

# **The Fundamental Principles of Dr. Amen's Work in Psychiatry and Brain Health**

# Your Brain's INVOLVED In Everything You Do!!



➤ **How you...**

❖ **Think**

❖ **Feel**

❖ **Act**

❖ **Interact**

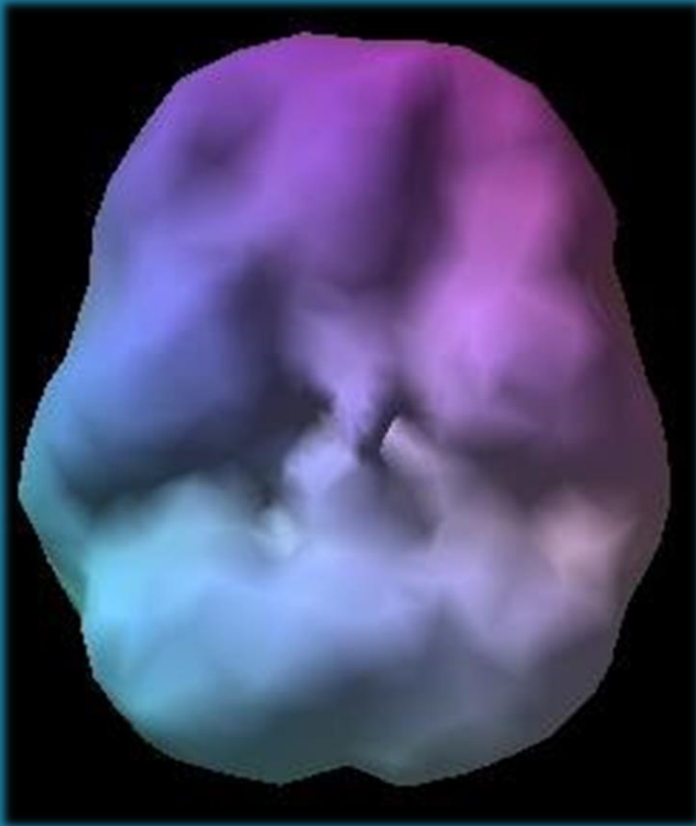
➤ **It is organ of...**

❖ **Judgment**

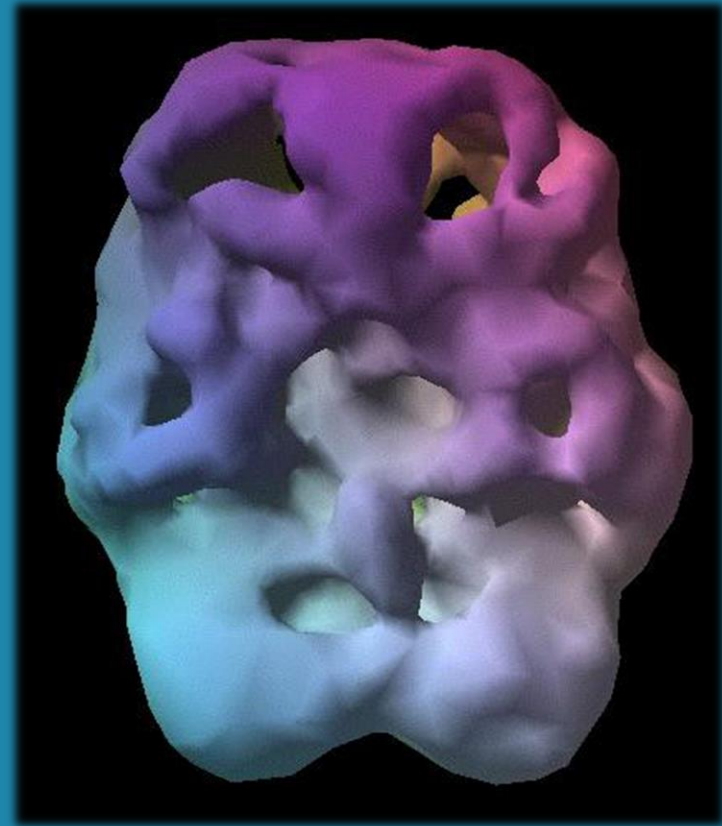
❖ **Personality**

❖ **Intelligence**

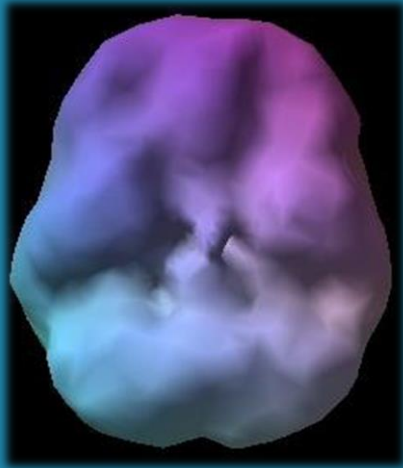
❖ **Decisions**



**When your brain  
works right – You work  
right**



**When your brain  
has trouble, you have  
trouble in your life**



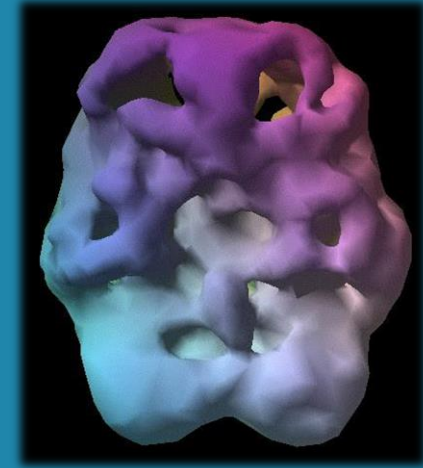
## Healthy Brain

**Happier**

**Healthier**

**Wealthier**

**More Successful**



## Unhealthy Brain

**Sadder**

**Sicker**

**Poor**

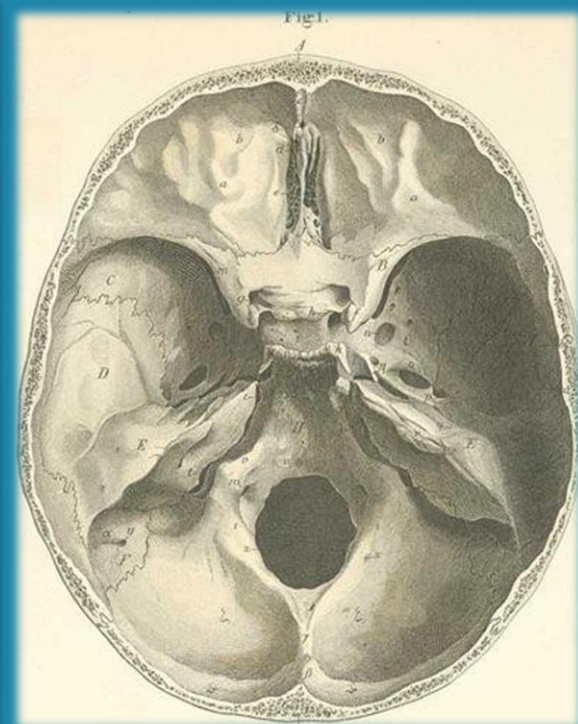
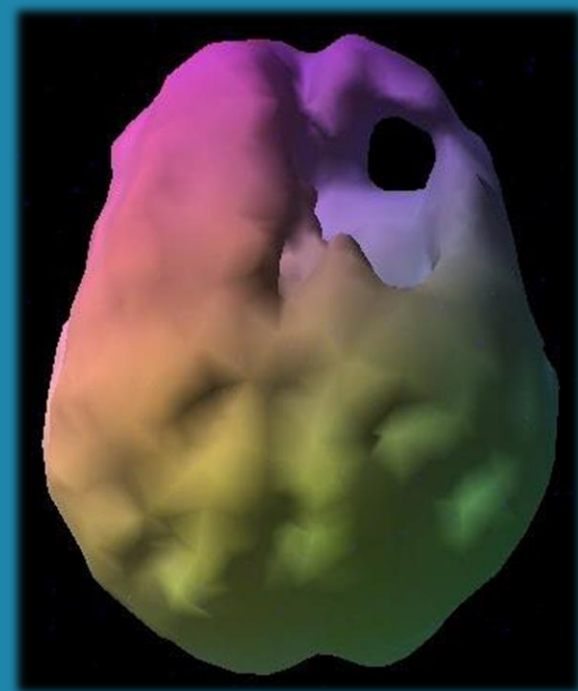
**Less Successful**

