

CREATING BRAIN-HEALTHY COMMUNITIES

Lesson 14 Guided Notes

Through epigenetics, a person's choices and behavior turn on or turn off specific genes that make illnesses more or less likely in themselves, their children, grandchildren, and great-grandchildren.



The most powerful of human motivation is our longing for connection to one another. Peer pressure leads to acts of great courage (or great harm) and can be used as a social cure to smoking, obesity, etc.

THE DANIEL PLAN

The *Daniel Plan* voluntarily enrolled thousands of people at Saddleback Church to help this community get healthy.

- After 12 months, they collectively lost 260,000 lbs.
- Participants reported improved energy, focus, creativity, sleep, and mood.
- Participants reduced stress, blood pressure, blood sugar, sexual dysfunction, and many medications.

COMPONENTS

Faith

Food

Fitness

Focus

Friends



CREATING BRAIN-HEALTHY PROGRAMS

For your team:

- Brain health education (Brain Envy, avoid bad, do good).
- Staff members should live the message as good examples to others.
- Support your team's health with discounts on supplements, gym memberships, etc.
- Encourage sleep, exercise, and new learning.
- Only have brain-healthy food out and ensure the environment is non-toxic.
- Staff commitment and camaraderie are critical to success.

A community of support (with coaches) for a brain-healthy life.



CREATING BRAIN-HEALTHY PROGRAMS FOR YOUR PATIENTS

Follow the model Dr. Amen has detailed throughout this course. Also, patients of Amen Clinics have access to the online brain-health program *Brain Fit Life*. This program is available to anyone who wishes to join. The 12 steps of it are:

- Know your brain type – via an assessment
- Brain gym – games for memory, attention, mental agility, mood, etc.
- Know your motivation – *The One Page Miracle*
- Know your numbers - identify healthy and out-of-range numbers, with recommendations to improve numbers
- Journal – to track progress
- Nutrition – 300 brain-healthy recipes
- Exercise plans
- Kill the ANTs
- Soothe your stress – guided imagery, hypnosis audios, etc.
- Supplements
- Barriers – how to overcome them