiencing it is important to get a comprehensive biological, psychological, social, spiritual evaluation. In the four circles below, check off those issues that might apply to you and contribute to your problems.



Getting Well Requires a Bio-Psycho-Social-Spiritual Approach

In the circles below are strategies to get well in a bio-psycho-social-spiritual way. All of these circles are important for health and healing.



Know your important health numbers.

Getting a thorough physical evaluation can help you uncover biological factors that might be contributing to your problem and that when corrected, may be able to help you break free from your addiction. Here is a checklist of important numbers to know.

1. Vitamin D level. Vitamin deficiencies can harm your brain and increase your vulnerability for out-of-control behavior. Get a blood test called 25-hydroxy vitamin D to check your vitamin D level, and if it is low, get more sunshine and/or take a vitamin D3 supplement to get it in the optimal range.

Low: less than 30

Optimal: 50-90

High: over 90

2. Hormone levels (thyroid, DHEA-S, testosterone, estrogen, and progesterone): Most people think “hormones” are only involved in reproductive issues. Not true. Hormones are essential for health and vitality in both men and women, and it is the brain that controls all the hormones in your body. Your hormones all work together to achieve balance, but if a single hormone isn’t working hard enough or is working too hard, it can throw your whole system off.

3. HgA1c. This test shows your average blood sugar levels over the past two to three months and is used to diagnose diabetes and prediabetes. Having diabetes has been shown to lower impulse control. Here is a look at what the A1c numbers indicate:

Normal: 4.0-5.6

Prediabetes: 5.7-6.4

Diabetes: 6.5 or higher

4. Fasting blood sugar. This test usually requires that you fast for about eight hours prior to having your blood drawn. It evaluates your blood sugar levels solely for the day when you have your blood drawn. Here is what the levels mean:

Normal: 70–99 mg/dL

Prediabetes: 100–125 mg/dL

Diabetes: 126 mg/dL or higher

5. Complete blood count (CBC). The CBC is used to screen for a wide variety of disorders, including anemia and infection, which negatively impact brain function.

6. Comprehensive metabolic panel. Have your doctor order this blood test to evaluate the status of your kidneys, liver, electrolytes, and more.

7. Two-hour glucose tolerance test. This is used to test for diabetes and reactive hypoglycemia. It involves drinking a glucose solution, then having blood drawn at several intervals during a two-hour period.

8. Cholesterol: Having high levels of cholesterol is associated with an increased risk for heart disease and dementia later in life. Both of these conditions decrease brain function. Make sure your doctor checks your total cholesterol level as well as your HDL (good cholesterol), LDL (bad cholesterol), and triglycerides (a form of fat). Optimal levels are as follows:

Total cholesterol: less than 200

HDL: 60 or higher

LDL: less than 100

Triglycerides: less than 150

9. C- reactive protein. This is a measure of inflammation that your doctor can check with a simple blood test. Elevated inflammation is associated with a number of diseases and conditions that affect brain health.

10. Homocysteine level. This is another marker of inflammation.

11. Blood pressure. High blood pressure increases your risk for heart disease and stroke. Have your doctor check your blood pressure to determine if it is high. Here is how to interpret the numbers:

Optimal: below 120 over 80

Prehypertension: 120–139 over 80–89

Hypertension: 140 (or above) over 90 (or above)

12. How many of the twelve most common modifiable health risks you have. Know how many of the twelve most common preventable causes of death you have...then decrease them.

Check all that apply.

- Smoking
- High blood pressure
- BMI indicating overweight or obese
- Physical inactivity
- High fasting blood glucose
- High LDL cholesterol
- Alcohol abuse (accidents, injuries, violence, cirrhosis, liver disease, cancer, stroke, heart disease, hypertension)
- Low omega-3 fatty acids
- High dietary saturated fat intake
- Low polyunsaturated fat intake
- High dietary salt intake
- Low intake of fruits and vegetables

_____ **Total number**

13. Number of hours you sleep. Don't fool yourself into thinking you need only a few hours of sleep. Sleep deprivation reduces brain function and lowers impulse control. You can read more about this in Chapter 9:

Boost Your Brain to Get Control. Here are the average sleep requirements by age:

Age Range	Number of Hours of Sleep
1–3 years old	12–14 hours
3–5 years old	11–13 hours
5–12 years old	10–11 hours
13–19 years old	9 hours
Adults	7–8 hours
Seniors	7–8 hours

14. Body mass index (BMI). Your BMI indicates whether or not you have a healthy weight. This is important because being overweight or obese is associated with having a smaller brain and increases your risk for many medical conditions. To calculate your BMI go to www.amenclinics.com.

Here's how to interpret your BMI:

Underweight: below 18.5

Normal: 18.5-25

Overweight: 25-29

Obese: 30-39

Morbidly obese: 40 and over

15. Daily caloric needs to maintain current body weight. To find out your basic calorie needs without exercise, which is referred to as your resting basal metabolic rate (BMR) go to www.amenclinics.com for a free calculator. The average 50 year old woman needs 1800 calories a day. The average 50 year old man needs 2200 calories a day.

16. Daily caloric intake (don't lie to yourself). Keep track of everything you eat and drink along with their calorie counts to find out how much you are truly eating each day. It would be very helpful for you to keep a daily journal for at least a week.

SUMMARY OF MY IMPORTANT HEALTH NUMBERS

Vitamin D level ____

Hormone levels

thyroid (TSH & free T3) ____

testosterone (men & women) ____

estrogen/progesterone (women) ____

DHEA-S level ____

HgA1c ____

Fasting blood sugar ____

Complete blood count (CBC) ____

Comprehensive metabolic panel ____

Two-hour glucose tolerance test ____

Cholesterol ____

C-reactive protein ____

Homocysteine ____

Blood pressure ____

of 12 most common modifiable risks ____

of hours I sleep ____

BMI ____

Daily caloric needs ____

Daily caloric intake ____

Step 3

Know Your Brain Type

Learn the Six Different Types of Addiction

Based on our brain imaging work with tens of thousands of patients, we have identified six types of addicts based on brain patterns. Knowing which type you are is essential to finding the best treatment plan for your own specific needs. To help you find your type, take the Unchain Your Brain Master Questionnaire. Here is a summary. To help you find your type, take the Unchain Your Brain Master Questionnaire and write your type or types here:

Type 1: Compulsive Addicts

People with this type have trouble shifting their attention and tend to get stuck on thoughts of gambling, Internet porn, food, or some other substance or behavior. Regardless of what these people are addicted to, the thinking pattern and basic mechanism are the same. They tend to get stuck or locked into one course of action and have trouble seeing options.

The most common brain SPECT finding in this type is increased anterior cingulate gyrus activity, which is most commonly caused by low brain serotonin levels. High-protein diets and stimulants, such as Ritalin, usually make this type worse. Interventions to boost serotonin in the brain are generally the most helpful. From a supplement standpoint, 5-HTP, inositol, and saffron (found in my Serotonin Mood Support), L-tryptophan, or St. John's wort are helpful, as are the serotonin-enhancing medications, such as Prozac, Zoloft, and Lexapro.

Behavioral interventions that boost serotonin to help compulsive addicts:

- Exercise to allow more of the serotonin precursor L-tryptophan to get into the brain.
- If you get an addiction-oriented thought in your head more than three times, get up and go do something to distract yourself.
- Make a list of ten things you can do instead of the addictive behavior so you can distract yourself.
- People with this type always do better with choices, rather than edicts. Do not tell them what they are going to do; give them choices.
- Avoid automatically opposing others or saying no, even to yourself.

Type 2: Impulsive Addicts

People with this type have trouble with impulse control even though they may start each day with the intention of refraining from their addictive behaviors. The most common SPECT finding for this type is low activity in the PFC, likely due to low levels of dopamine. The PFC acts as the brain's supervisor and is involved in judgment, impulse control, planning, and follow through. When it is underactive, people can be easily

distracted, bored, inattentive, and impulsive. This type is often seen in conjunction with ADD and is more common in males.

High-carbohydrate diets and serotonin-enhancing medications, such as Prozac, Zoloft, or Lexapro, or supplements, such as 5-HTP, usually make this type worse. Interventions to boost dopamine in the brain are generally the most helpful. From a supplement standpoint, green tea and rhodiola (found in Focus & Energy Optimizer), and l-tyrosine are helpful, as are stimulant medications, such as Adderall and Ritalin, which are commonly used to treat ADD.

Behavioral interventions that boost dopamine to help impulsive addicts:

- Exercise, which helps increase blood flow and dopamine.
- Clear focus -- write your goals in your One-Page Miracle and look at it daily.
- Outside supervision -- have someone you trust check in with you on a regular basis.
- Avoid impulsively saying yes to offers of alcohol, drugs, food, or whatever your particular addiction is. Practice saying, "No."