# **Brain is the Most Complex Organ**

- **100 billion neurons, trillions supporting cells**
- **More connections than stars in universe**
- **2% of body's weight, uses 20-30% of kcals**
- **20% of the oxygen and blood flow**
- **Your behavior accelerates brain aging!!**
- **Or it can decelerate it!!**

# The Brain is Very Soft and Housed in a Hard Skull

- The brain is very soft
  - ❖ Consistency of soft butter, tofu, custard or between an egg white and gelatin
- The skull is very hard
  - ❖ Many sharp ridges
- Brain Injuries Matter



# Hidden Trauma

Researchers link past brain trauma to:

- Alcoholism and drug abuse
- Homelessness
- Dementia
- Depression, anxiety attacks and suicide
- Learning problems
- How would you ever know unless you looked?



Burton, T: Studies Cite Head Injuries As Factor in Some Social Ills. Wall Street Journal January 29, 2008

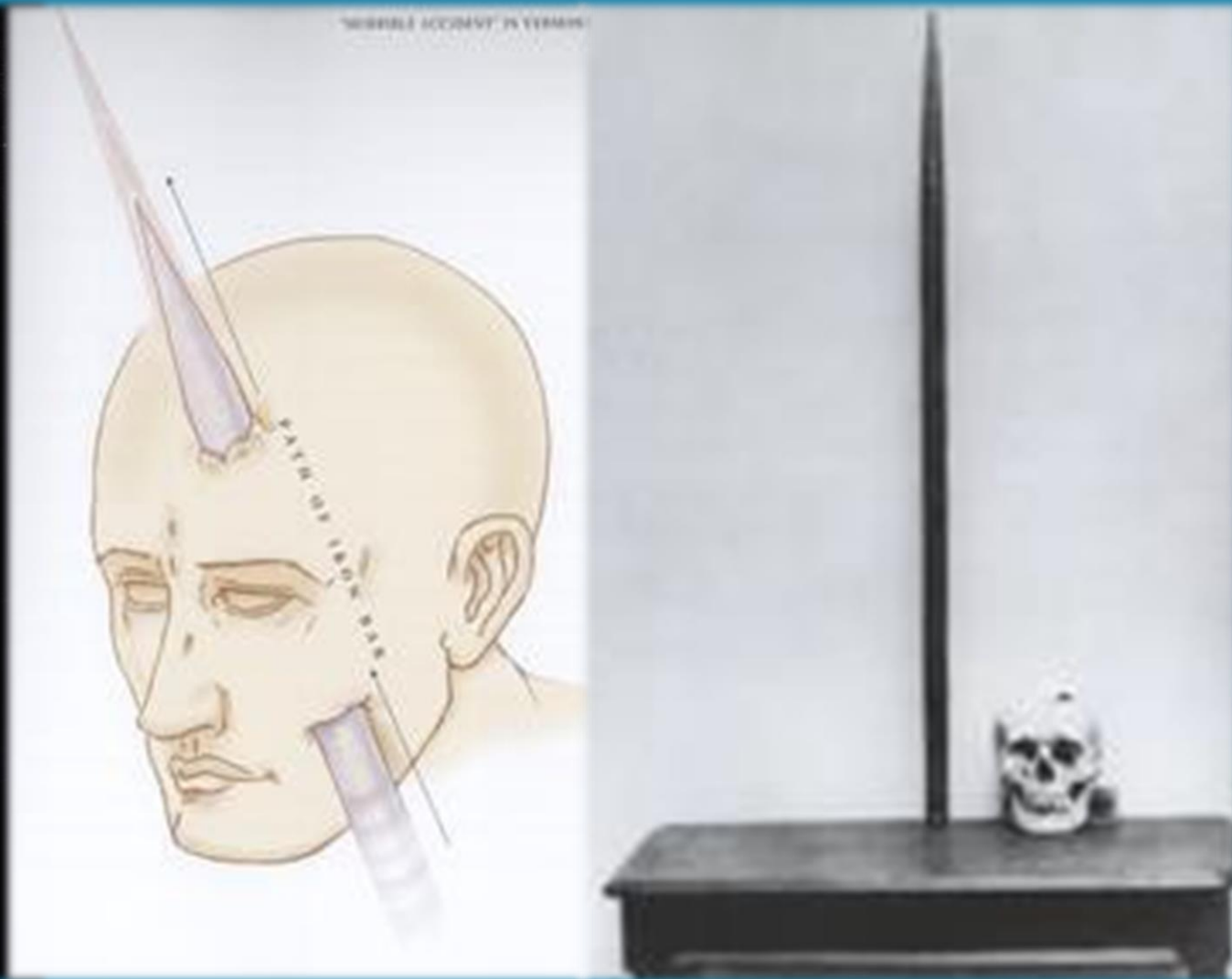
Courtesy Amen Clinics, Inc. [www.AmenClinics.com](http://www.AmenClinics.com)

