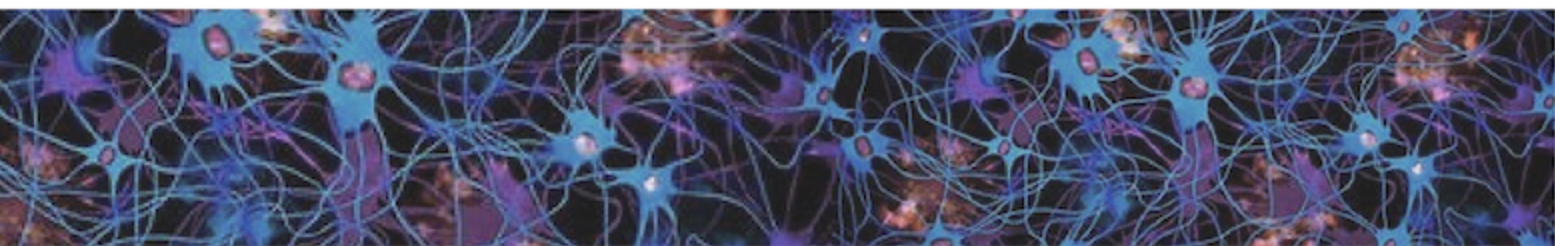


MINDBODY MED

NEWSLETTER



HOW TO TRICK YOUR BRAIN FOR HAPPINESS

BY DR. RICK HANSON

We have started to better understand what happens in the brain during states of happiness, gratitude, resilience, love, compassion, and so forth. This in turn, means we can strengthen them and increasingly cultivate positive states in the mind. Below are 3 facts on how to do this.

FACT 1: As the brain changes the mind changes for better or worse

RELAX! Stress releases cortisol in the brain which eats away at the hippocampus making it more difficult to build new memories.

FACT 2: As the mind changes the brain changes

People who meditate regularly are shown to have thicker brains especially later in life when cortical thinning is an issue.

FACT 3: You can use the mind to change the brain to change the mind for the better

"Self-directed neuroplasticity" is the practice of rewiring your brain by focusing on the good.

With these three things in mind we can make a plan to train ourselves into happiness. Everyday for three weeks: Meditate for 10 minutes. Write three things you're grateful for from the prior day. Send one letter/email/note thanking another person for something.

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**Referrals
are the best
compliment!!**



WHAT ARE NOOTROPICS

WITH THE ADVENT AND ABUSE OF "SMART DRUGS" (ADDERALL, RITALIN, ETC) THERE HAS BEEN A MOVEMENT TOWARDS FINDING HEALTHY AND SAFE WAYS TO BOOST COGNITION THROUGH SUPPLIMENTATION. THESE CHEMICALS ARE REFERRED TO AS NOOTROPICS. BELOW WE WILL LIST THREE COMMONS ONES.

1. CAFFEINE + L-THEANINE

Long been studied for its ability to lower stress, aid cognition, and improve mood and cognitive performance when combined.

2. LIONS MANE

A large body of research has proven its ability to stimulate nerve growth and the ability to regenerate peripheral nerves damaged through blunt force trauma injuries.

3. THEOBROMINE

Considered a central nervous system stimulant similar to caffeine that is more subtle and lasts longer.



ONE WAY EXERCISE HELPS THE BRAIN

We all know that exercise is not only beneficial to our bodies, but also for our brains, but why? One reason is because of a protein called Brain Derived Neurotropic Factor (BDNF). It promotes cognition as well as the formation of new neurons. High intensity exercise with intervals has been found to boost BDNF production by up to 5X.

“Our brains
renew
themselves
throughout life
to an extent
previously
thought not
possible.”

MICHAEL
GAZZANIGA

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