Type 3: Impulsive-Compulsive Addicts

People with this type have a combination of both impulsive and compulsive features. This type is common in people with bulimia. The brain SPECT scans tend to show low activity in the PFC (associated with impulsivity, likely due to low dopamine levels) and too much activity in the anterior cingulate gyrus (associated with compulsivity and low serotonin levels). This pattern is common in the children and grandchildren of alcoholics.

Using treatments that boost either serotonin or dopamine alone usually makes the problem worse. For example, using supplements or medications that increase serotonin only calms the compulsions but makes the impulsivity worse. Taking supplements or medications that raise dopamine levels only improves impulse control but increases the compulsive behaviors. In my experience, I have found that people with this type do best with treatments that raise both serotonin and dopamine. For example, combining green tea (for dopamine) and 5-HTP (for serotonin) or Ritalin (for dopamine) and Prozac (for serotonin) can be helpful.

Behavioral interventions that boost both serotonin and dopamine to help impulsive-compulsive addicts:

- Exercise.
- Set goals.
- Avoid automatically opposing others or saying no, even to yourself.
- Avoid impulsively saying yes.
- Have options.
- Distract yourself if you get a thought stuck in your head.

Type 4: Sad or Emotional Addicts

People with this type often use alcohol, marijuana, painkillers, or food to medicate underlying feelings of depression, boredom, or loneliness. This type is more commonly seen in women. For some people, these feelings come and go with the seasons and tend to worsen in winter. Others experience mild feelings of chronic sadness, called dysthymia. Still others suffer from more serious depressions. The typical SPECT findings associated with this type are hyperactivity in the deep limbic system and low activity in the PFC.

When depression is mild, it can often be treated with natural supplements like SAME (found in my SAME Mood & Movement Support), in addition to exercise, dietary changes, and psychotherapy. For more serious cases, antidepressant medication may be required. Taking vitamin D can also be beneficial for people with depression, especially for people whose addictions worsen or are triggered during the winter months, a condition called seasonal affective disorder (SAD).

Having low levels of vitamin D, known as the “sunshine” vitamin, has been associated with depression, memory problems, obesity, heart disease, and immune suppression. Vitamin D deficiencies are becoming more common in our society for two reasons: we are wearing more sunscreen and spending more time indoors. In an Amen Clinics weight-loss study completed in 2010, we tested the vitamin D levels of more than thirty participants. I was shocked to discover that everybody’s levels were low, and this study took place in sunny southern California!

Other natural treatments for depression include bright light therapy, which has also been found to effectively treat SAD, the natural supplement SAME (in dosages of 400 to 1,600 mg), and the hormone DHEA. Be careful with SAME if you have ever experienced a manic episode, and take it early in the day as it has energizing properties and may interfere with sleep. DHEA is a master hormone that has been found to be low in people with depression and obesity.

Behavioral interventions that boost mood to help sad, or emotional, addicts:

- Exercise to increase blood flow and multiple neurotransmitters in the brain.
- Kill the ANTs (automatic negative thoughts) that steal your happiness.
- Write down five things you are grateful for every day (this has been shown to increase your level of happiness in just three weeks).
- Volunteer to help others, which helps to get you outside of yourself and less focused on your own internal problems.
- Surround yourself with great smells, such as lavender.
- Try melatonin to help you sleep.
- Work to improve your relationships.

Type 5: Anxious Addicts

People with this type tend to use alcohol, marijuana, painkillers, sleeping pills, or food to medicate underlying feelings of anxiety, tension, nervousness, and fear. More commonly seen in women, this type tends to suffer physical symptoms of anxiety, such as muscle tension, headaches, stomachaches, nail biting, heart palpitations, and shortness of breath. People with this type tend to predict the worst and may be excessively shy or easily startled. The SPECT finding that correlates to this type is too much activity in the basal ganglia, likely due to low levels of GABA.

Interventions that boost GABA are generally the most helpful, and include taking B6, magnesium, and GABA (found in my GABA Calming Support). Relaxation therapies can also be helpful to calm this area of the brain.

Behavioral interventions that boost GABA and calm the brain to help anxious addicts:

- Exercise.
- Try relaxation exercises, such as:
 - meditation
 - prayer
 - hypnosis
 - deep diaphragmatic breathing exercises
 - hand-warming techniques
- Kill the anxious ANTs.
- For sleep, try self-hypnosis or my Restful Sleep formula that contains melatonin, GABA, valerian, magnesium, and B6.

Type 6: Temporal Lobe Addicts

People with this type tend to have problems with temper, mood swings, learning problems, and memory problems. Abnormal activity in the temporal lobes is commonly due to past head injuries, infections, a lack of oxygen, exposure to environmental toxins or it may be inherited. The SPECT findings are decreased activity in the temporal lobes, sometimes we also see excessive increased activity.

Treatments to stabilize activity in the temporal lobes may involve boosting the calming neurotransmitter GABA or the memory and learning neurotransmitter acetylcholine, a higher protein diet, and completely eliminating sugar. Ways to boost GABA include using supplements, such as our GABA Calming Support, which contains GABA and magnesium, or anticonvulsant or anti-seizure medications, like Lamictal. Ways to boost acetylcholine in the brain which can help with memory and learning, include using either supplements, such as huperzine A and acetyl-L-carnitine, contained in our Brain & Memory Power Boost formula, or medications such as Aricept or Exelon. Together, these strategies can help with temper control, mood stability, learning, and memory.

Behavioral interventions that normalize temporal lobe activity and boost dopamine to help temporal lobe addicts:

- New learning.
- Preventing further head injuries.

Do You Have More Than One Type?

Having more than one type is common, and it just means that you may need a combination of interventions to help you unchain your brain. Type 3 Impulsive-Compulsive Addicts is actually a combination of Type 1 Compulsive Addicts and Type 2 Impulsive Addicts. It is common to have Type 1 mixed with Type 4 Sad or Emotional Addicts or with Type 5 Anxious Addicts. In those cases, we may mix 5-HTP for Type 1 with SAME for Type 4 or GABA for Type 5. Again, it is always smart to discuss these options with your healthcare provider or treatment program. If he or she does not know much about natural treatments, consult a naturopath or a physician trained in integrative medicine or natural treatments.

SUMMARY CHART OF THE AMEN CLINICS SIX TYPES OF ADDICTS
Check your type or types in the left-hand column.

My Type	Type	Symptoms	Brain Findings/ Neurotransmitter Issue	Supplements	Medications
	1. Compulsive Addicts	overfocused, worrying, trouble letting go of hurts	increased AC (anterior cingulate)/low serotonin	Serotonin Mood Support (5-HTP, inositol, saffron), or St. John's wort	SSRIs, such as Prozac, Zoloft, or Lexapro
	2. Impulsive Addicts	impulsivity, bored, easily distracted	low PFC (prefrontal cortex)/low dopamine	Focus & Energy Optimizer (green tea, Rhodiola) or L-tyrosine	Stimulants such as Adderall or Ritalin
	3. Impulsive-Compulsive Addicts	combination of types 1 & 2	high AC plus low PFC/low serotonin and dopamine	5-HTP plus green tea and rhodiola	SSRI plus phentermine or stimulant
	4. Sad or Emotional Addicts	sad or depressed mood, winter blues, carbohydrate cravings, loss of interest, sleeps a lot, low energy, self-medicates to improve mood	high limbic activity, low PFC/check vitamin D and DHEA levels	SAME Mood & Movement Support, vitamin D, or DHEA if needed	Wellbutrin
	5. Anxious Addicts	anxious, tense, nervous, predicts the worst, self-medicates to calm	high basal ganglia/low GABA levels	GABA Calming Support (GABA, B6, magnesium)	Anticonvulsants, such as Topamax, Neurontin
	6. Temporal Lobe Addicts	Temper problems, mood instability, memory problems, learning disabilities	abnormal TL	GABA Calming Support (GABA, B6, magnesium) for calming, or Brain & Memory Power Boost (huperzine A, acetyl-l-carnitine, vinpocetine, ginkgo) for memory	Anticonvulsants, such as Lamictal for mood stability, Aricept or Namenda for memory enhancement

Step 4

Boost Your Brain to Get Control

Have you ever tried to get clean and then relapse? Based on our brain imaging work at the Amen Clinics with tens of thousands of patients from 90 different countries over the last 20 years, we have discovered the major secret why most people struggle to get well. And contrary to what you might think, it has nothing to do with your lack of desire to get healthy or your willpower. In fact, as we will see, for some people the harder they try to get healthy the worse it gets. The secret is that most problems with addictions occur between your ears. It is your brain that pushes substances away, or it is your brain that gives you permission to have the next drink or cigarette.

If you want a healthy mind and body the first place to always start is by having a better brain. Without a healthy brain nothing in your life is as good as it can be! Not your relationships, not your work, not your money, not your energy, not your memory, nothing.