# PHINEAS GAGE

A Gruesome but True Story About Brain Science

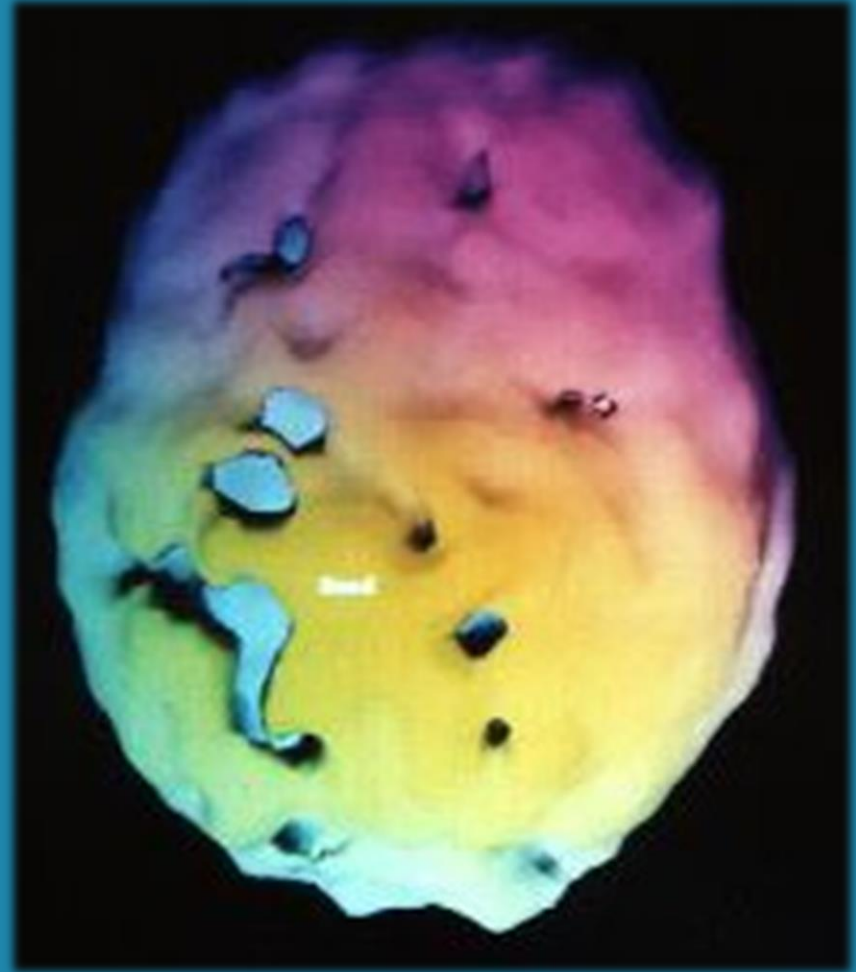
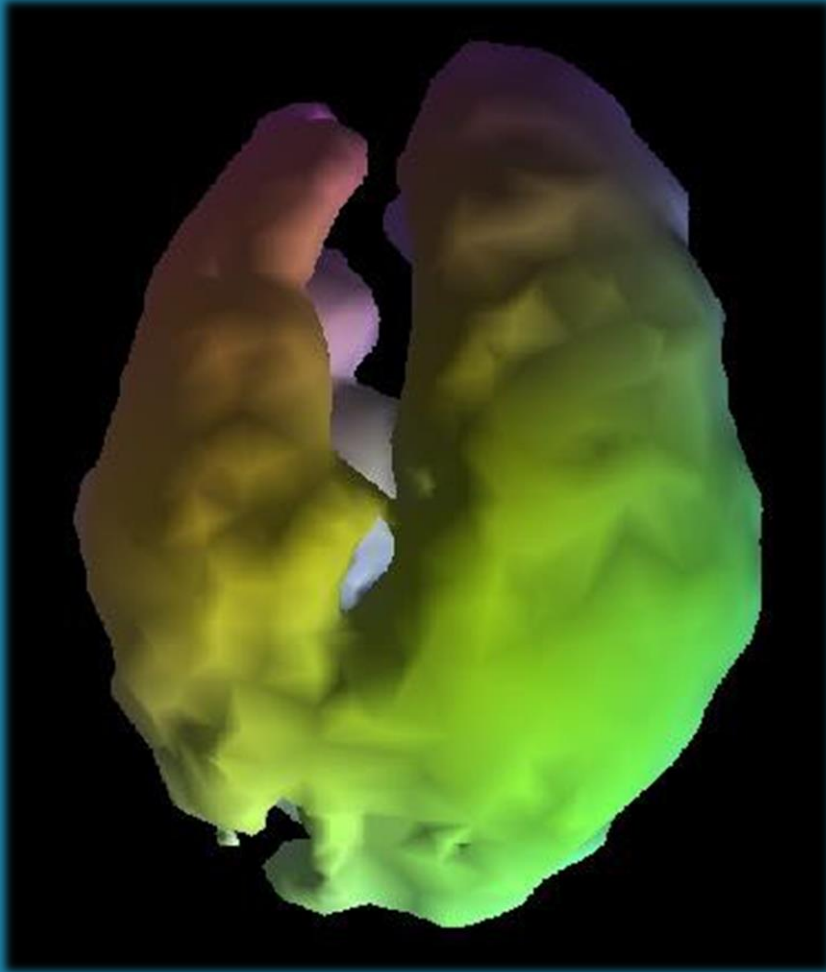


by JOHN FLEISCHMAN





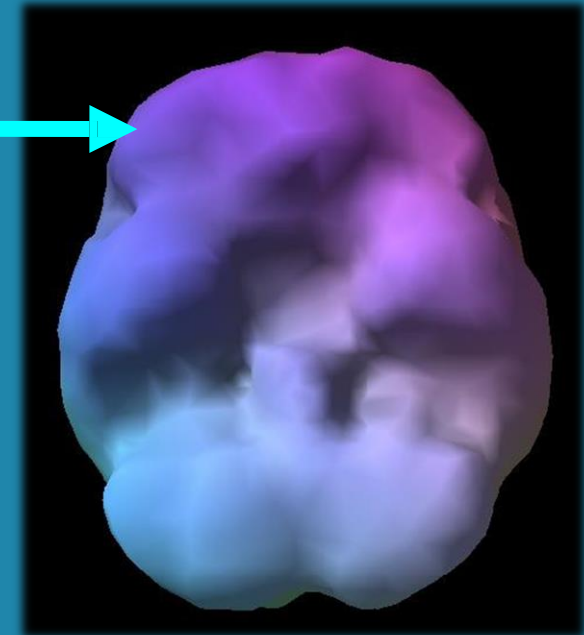
# Unrecognized Brain Injuries



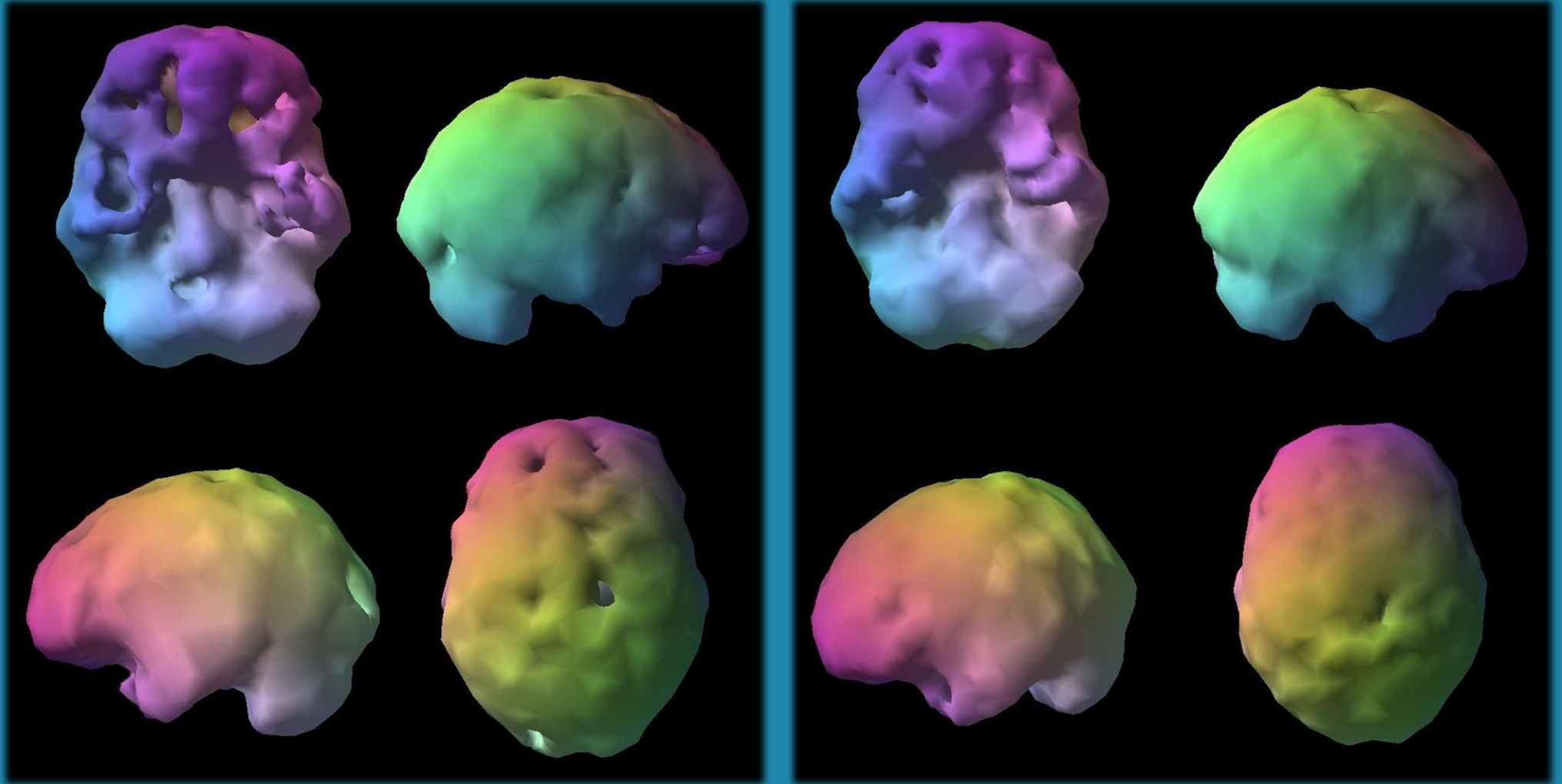
# TBIs Affect the Prefrontal Cortex 91% of the Time

