

# Change Your Brain, Change Your Life

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## Success Starts Here

- Lacking sleep, diet soda, football leads to a bad brain.
  - But can you change? Yep, healthy habits . . . brain plasticity.

## 9 Principles to Change Your Brain and Everything In Your Life

1. Your brain is involved in everything you do.
2. When your brain works right - you work right; when your brain has trouble, you have trouble in your life (free will?)
  - a. An unhealthy brain doesn't have the opportunity to make good decisions like a healthy brain does.
  - b. Healthy brain - happier, healthier, wealthier, more successful
3. Brain is most complex organ
  - a. No computer can simulate it
  - b. It means your diet, clean air, cardiovascular system matters
4. Brain is very soft but housed in a hard skull
  - a. It's like butter or thick jello.
5. Many things hurt the brain
  - a. Think dirty app
6. Many things help the brain - It starts with "brain envy."
  - a. Sleep, nutrition, clean environment, mental workouts and new learning
7. One size does not fit all
8. Imaging provides a powerful outlook on life
9. You can change your brain

## "Happy Genetics"

- A female is born with all of her eggs . . . so everything a woman is doing years prior to pregnancy is actually affecting the health of the future child.

## Training in Biofeedback . . . everyone should be (according to our speaker)

- Similarly, neurofeedback has developed - which is better than prescription drugs
  - Individuals can monitor brain waves and consequently control cognitive processes

## SPECT Scans

- Most active part of the brain . . . cerebellum - it has half of the brain's neurons
  - Children should learn to play music, racket sports, dance
- Alzheimer's starts in your brain decades before you see the symptoms
  - Don't wait to get well . . . it'll be too late
- TBI

- Mild traumatic brain injury ruins your life and no one realizes it. Too many times individuals are going to therapy rather than having these SPECT scans.
- Drug Abuse
  - “Brain thrive by 25”
  - When your brain works right, you work right.
  - Don’t use drugs - even pot consumption.
    - Neither pot nor alcohol are beneficial.
- OCD

#### Quotes

- According to the U.S. government, 51% of Americans have some sort of psychiatric disorder; it’s almost “normal” to have issues - something’s wrong here.
- Can you rehabilitate individuals with brain damage - bad temperament, other issues? Yep.
- Today, we have a problem. We are making diagnoses based off a process (DSM) that was established 150 years ago. Our diagnoses should be based off of brain scans rather than symptom clusters.
  - Psychiatrists are the only medical specialists who rarely look at the organ they treat - this must change. Brain scans must be used.
- The level of damage for the brain for playing football is the equivalent of consuming cocaine.
- People who drink a little (or a lot) alcohol every day have smaller brains; in this case, size does matter . . . you want a bigger brain.
- As your weight goes up, the size of your brain goes down - especially when it comes to frontal lobe activity.
- Vitamin D? Increases leptin levels which decreases appetite
- Caffeine restricts blood flow to the brain

#### 4 Circles - Interventions for “bad brains” need to be based off of these . . .

- Biology
  - Exercise
  - Diet
  - Hormones
- Psychology
  - How do you think?
- Social
  - Who do you hang out with?
- Spiritual
  - Why are you here on the planet?
  - What is your purpose?
  - What is your relationship with the future?

#### Prefrontal Cortex

- Conscience
- Focus
- Forethought
- Impulse Control
- Empathy
- Insight and learning

#### Prefrontal Cortex Support

- Goal setting
- Exercise
- Brain rehab strategies
- HBOT

#### Anterior Cingulate Function

- Gear Shifter - error detection
- But when it works too hard (more of a female issue)
  - Worries, grudges, compulsions, addictions
    - Boost serotonin levels to compensate for this
    - Birth control decreases serotonin levels
- AC Help
  - Distraction, options, exercise

#### Basal Ganglia/Insula - Anxiety Centers

- Blends feeling and movement
  - Work too hard . . .
    - Anxiety and Panic