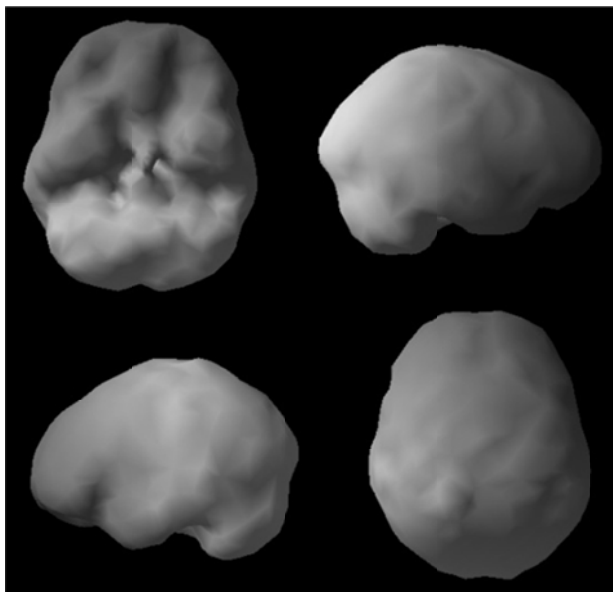
Your brain is involved in everything you do, including how you think, how you feel, how you act and how you get along with other people. Your brain is the organ of judgment, personality, character and all your decisions.

When your brain works right, you work right.

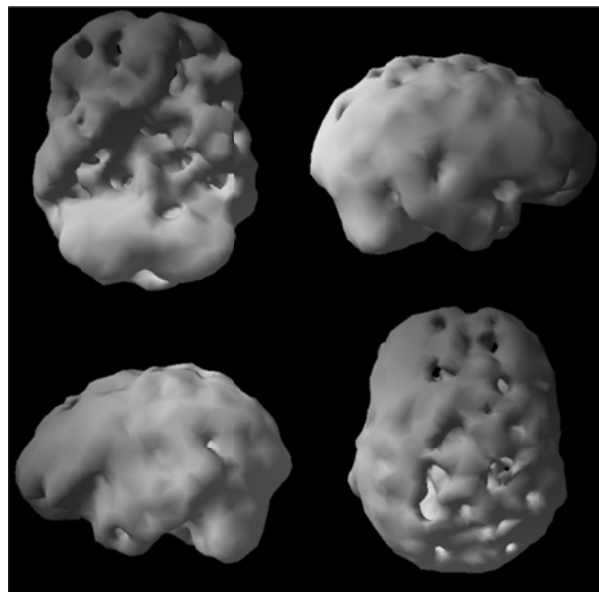
When your brain is troubled, you are much more likely to have trouble in your life.

At the Amen Clinics we do a brain imaging study called SPECT to help us understand and treat our patients. SPECT measures blood flow and activity patterns. It looks at how the brain works. A healthy scan shows full even symmetrical activity.

Brain SPECT Imaging



Healthy



20 Year Cocaine Addict

With a healthy brain you are happier, healthier, wealthier, wiser and you just make better decisions. When your brain is not healthy, for whatever reason, you are sadder, sicker, poorer, not as smart and you make poorer decisions. I want you to develop BRAIN ENVY, and want to have a better brain; because with a better brain everything in your life will be better.

The first step to getting and staying clean is to boost the actual physical functioning of your brain, so you have better forethought and you make better decisions.

Boosting your brain is very simple. It only requires two strategies:

1. Avoid things that hurt your brain.
2. Engage in regular brain healthy habits.

Check the behaviors you have done to hurt your brain.

Avoid:

- Poor nutrition
- Drug and alcohol abuse
- Chronic stress
- Smoking, excessive caffeine
- Sleep deprivation, sleep apnea
- Physical trauma
- Dehydration
- Lack of exercise
- Overweight, obesity
- Diabetes, heart disease, hypertension
- Low thyroid, low testosterone
- Too much computer or TV time
- Negative thinking patterns
- Low vitamin D levels
- High or very low cholesterol levels
- Depression
- Cancer chemotherapy
- Environmental toxins

Check the behaviors you do or are willing to do to help your brain.

Engage in:

- Great nutrition
- Adequate sleep (7-8 hours)
- Maintain stable blood sugar
- Continual new learning
- Exercise, especially coordination exercises
- Manage your stress
- Gratitude
- Killing the ANTs (automatic negative thoughts)
- Meditation/Hypnosis
- Supplements (multi-vitamin, fish oil, etc.)
- Brain type specific interventions
- Emotional support
- Assertiveness to advocate for own health
- Brain rehab if trauma is present
- Calorie restriction
- Treat any emotional or brain problems

Make a commitment to brain health and you will make better decisions for the rest of your life!!

Chloe's Game

Dr. Amen often plays a game with his seven-year-old daughter called "This is good for my brain or bad for it." You can play this too with your friends and family. Just say a behavior and see if it is good or bad for your brain.

Eating avocados – thumbs up

Hitting anything with your head – thumbs down

New learning – thumbs up

Smoking cigarettes or pot – thumbs down

Deep breathing exercises – thumbs up

Believing every stupid thought you have – thumbs way down

You get the idea.

Step 5

10 Ways to Curb Your Cravings

All of the information in this program is designed to help you win the war in your head between the adult, thoughtful part of your brain, that knows what you should do, and your pleasure centers that are run by a spoiled, demanding inner child who always wants what he wants whenever he wants it.

Your pleasure centers are always looking for a good time:

- they CRAVE the alcohol,
- WANT the cigarettes,
- WILL stand in line for the FRESH cinnamon rolls, and
- FOCUS on having an affair.

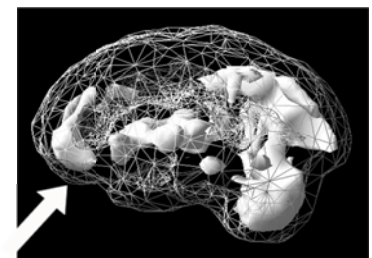
Left unchecked, your inner child is often whispering to you like a naughty little friend:

- eat it now ...
- it's ok ...
- we deserve it ...
- COME ON let's have some fun ...
- YOU'RE so uptight ...
- LIVE a little
- we already had one cigarette, just one more won't hurt ...
- we'll be better tomorrow. I promise.



Without adult supervision, your inner child lives only in the moment ... and he or she can ruin your life.

To balance your pleasure centers, and tame your inner child, there is an area in the front part of your brain called the prefrontal cortex, which helps you think about what you do before you do it. The prefrontal cortex is called the executive part of the brain because it acts like the boss at work and is involved with judgment, forethought, planning and self-control. It thinks about your future, not just about what you want in the moment.



Instead of thinking about the food or drugs, it is the rational voice in your head that helps you ...

- avoid having a damaged brain,
- is concerned about your bulging medical bills,
- it has the ability to say NO and mean it.

When your prefrontal cortex is strong, it reins in your inner child, so that you can have fun, but in a thoughtful, measured way.

To get healthy it is critical to strengthen your prefrontal cortex and be able to put your inner child into time out, whenever he or she acts up.

Likewise, it is also critical to watch your internal dialogue and be a good parent to yourself, not one who is abusive or mean.

I have taught parenting classes for many years ... and the two words that embody good parenting, even for your inner child, are FIRM and KIND. When you make a mistake with your health, look for ways to learn from your mistakes, but in a loving way.

Strengthen your brain to decrease your cravings.

When I decided I had to get healthy, the first thing I had to do was get my own cravings under control. My inner child had been throwing tantrums for years, especially when it came to sugar.

Using the following brain secrets, I lost the weight I had been trying to lose for about 30 years with NO cravings at all. Here's how.

1. Balance your blood sugar.

First, I kept my blood sugar balanced throughout the day. Research studies say that low blood sugar levels are associated with LOWER overall blood flow to the brain, which means more BAD decisions.

To keep your blood sugar stable, eat a nutritious breakfast with some protein. Studies REPEATEDLY show that eating a healthy breakfast helps people make good decisions.

2. Optimize your vitamin D level.

Next, I had to optimize my vitamin D level. Typically, we get a vitamin D boost from the sun, but because we are wearing more sunscreen and spending more time INSIDE our levels are falling, putting us at greater health risks.

Low vitamin D levels have been associated with obesity, depression, memory problems, diabetes and cancer. It is now estimated that two thirds of Americans are deficient in vitamin D, the same percentage of people who are overweight.

And, it is an EASY FIX. When I tested my own vitamin D level it was very low and I live in Southern California! I am convinced that boosting my vitamin D level was critical in getting control of my cravings. Ask your doctor to order a test called 25 hydroxy-vitamin D and take vitamin D3 or get more sun if your levels are low.

3. Optimize omega-3 levels.

Optimize your omega three fatty acid levels by eating more fish or taking fish oil. Low levels of omega three fatty acids have also been associated with depression, Alzheimer's disease and obesity. I take 3 grams of high quality fish oil a day.

Trying to use willpower to control your cravings when your Vitamin D, omega 3 fatty acids, or blood sugar levels are low is nearly impossible.