## *The Brain's Jiminy Cricket*

- **Focus**
- **Forethought**
- **Impulse Control**
- **Organization**
- **Planning**
- **Judgment**
- **Empathy**
- **Insight and learning from mistakes**



# Forgotten Brain Trauma



**Before**

**After HBOT**

# Many Things Hurt the Brain

- **Brain injuries**
- **Drugs & alcohol**
- **Obesity**
- **Lack of activity**
- **Poor diet**
- **Insomnia/apnea**
- **Nicotine/caffeine**
- **Environmental toxins**
- **Diabetes, high BP**
- **Low O<sub>3</sub> ratio**
- **Low hormones**
- **Chronic stress**
- **Emotional trauma**
- **Untreated depression**
- **Poor decisions**
- **Unhealthy peer group**
- **Not knowing your own brain's vulnerability**

**But, how can I have any fun?**



# Many Things Help the Brain

## *It All Starts with “Brain Envy”*

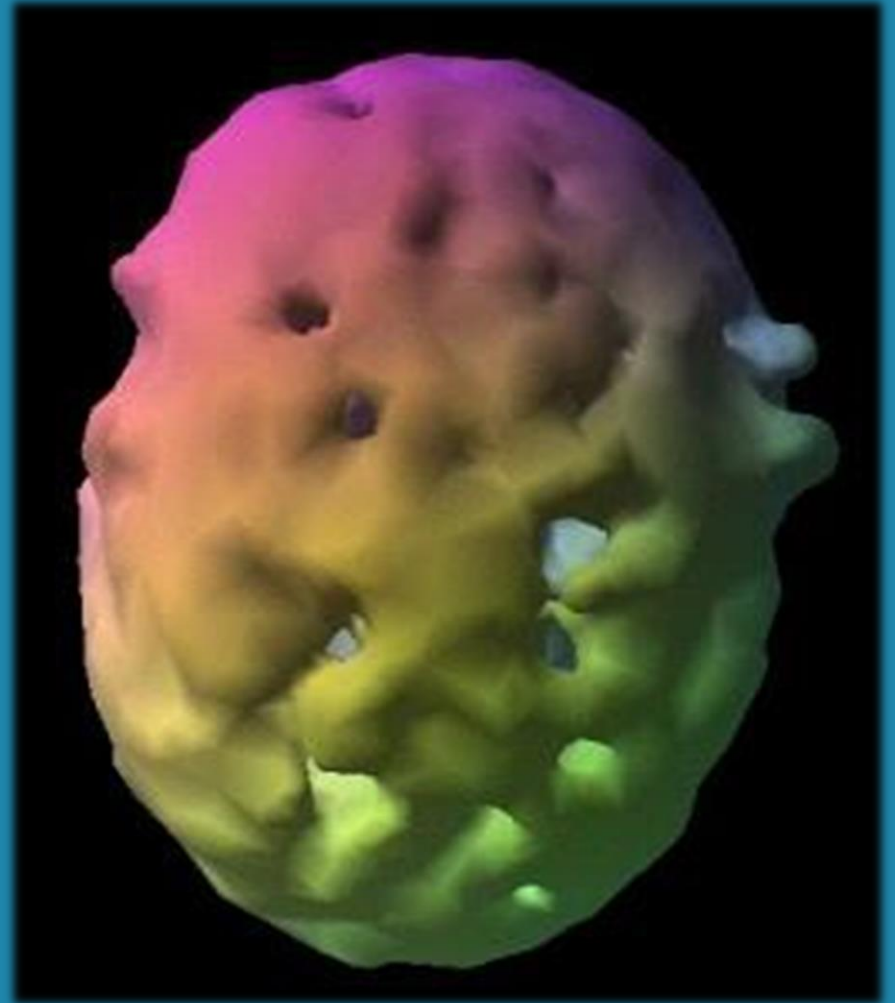
- Great decisions
- Mental workouts
- Activity
- Nutrition
- Sleep
- Clean environment
- Physical health
- Healthy weight
- Appropriate anxiety
- Satisfying relationships
- Positive peer group
- ANT Killing
- Stress management
- Supplements, such as MV, O3s, Vit D, brain nutrients
- Knowing the health of your brain

# U of M Business Professor Andy McGill



# Healthy

# Andy

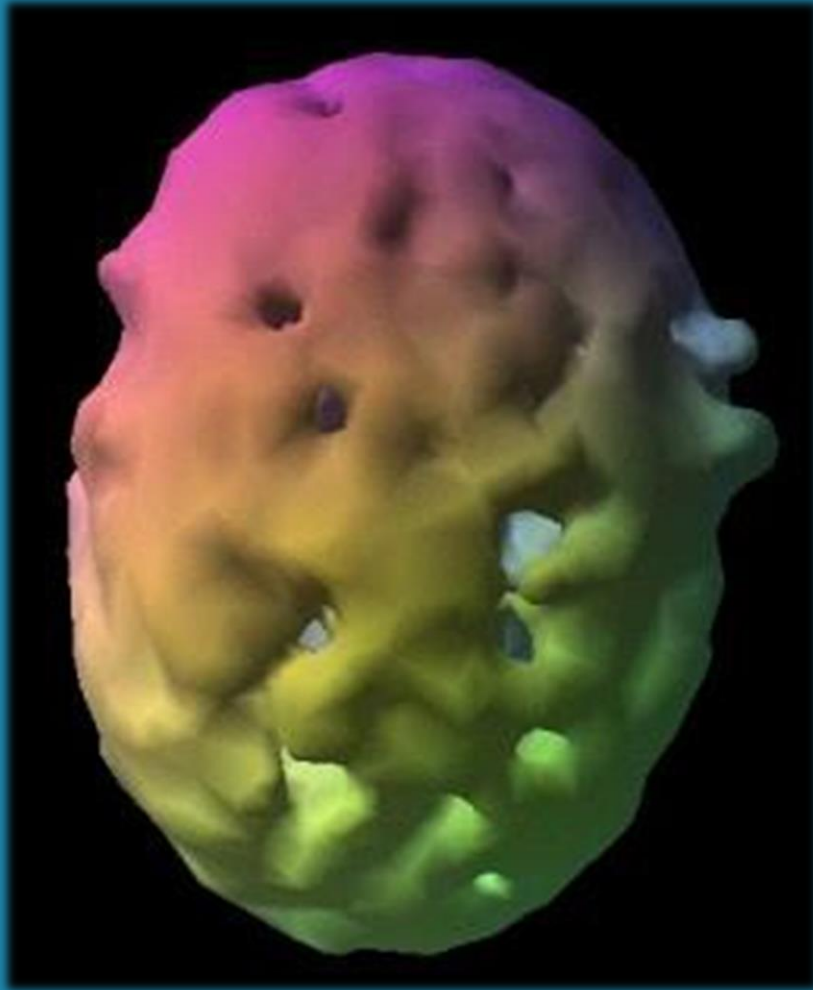




# Andy, 11 Years Later



# Andy's Brain Aged Backwards



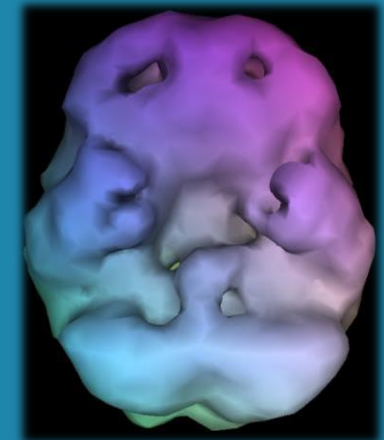
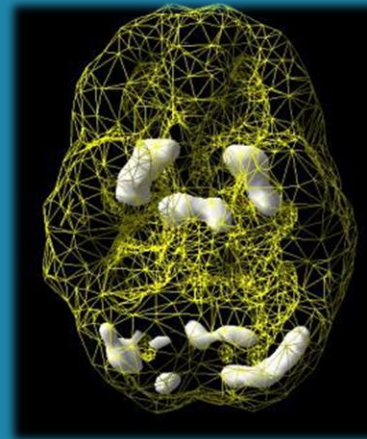
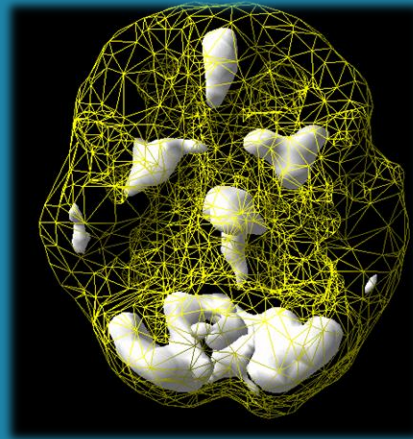
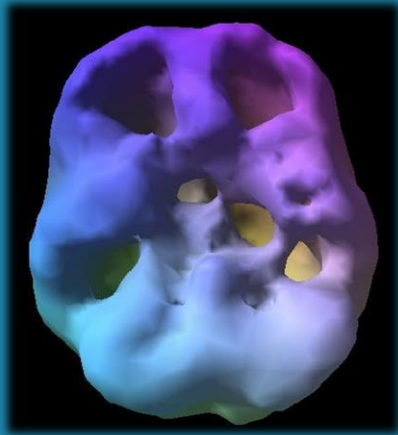
1999



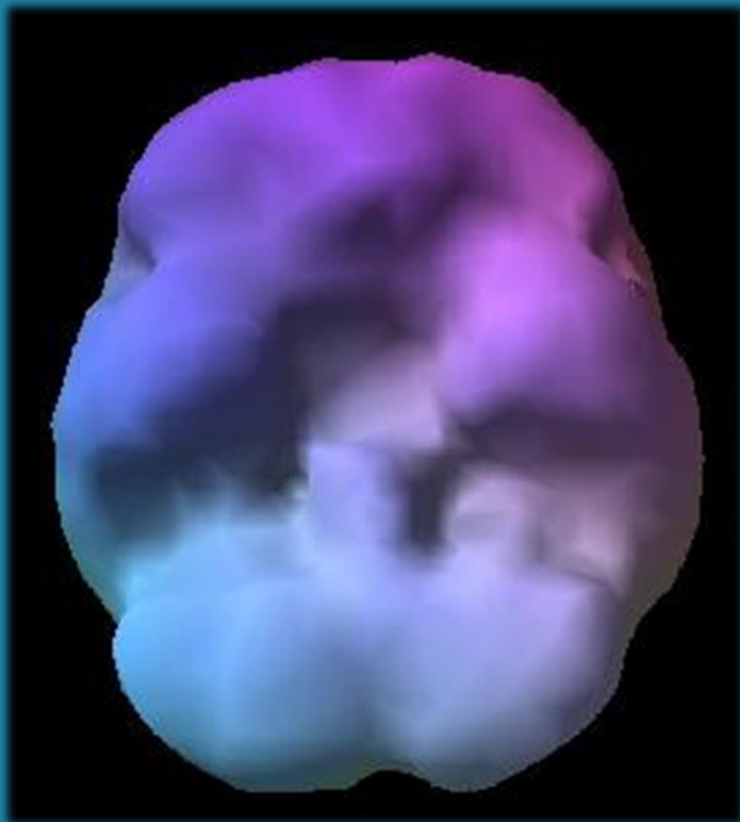
2010

# One Size Does Not Fit Everyone

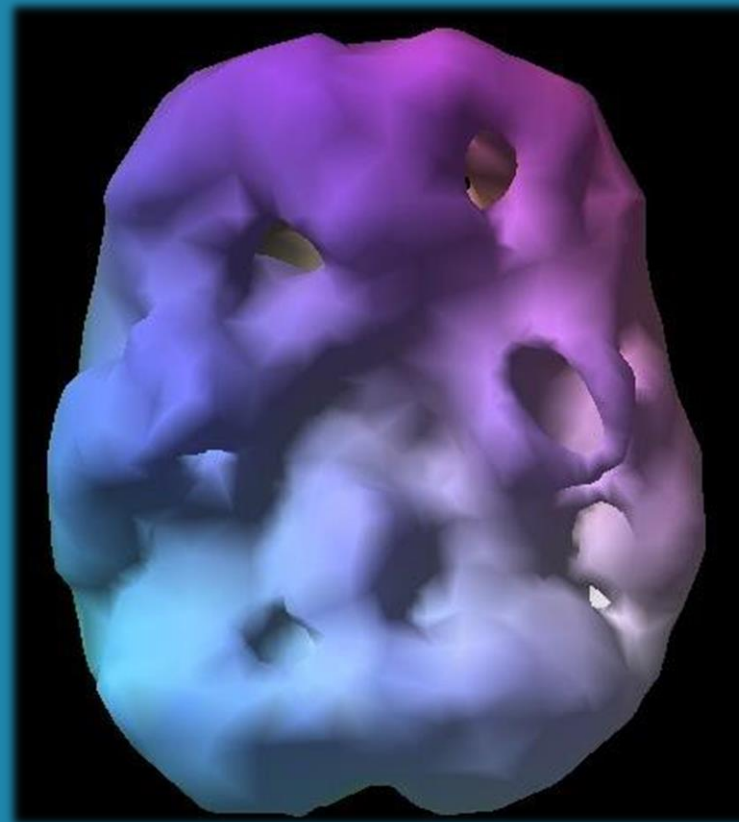
Most Problems, such as Obesity, ADD, or Depression, Are Not Single or Simple Disorders