4. Eliminate sugar and artificial sweeteners and your cravings will go away.

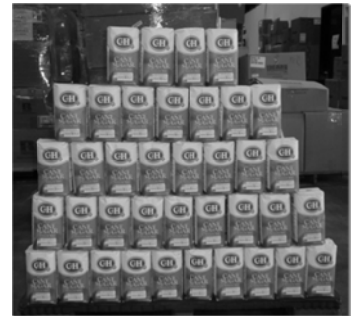
Also, eliminate refined sugars, sodas, fruit juices, and artificial sweeteners from your diet, as these can trigger cravings.

I know this can seem hard because sweets are the language of love for many people.

As children we were loved, soothed, bribed, celebrated and rewarded with sugar. My grandfather was a candy maker and sugar used to hang out in every fun place in my brain.

BUT sugar is addictive and it increases inflammation and erratic brain cell firing. It makes you ripe for relapse.

Plus, many doctors believe that sugar the PRIMARY cause of obesity, high blood pressure, heart disease, and diabetes ... and all of these illnesses damage your brain!



The average American consumes 150 pounds of sugar a year!!

5. Manage your stress. Anything stressful can trigger hormones that activate cravings. Chronic stress has been implicated in obesity, addiction, anxiety, depression, Alzheimer's disease, heart disease, and cancer. Adopt a daily stress-management program that includes deep-breathing exercises, meditation, and other relaxation techniques.

6. Outsmart sneaky craving triggers. Environmental cues can sabotage your sobriety. For example, going to friends house can ignite your brain's emotional memory centers and make you feel like you HAVE to have a joint. Know the people, places, and things that fuel your cravings and plan ahead for your vulnerable times.

7. Determine if hidden food allergies are triggering your cravings. Certain food allergies actually lower brain activity and increase the risk to give into cravings. For example, if you are allergic to wheat gluten or milk allergies, they can reduce blood flow to the brain and decrease your judgment? If you suspect food allergies, ask your doctor to order a delayed food allergy (IgG) test or try an elimination diet (go to www.drrapp.com to download the diet).

8. Get moving. Research shows that physical activity can curb cravings.

Step 6

Use Food to Heal Your Mind and Body

Food is your best medicine or it can be your worst enemy. The typical Western Diet of bad fat, salt and sugar ... think cheeseburgers, fries and sodas ... promotes inflammation and has been associated by itself with depression, ADD, dementia, heart disease, cancer, diabetes and obesity.

But, if you start making better choices TODAY you will quickly notice that you have more energy, better focus, a better memory, better moods and a slimmer, sexier waistline.

A number of new studies have reported that a healthy diet is associated with dramatically lower risks for Alzheimer's disease and depression.

Why not be smart and use food as medicine that heals you?

To help you navigate your way to the best options that will help you beat cravings, boost your cognitive function, and lift your mood, here are rules to eat by.

Amen Clinics 7 Rules for Brain Healthy Eating

Rule #1. Think high-quality calories in and high-quality energy out. Focus on eating HIGH-QUALITY calories. A 250-calorie candy bar is NOT the same thing as a bowl of lentil soup, a piece of wild salmon, or a walnut and blueberry salad. "High-quality energy out" means you need to rev your metabolism in healthy ways. Exercise, new learning, and green tea help. Diet pills, sugary caffeinated energy drinks, excessive coffee, caffeinated sodas, and smoking are low-quality energy boosters.

Rule #2. Drink plenty of water and not too many of your calories. Your brain is 80 percent water. Anything that dehydrates it, such as too much caffeine or much alcohol, decreases your thinking and impairs your judgment. On a trip to New York City I saw a poster that read, "Are You Pouring On The Pounds... Don't Drink Yourself Fat." I thought it was brilliant. A recent study found that on average Americans drink 450 calories a day, twice as many as we did 30 years ago. Just adding the extra 225 calories a day will put 23 pounds of fat a year on your body, and most people tend to not count the calories they drink.

Rule #3. Eat high-quality lean protein throughout the day. Protein helps balance your blood sugar, boosts concentration, and provides the necessary building blocks for brain health. Great sources of protein include fish, skinless turkey or chicken, beans, raw nuts, low-fat or nonfat dairy, and high-protein vegetables, such as broccoli and spinach.

Rule #4. Eat low-glycemic, high-fiber carbohydrates. This means eat carbohydrates that do not spike your blood sugar that are also high in fiber, such as those found in vegetables, fruits, beans, and whole grains. Carbohydrates are NOT the enemy. They are essential to your life. Bad carbohydrates are the enemy. These are carbohydrates that have been robbed of any nutritional value, such as simple sugars and refined carbohydrates. Sugar is NOT your friend. Sugar increases inflammation in your body, increases erratic brain-cell firing, and

has been recently implicated in aggression. The less sugar in your life, the better your life will be.

Rule #5. Focus your diet on healthy fats. Eliminate bad fats, such as ALL trans-fats and most animal fat. Did you know that fat stores toxic materials? So when you eat animal fat, you are also eating anything toxic the animal ate. Yuck. Did you know that certain fats that are found in pizza, ice cream, and cheeseburgers fool the brain into ignoring the signals that you should be full? No wonder it's so hard to stop at just one slice of pizza! Focus your diet on healthy fats, especially those that contain omega-3 fatty acids, found in foods like salmon, avocados, walnuts, and green leafy vegetables.

Rule #6. Eat from the rainbow. This means put natural foods in your diet of many different colors, such as blueberries, pomegranates, yellow squash, and red bell peppers. This will boost the antioxidant levels in your body and help keep your brain young. Of course, this does not mean Skittles or jelly beans.

Rule #7. Cook with brain healthy herbs and spices to boost your brain and lose your belly. Trading in heavy cream sauces for herbs and spices can help you trim calories. Here are other ways herbs and spices help:

- Turmeric, found in curry, contains a chemical that has been shown to decrease the plaques in the brain thought to be responsible for Alzheimer's disease.
- In four studies a saffron extract was found to be as effective as antidepressant medication in treating people with major depression.
- Sage has very good scientific evidence that it helps to boost memory.
- Cinnamon has been shown to help attention and regulate blood sugar levels. Research also shows that cinnamon extract can inhibit the tau aggregation associated with Alzheimer's disease.

Routine Works

One of the strategies we have seen work for our patients is routine, especially for breakfast, lunch and snacks. Find foods you love and eat them daily. Dr. Amen has a protein shake virtually every day for breakfast. He brings fresh-cut veggies and a piece of fruit and a few nuts for snacks. And, he usually has a 350-calorie chicken, veggie and avocado sandwich on whole wheat for lunch.

What are some simple changes you can make to your diet to make it more brain healthy?

Step 7

Kill The Ants That Infest Your Brain And Keep You In Chains

You don't have to believe every stupid thought you have.

"I have no control over my eating...drinking...smoking."

"I only smoke pot because you make me so miserable."

"My dad was an alcoholic so I'm destined to be one, too."

"I only bet on sports with my friends, so I don't have a gambling problem."

"I am so awful, no one will love or forgive me."

"I smoke just so I can spend time with other smokers I like."

"My mother smoked and ate poorly and lived well into her nineties. I have great genes."

In our experience, most people plagued with addictions are filled with what we call ANTs or Automatic Negative Thoughts; negative thoughts that come into their minds automatically, drive their addictions, and ruin their days. They focus on the bad things that have happened or the frightening things that may happen and subsequently make themselves sick and more vulnerable to give into their negative behaviors.

You do not have to believe every thought you have. Thoughts lie. They lie a lot, and these lies can fool you, scare you, tease you and ruin your life. Learning how to kill the ANTs and develop an internal ANTeater to help you get rid of the negative thoughts has been shown in scientific studies to be as effective as antidepressant medications to treat anxiety and depression and can help you unchain your brain.

Addiction Isn't Just a Brain Disorder; It's a Thinking Disorder

Many of the negative things we tell ourselves—like *"I have no control"*—are lies that keep us locked in our unhealthy ways. In the addiction field, these lies are often referred to as "stinking thinking" or "white-knuckle sobriety." There's a common saying among addiction experts: *"Relapse is a process, not just an event, and it's predated by stinking thinking."*

I think of these negative thoughts like ANTs that infest your psyche and keep you in chains. Your thoughts are powerful. Bad, mad, sad, hopeless, or helpless thoughts release chemicals that make you feel bad and increase your risk of relapse.

In this session, you will learn how to develop an internal ANTeater to patrol the streets of your mind and talk back to the lies you tell yourself. This method of challenging your thoughts to help prevent relapse is backed by strong scientific evidence. A 2009 review of fifty-three controlled trials using this method concluded that it is an effective strategy for treating substance abuse. You will also discover how to turn negative thinking into healthy, honest thinking. Did you know that happy, positive, hopeful, loving thoughts release chemicals that make you feel good? Honest thinking can help you feel better and keep you away from the buffet, coffee pot, bars, casinos, videogames, cigarettes, or drugs.

Nine ANTs That Keep You in Chains

Over the years therapists have identified nine “species” of ANTs or types of negative thoughts that can increase your risk for relapse:

1. All or nothing – thinking things are all good or all bad
2. Always thinking – overgeneralizing one bad event to think it will always happen
3. Focusing on the negative – only seeing the bad in a situation
4. Thinking with your feelings – believing every feeling you have
5. Guilt beating – using guilt to try to motivate behavior
6. Labeling – giving yourself or others negative labels
7. Fortune telling – predicting the worst
8. Mind reading – reading other people’s minds
9. Blame and denial – blaming other people for how your life is turning out

Develop an Internal ANTeater to Challenge Your Erroneous Thoughts

You do not have to believe every stupid thought that goes through your brain. Develop an internal ANTeater that can kill all the negative thoughts that come into your head and mess up your life. Teach your ANTeater to talk back to the ANTs so you can free yourself from negative thinking patterns.

Whenever you feel sad, mad, nervous, obsessive, or out of control, write down the automatic thoughts that are going through your mind. The act of writing them down helps to get them out of your head. Identify the ANT species then talk back to them. Challenging negative thoughts takes away their power and gives you control over your thoughts, moods, and behaviors.

ANT-Killing Examples

<u>ANT</u>	<u>Species of ANT</u>	<u>Kill the ANT</u>
You never listen to me.	Always thinking	I get frustrated when you don't listen to me but I know you have listened to me and will again.
I'll pass out if I have to speak at my support group.	Fortune telling	I don't know that. Odds are I will do fine.
I'm unlovable.	Labeling	Sometimes I do things that push others away, but I also do many loving things.
It's your fault I have these problems. better.	Blame and denial	I need to look at my part of the problems and look for ways I can make the situation

My ANTeater Chart

Whenever you feel sad, mad, nervous, obsessive, or out of control, use the following chart to write out your thoughts and talk back to them.

ANT	Species	ANTeater
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do The Work

The Work, developed by Byron Katie, is simple yet very powerful. It consists of writing down any bothersome, worrisome, or negative thoughts, then asking ourselves four questions, and then doing a turnaround. The goal of the Work isn't pie-in-the-sky positive thinking; it is honest thinking. The four questions are:

1. Is it true? (Is the negative thought true?)
2. Can I absolutely know that it is true?
3. How do I react when I think that thought?
4. Who would I be without the thought? Or how would I feel if I didn't have the thought?

After you answer the four questions, you take your original thought and turn it around to its opposite, and ask yourself whether the opposite of the original thought is true. Then, turn the original thought around and apply it to yourself (how does the opposite of the thought apply to me personally?). Then, turn the thought around to the other person if the thought involves another person (how does the opposite apply to the other person?).

Here is an example of how to use the four questions to kill the ANTs that are keeping you in chains. Corinne, fifty-two, had smoked since she was a teenager. She had now smoked for almost forty years and had wrinkled skin and trouble breathing. The people who loved her wanted her to stop. She wanted to stop but didn't believe she could without serious pain. "I cannot stop," she told me. Here is how she worked on that thought.

Negative thought: "I cannot stop smoking."

Question #1: Is it true that you cannot stop smoking?

"Yes," she said.

Question #2: Can you absolutely know that it is true that you cannot stop smoking?

Initially she said yes, she knew she couldn't do it. Then she thought about it and said, "Of course, I cannot know for sure, especially if I got the right help."

Question #3: How do you feel when you have the thought "I cannot stop smoking?"

"I feel powerless, sad, weak-willed, stupid, out of control, like a bad influence on my children."

Question #4: Who would you be without the thought "I cannot stop smoking?"

She thought about it for a moment then said, "Hopeful, optimistic, more likely to give it my best effort."

Turnaround: What is the opposite thought of "I cannot stop smoking." Is it true or truer than the original thought?

Corinne said the opposite thought is "I can stop smoking." She thought about this for a while and said that if she got help and really tried, it could be true. Then she felt a sense of control and committed to the program. Your thoughts are either helping you or hurting you.

Practice The Work

Negative Thought: _____

Question #1: Is it true that you cannot stop smoking? _____

Question #2: Can you absolutely know that it is true that you cannot stop smoking?

Question #3: How do you feel when you have the thought “I cannot stop smoking.”

Question #4: Who would you be without the thought “I cannot stop smoking.”

Turnaround: What is the opposite thought of “I cannot stop smoking.” Is it true or truer than the original thought? _____

UNCHAIN YOUR BRAIN CHECKLIST

- ✓ Stop lying to yourself.
- ✓ Don't believe every stupid thought that goes through your brain.
- ✓ Become familiar with the nine ANTs that steal your happiness and keep you in chains.
- ✓ Develop an internal ANTeater that can talk back to your negative thoughts.
- ✓ Do The Work to challenge and eliminate negative, addiction-causing thoughts.

Step 8

Manage Your Stress That Triggers Relapse

Stress is normal. The way you've been dealing with it isn't.

Most people think of stress as bad. Actually, stress is good and bad. Stress is good because it causes us to pay attention to what is going on around us—in traffic, with our finances, at work, and in our relationships. When we say something is stressful, it usually means that we should be paying attention to it. Stress is bad when it overloads our resources. Stress can motivate us (to study for an exam or pay our bills on time), it can protect us (we buy alarm systems for our homes, businesses or cars), and it can feed us (we go to work to put food on the table).

However, too much stress can also kill you. Chronic stress has been implicated in addictions, anxiety and depressive disorders, obesity, Alzheimer's disease, heart disease, and a host of immune disorders, including cancer. When stress hits, there are increased levels of adrenaline (leading to anxiety) and cortisol (leading to many ills) and decreased levels of the hormones DHEA and testosterone (leading to loss of muscle tissue, increased fat, and decreased libido). Both adrenaline and cortisol are released by the adrenal glands, on top of the kidneys, in response to real or perceived stress.

In the last decade there has been a clear association between chronic stress, high cortisol levels, and memory problems, causing shrinkage of cells in the hippocampus of the brain. In fact, people with Alzheimer's disease have higher cortisol levels than normal aging people. Learning how to combat stress is an essential ingredient to getting and staying well. Here are several very simple techniques.

Try these relaxation techniques.

While the stress response puts your body on high alert, the relaxation response does the opposite. It reduces the release of stress hormone and increases the release of endorphins, the body's natural pain-killing substances. This slows your breathing rate and heart rate, reduces blood pressure, and relaxes muscles. In other words, the relaxation response is your rest and reset mode, the time when the body and mind get a chance to heal.

First documented by Harvard cardiologist Herbert Benson, the relaxation response is created when the "thinking" part of the brain "tells" the amygdala and hippocampus—in the "emotional" limbic system—to relax. The amygdala and hippocampus then relay the message to the hypothalamus, which begins orchestrating the release of a flood of calming neurotransmitters and hormones. Soon the entire body and the brain downshift into a soothing state of relaxation.

You can learn to take your body from a high-stress state to a more relaxed state by using the following techniques.

Deep breathing, also known as diaphragmatic breathing, is a relaxation technique that can reverse the negative effects of stress. It calms the basal ganglia, which is the area of the brain that controls anxiety. Taking deep breaths also relaxes your muscles, which relieves tension, and helps your brain function more efficiently, which improves your thinking and judgment.

Here's how you do it. As you inhale, let your belly expand. When you exhale, pull your belly in to push the air out of your lungs. This allows you to expel more air, which in turn, encourages you to inhale more deeply. Keep breathing in this fashion, and stressful feelings may diminish.

Deep-Breathing Exercise

Practice this simple three-step exercise to learn diaphragmatic breathing.

1. Lie on your back and place a small book on your belly.
2. When you inhale, make the book go up.
3. When you exhale, make the book go down.

Stress-Relieving Breathing Strategy

Whenever you feel stressed out, use the following diaphragmatic breathing technique.

- Take a deep breath.
- Hold it for four to five seconds.
- Slowly blow it out (take about six to eight seconds to exhale completely).
- Take another deep breath (as deep as you can).
- Hold it for four to five seconds.
- Blow it out slowly again.
- Do this about ten times and odds are you will start to feel very relaxed.

Meditate or pray on a regular basis. Decades of research have shown that meditation and prayer calm stress, enhance brain function, and increase your self-control. Meditation has long been promoted as a way to simultaneously relax, re-energize, and develop focus. One study on the effects of meditation on addiction and relapse involved a comparison between incarcerated substance abusers who followed a traditional treatment program and those who took a course in a form of meditation. After being released from jail, the prisoners who learned to meditate showed significant reductions in alcohol, marijuana, and crack cocaine use compared to those in the traditional treatment programs.