# Functional Neuroimaging is an Essential Tool to Help People Who Suffer How Do You Know Unless You Look?



**Healthy Brain**

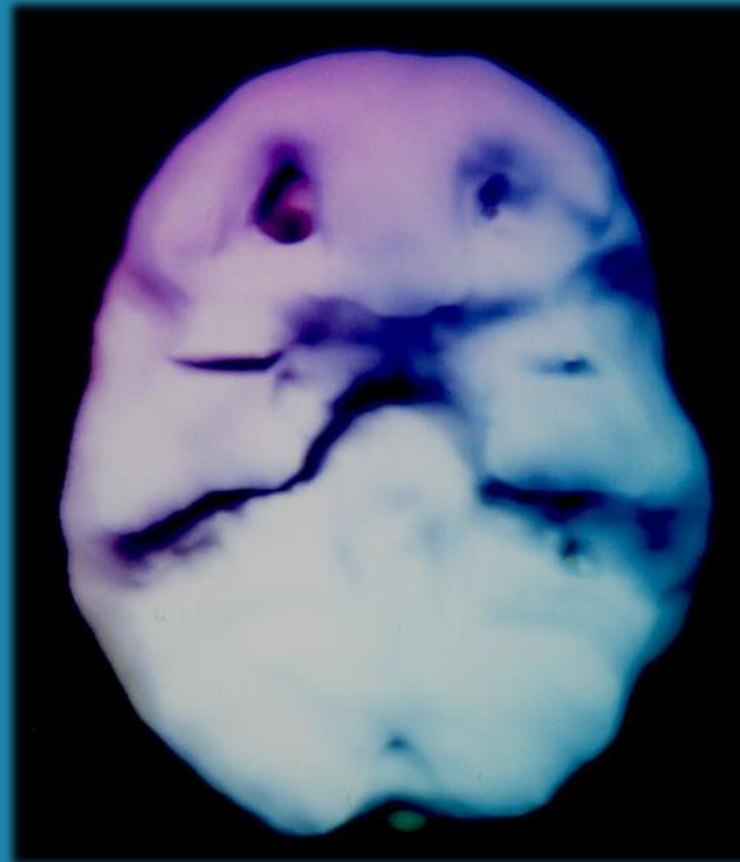
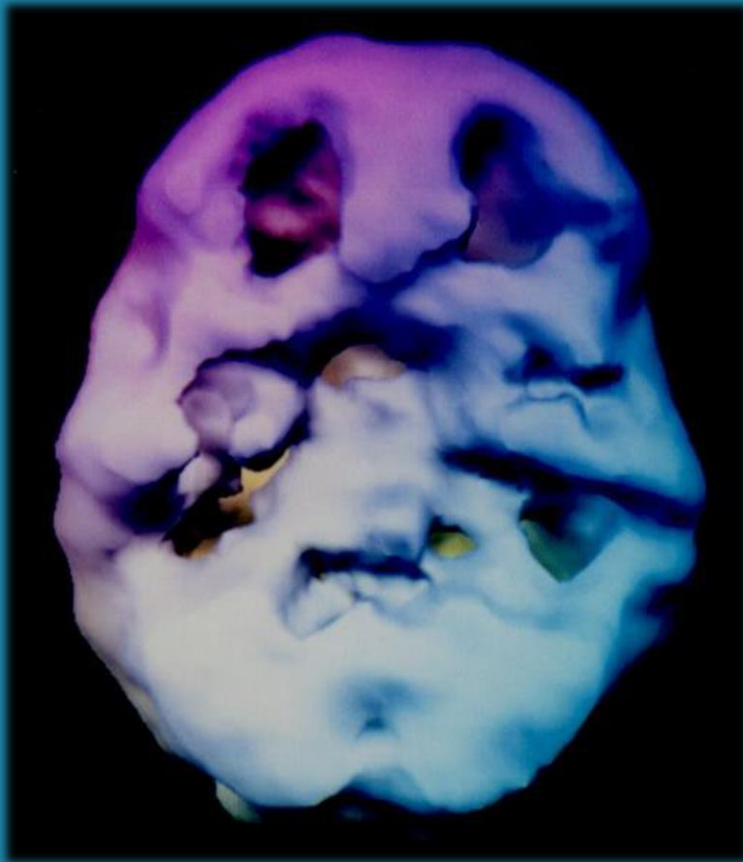


**Brain Trauma**

# The Brain Can Change

## Right Interventions Help

## Wrong Interventions Hurt



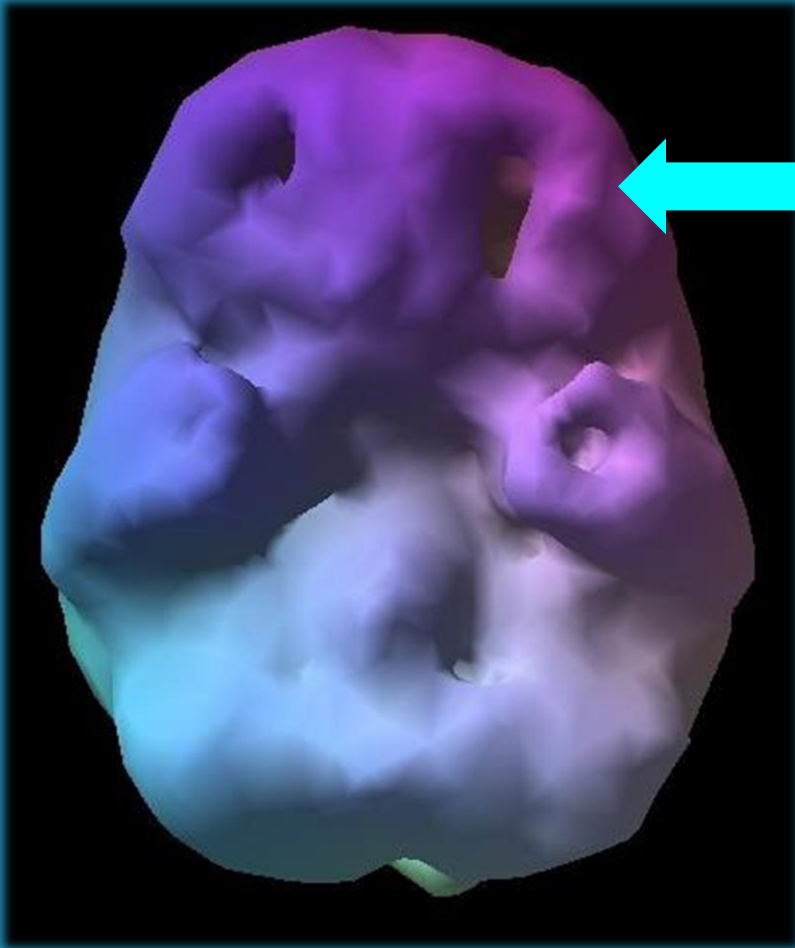
CHANGE YOUR  
**BRAIN**  
CHANGE YOUR  
**life**

*The Breakthrough Program for  
Conquering Anxiety, Depression,  
Obsessiveness, Anger,  
and Impulsiveness*