At the Amen Clinics, we performed a SPECT study on a Kundalini Yoga form of meditation called Kirtan Kriya in which we scanned eleven people on one day when they didn't meditate and then the next day during a meditation session. The brain imaging scans taken after the meditation showed marked decreases in activity in the left parietal lobes, which showed a decreasing awareness of time and space. They also showed significant increases in activity in the prefrontal cortex, which showed that meditation helps people tune in, not out. We also observed increased activity in the right temporal lobe, an area that has been associated with spirituality.

Getting Ready to Meditate

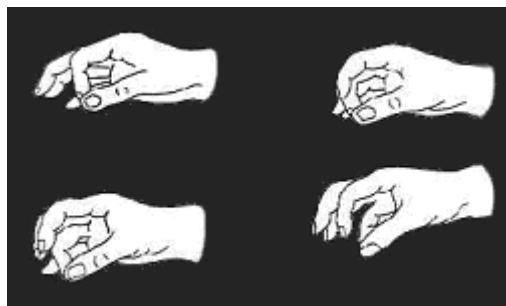
- Find a quiet place that's free of distractions. Lock the door to avoid interruptions and turn off your cell phone.
- Give yourself twelve minutes to meditate, once or twice a day, preferably before breakfast and dinner, and don't stop until this time is up. Check a clock occasionally, but don't use an alarm, as it might shock you out of your relaxation.
- Sit comfortably and consciously relax all your muscles from the bottom of your feet to the top of your head, and close your eyes. Enjoy your calm attitude as you breathe slowly and deeply from your belly.
- Try to forget all the thoughts that swirl through your mind. Put a stop to your internal monologue. Cease thinking in words. When memories arise, tell them to go away.

Daily Twelve-Minute Kirtan Kriya Meditation Practice

This twelve-minute meditation involves chanting the following simple sounds—"sa" "ta" "na" "ma"—while doing repetitive finger movements.

- Touch the thumb of each hand to the index finger while chanting "sa."
- Touch the thumb of each hand to the middle finger while chanting "ta."
- Touch the thumb of each hand to the ring finger while chanting "na."
- Touch the thumb of each hand to the pinkie finger while chanting "ma."
- Repeat the sounds for two minutes aloud.
- Repeat the sounds for two minutes whispering.
- Repeat the sounds for four minutes silently.
- Repeat the sounds for two minutes whispering.
- Repeat the sounds for two minutes aloud.
- When you finish, sit quietly for a minute or two, and try to merge your calmed mind and body with your regular mode of being. Congratulations! Now you know how to meditate.

Kirtan Kriya Fingertip Movements



I realize that many people going through withdrawal or trying to break free from addictions may have trouble sitting quietly for twelve minutes. If this is the case, you may want to try something called the Relaxation Response developed by Herbert Benson, MD, at Harvard Medical School. This is a very simple introduction to meditation. I have found that many of my patients have managed to reduce their stress with just two minutes of meditation a day.

Two-Minute Relaxation Response Meditation

This two-minute meditation will help quiet your mind.

- Sit quietly.
- Close your eyes.
- Take slow deep breaths.
- Say the word “one” whenever you exhale.
- If your mind wanders, just bring your thoughts back to the word “one” as you exhale.

Practice Gratitude

If you want your brain to work better, be grateful for the good things in your life. Focusing on the positive things in your life can make you happier regardless of your circumstances. At the Amen Clinics, we performed a SPECT study, which found that practicing gratitude causes real changes in your brain that enhance brain function and make you feel better.

Stress-Relieving Gratitude Exercise #1

Write out five things you are grateful for every day.

Use the form provided, make copies of it, or just use a notepad to write down the things you are grateful for.

The act of writing helps to solidify them in your brain. In my experience, when depressed patients did this exercise every day, they actually needed less antidepressant medication.

5 Things I’m Grateful For Today

1. _____
2. _____
3. _____
4. _____
5. _____

Stress-Relieving Gratitude Exercise #2: The Glad Game

No matter what situation you are in, try to find something to be glad about.

Think of a time when you were in a difficult or disappointing situation and started to think negatively but then found (or now can see) a “silver lining.” Now, try to explain the same situation from a “glad” standpoint.

What did you find to be glad about the situation?

Try these additional healthy ways to reduce stress.

There are many other healthy ways to lower your stress levels. Here’s a list that you can refer to when you feel overwhelmed.

- Pet your dog or cat.
- Take a warm bath.
- Learn to delegate. You don’t have to do everything yourself, and it is okay to ask for help.
- Don’t automatically say yes to every invitation, project, or activity. Say no to things that don’t fit into your goals and desires.
- Listen to soothing music.
- Lavender has been shown to have calming, stress-relieving properties, so use lavender-scented oils, candles, sprays, lotion, or sachets.
- If you’re stressed about an upcoming event or situation where you have to give a talk or meet new people, rehearse what you are going to say.
- Learn to laugh at yourself.

UNCHAIN YOUR BRAIN CHECKLIST

- ✓ Practice the stress-relieving suggestions in this handout to find which ones work best for you.
- ✓ If you find yourself in a stressful situation, use deep breathing to calm down.
- ✓ Start your day with a brief meditation to set a peaceful and calm tone for the day.
- ✓ Make exercise a regular habit to improve your body’s ability to handle the stress response.
- ✓ Be grateful for the positive things in your life and always look for the bright side of any situation.
- ✓ Keep a list of healthy stress-relievers nearby for times when you feel like you might lose control.

Step 9

H-A-L-T Plus

Overcome the Barriers That Keep You From Conquering Your Addictions

Don't let other people, places, or things take control of your behavior.

When you are healing from addiction, you will face many daily obstacles that jeopardize your brain health and recovery. Pushers, energy zappers, money concerns—these are some of the things that can stand in the way of your efforts to improve your brain health and prevent relapse.

When you start living a brain healthy life free of addictions, it can make those around you uncomfortable, especially if they have addictions or a lot of bad brain habits of their own. Deep down, some people—even those who love you the most—don't want you to succeed because it will make them feel like more of a failure. For others, their habits are so ingrained that they simply don't know how to react to your new lifestyle. Many people notice this kind of behavior with their families, friends, and coworkers. This is why it is so important for you to take control of your life and recovery. You need to be prepared for the obstacles that will come your way so you can deal with them.

You will be better prepared to handle challenges if you live by the acronym H-A-L-T PLUS, which is a common term used in addiction treatment programs. H-A-L-T PLUS stands for:

- Don't get too **Hungry**. Eat frequent, small, high-quality meals and take nutritional supplements to optimize your brain and balance your blood sugar.
- Don't get too **Angry**. Maintain control over your emotions and don't let negative thinking patterns rule your life.
- Don't get too **Lonely**. Social skills and a positive social network are critical to maintaining freedom from addiction. Enlist a team of supporters and healthy role models.
- Don't get too **Tired**. Make sleep a priority to boost brain function and improve judgment and self-control.
- **Plus** boost the health of your brain.

Have any of these issues affected you? How?

Don't Let Pushers Sabotage Your Brain Healthy Life and Recovery

People, companies, and our society will try to push things on you that threaten your brain healthy ways and trigger your addiction. As a society, we're bombarded with messages about food, coffee, cigarettes, gambling, sex, alcohol, and more. TV commercials, billboards, and radio ads are constantly showing us images of happy, attractive people enjoying greasy fast food, judgment-impairing cocktails, and dehydrating caffeinated drinks that reduce brain function and self-control. Movies depict gorgeous celebrities smoking, drinking, and doing drugs, which can fire up those emotional memory centers in the brain and trigger relapse.

Corporate America is highly skilled at pushing people to eat and drink things that are not good for our brain health. Restaurants and fast-food joints train employees to "upsell" as a way to increase sales and subsequently, expand our waistlines. Here are some of the sneaky tactics food sellers use to try to get you to eat and drink more.

- Do you want to supersize that for only 39 cents?
- Do you want fries with your meal?
- Do you want bread first? (This makes you hungrier so you eat more!)
- Do you want an appetizer?
- Do you want another drink?
- Do you want a larger drink? It is a better deal!

Your response to all of these questions should always be, "No!" Eating or drinking more than you need just because it's more economical will cost you far more in the long run.

Unfortunately, spouses, friends, coworkers, neighbors, and even children can also make it very difficult for you to stay on track regardless of what you are addicted to. A friend who smokes may light up in front of you even though you are trying to quit. A neighbor might show up with a box of home-cooked brownies for your birthday when you are trying to curb your sugar intake. At work, the receptionist may hand out candy every time you walk by, your supervisor may invite your team to go to happy hour for drinks, or some guy in the operations department may come around with a March Madness pool asking if you want to place a bet.

Has this ever happened to you?

And of course, there are the real drug pushers—the people on school campuses, in bars and clubs, at work, or on the streets selling pot, cocaine, Ecstasy, methamphetamine, Ritalin and Adderrall. Then there are the inadvertent pushers—the parents who keep unused prescription painkillers in unlocked medicine cabinets, store household chemicals under the kitchen sink, and leave alcohol readily available in the family room wet bar.