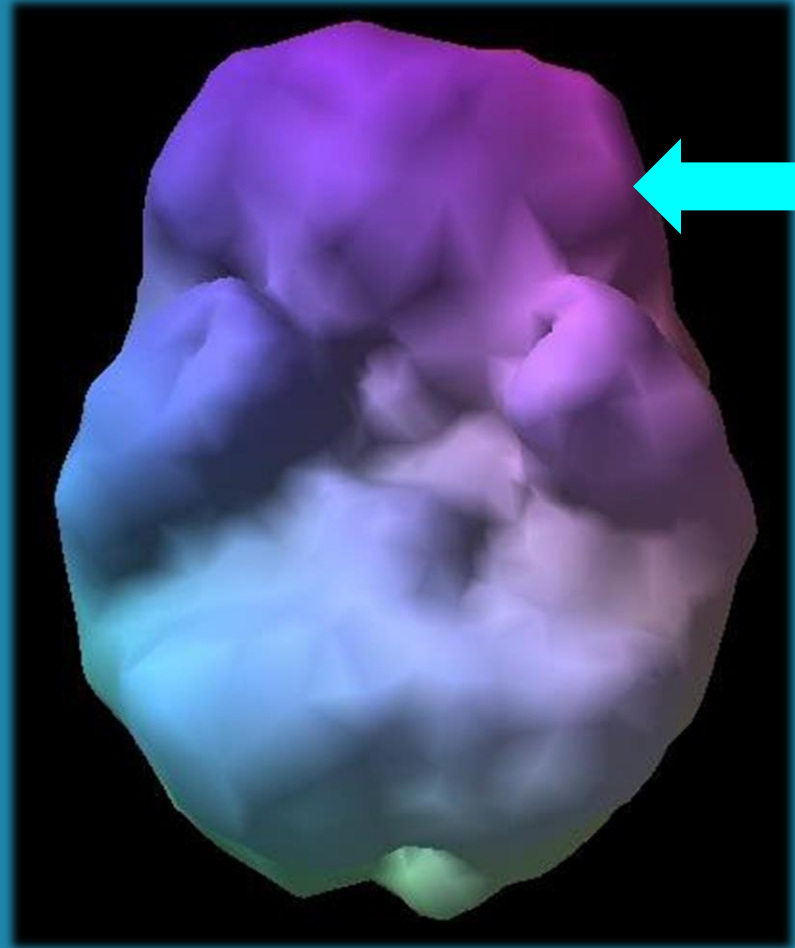
**Daniel G. Amen, M.D.**

NEW YORK  
TIMES  
BESTSELLER

# From Failure to Success

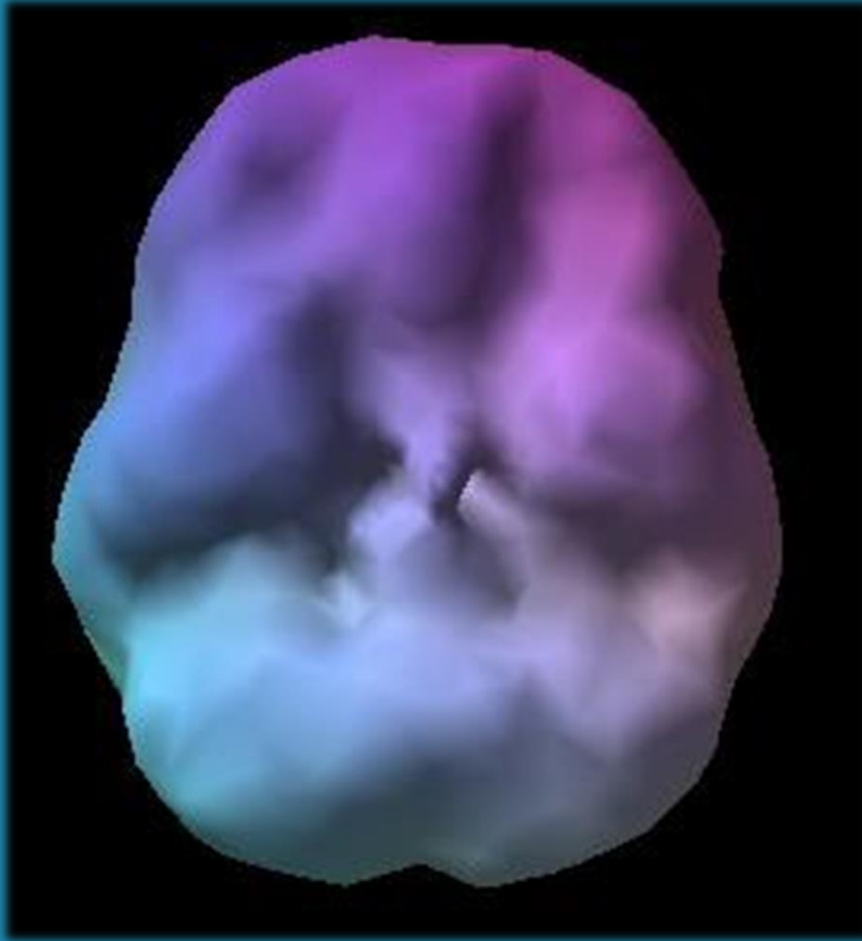


**Before**

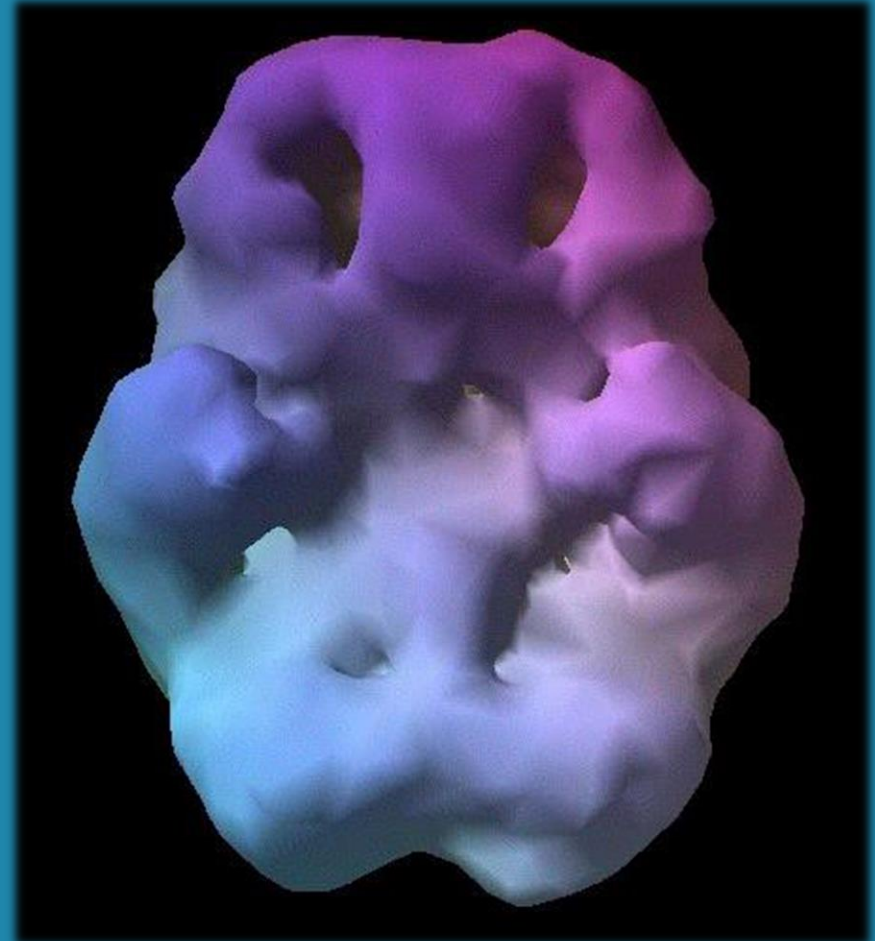


**After**

# Alzheimer's Vulnerability

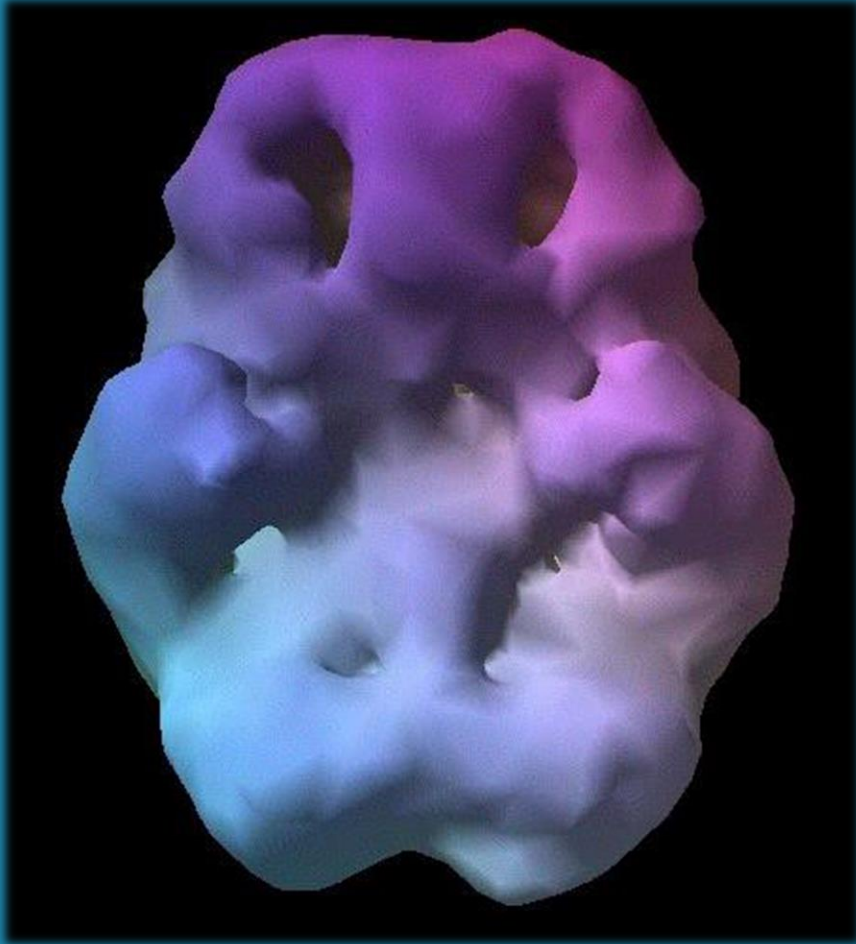