Learning to deal with and say no to all of these pushers in the home, on the town, at work, and at school is critical to your success.

Tips For Dealing With Pushers

1. Ask your family and friends to lock up anything that might tempt you.
2. If a person in accounting was your cocaine supplier, don't walk past his office... EVER.
3. When invited to parties where people may be smoking, drinking, or doing drugs, either don't go or go with a friend who supports you in your efforts and will take you home if you feel tempted.
4. Instead of going out for a smoke break or drinks with friends, choose activities that aren't centered on your addiction, such as going for a walk.
5. If your coworkers invite you to happy hour, but you don't want them to push you to drink alcohol and you don't want to let them know you are in recovery, ask the bartender to put fizzy water or juice in a bar glass and garnish it with something that makes it look like an alcoholic drink.
6. Tell your host you don't drink alcohol... period.
7. Be honest with pushers. Tell them you are in recovery and ask them not to offer you anything that could trigger relapse.

Add more of your own tips. _____

Know When You're Safe, When You're Vulnerable, and When You're in Danger

It is critical to know what helps keep you on track with your recovery, what makes you more likely to relapse, and what puts you in imminent danger of relapse. Here is an exercise called the Three Circles.

Take a piece of paper and draw three circles on it, and label them "Red Circle," "Yellow Circle," and "Green Circle." In the green circle, write down all the things that help you stay on track with your recovery. In the yellow circle, put things that make you more vulnerable to getting off track. In the red circle, list the danger zones—the things that put you in imminent danger of relapse.

Following is an example of what the Three Circles might look like for someone who is addicted to online pornography. Then there is a blank form called "My Three Circles" that you can use to identify what helps keep you safe, what makes you more vulnerable, and what puts you in danger. Keep this page with you to help remind you what's helping your recovery and what is putting it at risk.

THE THREE CIRCLES - GREEN CIRCLE

- Going to 12-Step meetings
- Talking to my sponsor
- Meditating and praying
- Going to church
- Going to couples therapy
- Spending time with my family
- Setting limits for Internet use
- Keeping computer in family room
- Volunteering in my community
- Eating a brain healthy diet
- Exercising four days a week

- Skipping 12-Step meetings
- Not talking to my sponsor
- Skipping church
- Skipping couples therapy
- Being home alone
- Drinking alcohol
- Skipping meals
- Stress at work
- Isolating myself from others

- Using the Internet when I'm alone
- Taking laptop on business trips
- Having computer in my home office
- Staying late at work with my office door closed
- Lying to my wife
- Being in denial

YELLOW CIRCLE

RED CIRCLE

MY THREE CIRCLES - GREEN CIRCLE

In this circle, write what helps keep you safe and on track with your recovery.

The diagram consists of three overlapping circles. The top circle is the Green Circle. The bottom-left circle is the Yellow Circle. The bottom-right circle is the Red Circle. Each circle contains a list of 12 horizontal lines for writing, each preceded by a small black dot.

YELLOW CIRCLE

In this circle, write what makes you more vulnerable to relapse.

RED CIRCLE

In this circle, write what puts you in immediate danger of relapse.

UNCHAIN YOUR BRAIN CHECKLIST

- ✓ Live by the acronym H-A-L-T Plus.
- ✓ Don't let other people control your behavior.
- ✓ Don't skimp on your recovery—your life is on the line.
- ✓ Don't expect change to be easy.
- ✓ Don't trade one addiction for another.
- ✓ Remember that change never stops.
- ✓ Plan how you will deal with obstacles.

Step 10

Get Well, Beyond Yourself

Teaching Others to Create Brain Healthy Spaces

Scientific research has found that people with addiction issues who engage in couples therapy or family therapy rather than just individual therapy are less likely to relapse. This shows that family bonding can be a very powerful ally in your efforts to stay away from the substances and behaviors that hurt you. It provides the foundation for the social support that is a pillar of healing.

If you want to prevent relapse, you also need to widen your social support network and create an “extended family” of people who are living a brain healthy lifestyle. Interacting with other people in recovery who are committed to good health will encourage you to stick with the new habits you have adopted. When you surround yourself with like-minded people, it makes a positive difference in your health and well-being. Join support groups to find other people you can lean on and learn from.

Creating brain healthy spaces is critical for successful recovery, whether it is a parent or child who is trying to break free from addiction. To improve brain health in your household, take the information in the program and apply it to your family and workplace. Here are some practical ways to do it.

- *Love your brain.* Teach your family, friends and co-workers about the brain and how important it is in their day-to-day life.
- *Protect your brain.* Discourage family, friends and co-workers from taking part in risky activities that increase the risk of brain injuries.
- *Feed your brain.* Serve nutritious meals that nourish the brain and body and don't keep junk food at home or work.
- *Rest your brain.* Keep regular sleep schedules.
- *Work your brain.* Encourage new learning.
- *Exercise for your brain.* Engage in physical activities with friends and family.
- *De-stress your brain.* Teach children and adults how to deal with daily stress in healthy ways.
- *Kill the ANTs.* Teach family, friends and co-workers how to talk back to negative thoughts.
- *Treat brain problems early.* See a professional if any family member is showing signs of mental health issues.

Here are some basic principles to keep in mind.

- The brain is involved in everything your family does.
- How your family, friends and co-workers think, feel, act, and interact has to do with the moment-by-moment functioning of their brains.
- When the brains work right, your family, friendships and co-workers tend to be effective, thoughtful, creative, and energetic.
- When the brains are troubled, there is an increased incidence of depression, anxiety, work or school performance, impulsivity, anger, inflexibility, memory, relationships, and addiction.
- Brain dysfunction, even when subtle, may be getting in the way of family and individual success.
- Optimizing brains optimizes individual, family and work success.

Stop Thinking About Yourself and Start Helping Others

People with active addictions tend to balance poor self-esteem with extreme narcissism. There are a few common sayings in the addiction field that sum up this self-absorption: *“I’m not much, but I’m all I think about”* and *“Enough about me, what do you think about me?”*

When you stop focusing so much on yourself and start looking outside yourself, you have reached the final stage in the recovery process. Learning to give back to your friends, family, and community through service provides the spiritual therapy that completes the four pillars of addiction and healing. Volunteering and serving others puts you back in touch with your core values and gives you a sense of purpose in life. It helps you feel like your life matters, and that is one of the best ways to break free of your addictions for good.

If the notion of volunteering is new to you, here are ten simple ways you can give back.

10 Ways to Give Back to Your Family and Community

- Do someone else’s chores around the house.
- Serve meals at a local homeless shelter.
- Participate in a charity walk or run. (It helps the charity and helps you get the exercise you need.)
- Visit patients in a local hospital or senior living facility.
- Walk dogs at a local shelter.
- Volunteer to pick up litter at local parks, beaches, mountains, or wilderness areas.
- Pull up weeds and plant flowers at a local school or church.
- Read books to children for story time at a library.
- Rake leaves, shovel snow, or do household repairs for an elderly neighbor.
- Offer to play guitar or sing during church services on Sundays.

What can I do? Write down some ways you can give back.

UNCHAIN YOUR BRAIN CHECKLIST

- ✓ Commit yourself to improving the brain health of your whole family.
- ✓ Seek friendships with other people who are living a brain healthy life.
- ✓ Give back to your family, friends, neighbors, and community.

Bonus Materials

Tab goes here

Boost Your Brain and Lose Your Belly with Brain Healthy Exercise

If you want to lose your belly, get smarter, and be happier, you have to get off your butt and move! Physical activity is one of the most important things you can do to burn calories, improve moods, and enhance brain function. Of course, exercise burns calories, which is one of the keys to weight loss. But burning calories isn't the only way that exercise can help you boost your brain and trim your waist.

Check out these exciting benefits of exercise:

- Turns off the obesity gene. Scientists have identified a gene variant, known in scientific circles as FTO rs9939609, that predisposes people to obesity. A Swedish research team found that people who had the gene variant but got at least 60 minutes daily of moderate to vigorous activity were no more likely to be overweight than those who had no copies. So even if you are genetically loaded to have a weight problem, you can blunt the effects of your genetic makeup. Your genes are NOT your destiny.
- Promotes the growth of new brain cells.
- Enhances memory.
- Boosts mood and fights depression.
- Eases anxiety.
- Reduces cravings.
- Helps in the treatment of addiction, including food addiction.
- Helps you handle stress better.
- Makes you choose healthier foods.
- Improves sleep, which can help with the regulation of appetite hormones.

To burn calories, promote weight loss, improve moods, and enhance brain function, I recommend:

- At least 30 minutes of aerobic activity at least 4-5 times a week.
- Coordination activities that incorporate aerobic activity and coordination moves like table tennis, tennis, and dancing. These are the best brain boosters of all.
- Strength training. It prevents cognitive decline and builds muscle to rev your metabolism so you can burn more calories throughout the day.

Check with your doctor before beginning any exercise program.

Boost Your Brain and Burn Calories With Bursts

Walking is good exercise, and a great place to start if you're new to exercising. But if you want a higher calorie burner, a faster fat burner, a greater mood enhancer, and a better brain booster, try burst training. It involves 60-second bursts at go-for-broke intensity followed by a few minutes of lower-intensity exertion. This is the type of workout I do, and it works. Do a 30-minute burst workout at least 4-5 times a week.

Check with your doctor before beginning any exercise program.

Sample 30-Minute Burst Training Workout

3 minutes	warm up
4 minutes	fast walking (walk like you are late)
1 minute	burst (run or walk as fast as you can)
4 minutes	fast walking
1 minute	burst
4 minutes	fast walking
1 minute	burst
4 minutes	fast walking
1 minutes	burst
4 minutes	fast walking
3 minutes	cool down

Rev Your Metabolism with Mental Exercise

Did you know that your brain uses 20 percent of your daily calories? The more active your brain is, the more energy it uses. The brain is like a muscle. The more you use it, the stronger it gets. New learning makes new connections in the brain, making you sharper and making your brain work more efficiently.

No learning actually causes the brain to disconnect itself. To keep the brain active, you need to give it a constant stream of new and different challenges. Acquiring new knowledge and new skills encourages brain health. I recommend doing mental exercises that work out many parts of your brain rather than only doing crossword puzzles or only playing memory games, for example.

Great mental exercises for specific brain areas:

- **Prefrontal cortex:** crossword puzzles, word games, meditation, hypnosis
- **Temporal lobes:** memory games, naming games
- **Basal ganglia:** deep breathing, hand-warming using mental imagery, deep relaxation
- **Deep limbic system:** practicing gratitude, killing ANTs (see Step 9)
- **Parietal lobes:** juggling, interior design
- **Cerebellum:** handwriting, calligraphy

Sign up for our online Brain Gym to keep your brain sharp. It helps you perform the mental gymnastics that can pump up your brainpower. Go to www.amenclinics.com to sign up.

Sign up for our free e-newsletter to help your brain. My team and I give you the latest developments in brain science and how it applies to your life. When you read the newsletter, it stretches your neurons because you're storing more information and exercising the storage and memory parts of your brain. Go to www.amenclinics.com to sign up.

50 Best Brain Foods

1. Almonds, raw
2. Almond milk, unsweetened
3. Apples
4. Asparagus
5. Avocados
6. Bananas
7. Barley
8. Beans
9. Bell peppers
10. Beets
11. Blackberries
12. Blueberries
13. Bok choy
14. Broccoli
15. Brussels sprouts
16. Cherries
17. Chicken, skinless
18. Coconut
19. Coconut oil
20. Egg whites, DHA enriched
21. Goji berries
22. Grapefruit
23. Herring
24. Kiwi
25. Lemons
26. Lentils
27. Limes
28. Oats
29. Olive oil
30. Oranges
31. Peaches
32. Pears
33. Peas
34. Plums
35. Pomegranates
36. Quinoa
37. Raspberries
38. Red grapes
39. Salmon, wild
40. Soybeans
41. Spinach
42. Strawberries
43. Tea, green
44. Tomatoes
45. Tuna
46. Turkey, skinless
47. Walnuts
48. Water
49. Yams/sweet potatoes
50. Yogurt, low-fat, sugar and artificial sweetener free (sweeten with stevia or low glycemic fruit, like blueberries)

Brain Healthy Shopping List

Whenever possible, buy organic, locally grown, unprocessed foods. For meats, try to only buy grass fed, hormone and antibiotic free products.

Produce

- | | | |
|---|---|--|
| <input type="checkbox"/> Acorn squash | <input type="checkbox"/> Corn | <input type="checkbox"/> Peaches* |
| <input type="checkbox"/> Apples* | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Pears* |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Peas* |
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Plums* |
| <input type="checkbox"/> Asparagus* | <input type="checkbox"/> Goji berries* | <input type="checkbox"/> Pomegranates* |
| <input type="checkbox"/> Avocados* | <input type="checkbox"/> Grapefruit* | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Bananas* | <input type="checkbox"/> Green beans | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Bell peppers
(yellow, green, red,
orange)* | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Raspberries* |
| <input type="checkbox"/> Beets* | <input type="checkbox"/> Jicama | <input type="checkbox"/> Plums* |
| <input type="checkbox"/> Blackberries* | <input type="checkbox"/> Kale | <input type="checkbox"/> Red grapes* |
| <input type="checkbox"/> Blueberries* | <input type="checkbox"/> Kiwi* | <input type="checkbox"/> Snap peas |
| <input type="checkbox"/> Bok choy* | <input type="checkbox"/> Leeks | <input type="checkbox"/> Soybeans* |
| <input type="checkbox"/> Broccoli* | <input type="checkbox"/> Lemons* | <input type="checkbox"/> Spaghetti squash |
| <input type="checkbox"/> Brussels sprouts* | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Spinach* |
| <input type="checkbox"/> Butternut squash | <input type="checkbox"/> Limes* | <input type="checkbox"/> Strawberries* |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Mangoes | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Mesclun | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Tomatoes* |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mustard greens | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Cherries* | <input type="checkbox"/> Okra | <input type="checkbox"/> Yams/sweet
potatoes* |
| <input type="checkbox"/> Coconut* | <input type="checkbox"/> Onions | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Collard greens | <input type="checkbox"/> Oranges* | |
| | <input type="checkbox"/> Papaya | |
| | <input type="checkbox"/> Parsnips | |

Meats & Seafood

- | | | |
|--|--|---|
| <input type="checkbox"/> Anchovies | <input type="checkbox"/> Halibut | <input type="checkbox"/> Sea bass |
| <input type="checkbox"/> Beef, lean cuts | <input type="checkbox"/> Herring* | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Chicken, ground
white meat | <input type="checkbox"/> Lamb | <input type="checkbox"/> Snapper |
| <input type="checkbox"/> Chicken, skinless* | <input type="checkbox"/> Lobster | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Clams | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Oysters | <input type="checkbox"/> Tuna* |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Salmon, wild* | <input type="checkbox"/> Turkey, ground
white meat |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Sardines | <input type="checkbox"/> Turkey, skinless* |
| | <input type="checkbox"/> Scallops | |

Refrigerated Products

- Cheese, low/nonfat
- Cottage cheese, low/nonfat
- Egg whites, DHA-enriched*
- Egg substitutes
- Guacamole
- Hummus
- Salsa
- Tofu
- Yogurt, unsweetened*

Beverages

- Almond milk, unsweetened*
- Coffee (decaf)
- Rice milk, unsweetened
- Soy milk, unsweetened
- Tea, black (decaf)
- Tea, green* (decaf)
- Tea, herbal (decaf)
- Water*

Beans

- Black beans*
- Black-eyed peas
- Fava beans
- Kidney beans
- Pinto beans*
- Garbanzo beans* (edamame)
- Lentils*
- Lima beans
- Navy beans
- Soybeans
- Split peas
- White beans

Breads, Cereals & Grains

- Barley*
- Brown rice
- Bulgur (cracked wheat)
- Oats*
- Quinoa*
- Whole wheat bread
- Whole wheat flour
- Whole wheat tortillas

Nuts & Oils

- Almond butter
- Almonds
- Almonds, raw*
- Coconut oil*
- Cashews
- Flaxseed oil
- Hazelnuts
- Olive oil*
- Olive oil spray
- Pecans
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts*

Spices, Seasonings & Dressings

- Balsamic vinegar
- Balsamic vinaigrette, low-fat/low-sugar
- Basil
- Cinnamon
- Curry/turmeric
- Garlic
- Ginger
- Marinara sauce, low-fat/low-sugar
- Marjoram
- Mustard
- Oregano
- Rosemary
- Saffron
- Sage
- Thyme

Snacks & Health Foods

- Applesauce, unsweetened
- Dark chocolate, low sugar
- Dried veggies, no added oil

Stevia

Whey protein

Xylitol

Frozen Foods

Chicken breasts

Fruits

Seafood

Turkey burgers

Veggie burgers

Veggies

Additional Resources

The Amen Solution Online Community (more information at www.amenclinics.com)

Register for this online program and:

- use calorie and BMI calculators
- track your progress
- keep an online food and brain health journal
- find brain healthy recipes for breakfast, lunch, dinner, snacks, and even desserts
- create a “My Motivation Page” to help keep you focused
- create an online version of your “One-Page Miracle”
- find interactive exercises to help you kill the ANTs
- find proven stress-management techniques
- find tips to bust your barriers

The Get Healthy Cookbook & Coaching Guide (available at www.amenclinics.com)

A cookbook that shows you how to make brain healthy meals the whole family will love.

The Amen Solution Daily Journal (available at www.amenclinics.com)

A printed daily journal that gives you daily calorie and brain healthy habit trackers, weekly progress charts, food calorie counts, and much more.