**Healthy**

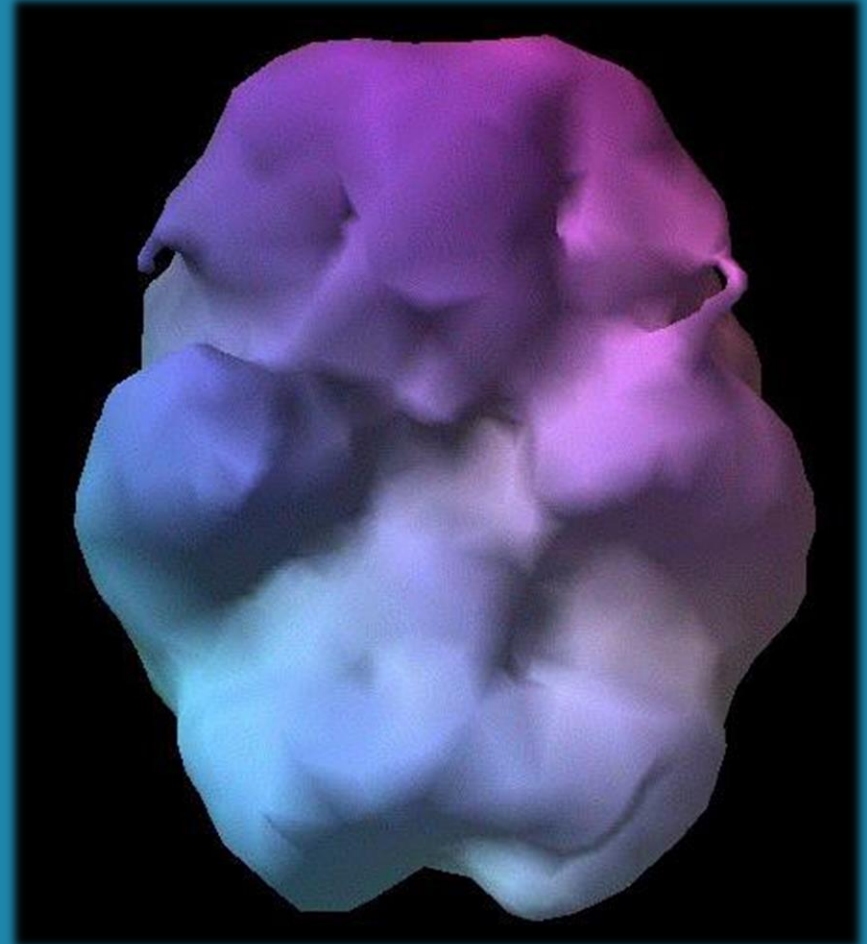


**Not Healthy**

# Before and After



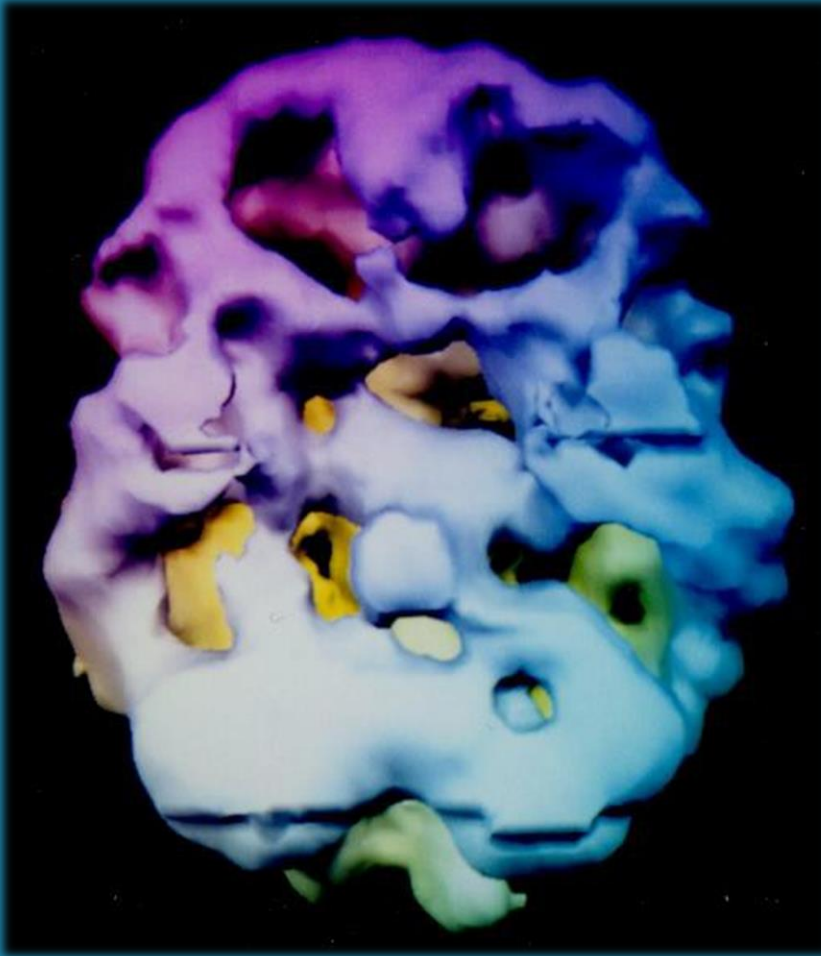
**Before**



**After**



# Schizophrenia



**No Medicine**



**1 Month on Risperdal**

Ultimately, it comes down to...

# WHICH BRAIN DO YOU WANT?

