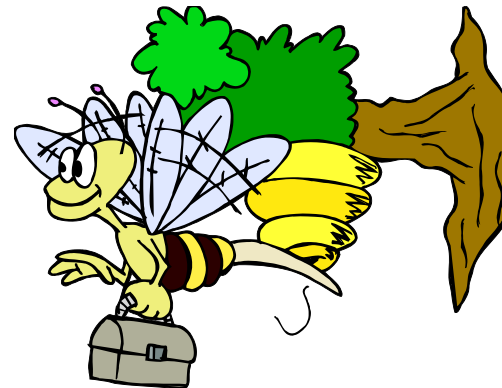




Presents

What Successful Thinkers Need . . .

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Brain References



The BIG Question

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What does a
Successful Thinker need?



It's very simple:

- **A fully-functioning brain!**

Everything starts and ends in your brain

The Next Question

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How do you maintain a fully-functioning brain?



It's very simple:

- **By taking take good care of it!**

You have been leased a brain and body to use on this planet—you are both its user and its guardian and only you can do it

The Third Question

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How do you take good care of your brain?

It's very simple:



- **You follow guidelines that have been shown to keep your brain fully-functioning for as long as possible**

And what is good for the brain is also good for the immune system

No Owner's Manual!

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There is no owner's manual for the brain, but it needs nourishment (mental and physical), repair, and proper management all the same



Exposing your brain to toxins (e.g., alcohol and tobacco are toxic) is to misuse it . . . anger and fear, stress and depression, are also a type of misuse

**—Depak Chopra & Rudolph E. Tanzi, *Super Brain*
Professor of Neurology Harvard Medical School**

The Age of the Brain

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The human brain is the most complex mass of protoplasm on earth—perhaps even in our Galaxy



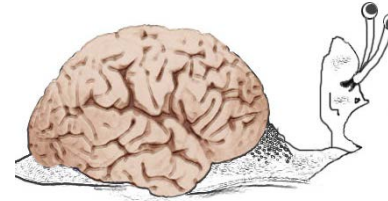
—Diamond and Scheibel

Fortunately brain imaging and other studies are shedding light on how to care for the most impressive patch of real-estate on the planet—your own brain

It's all about Energy . . .

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All you are is energy—as you age, your amount of brain energy diminishes; taking care of your brain helps to provide energy for you to be a successful thinker

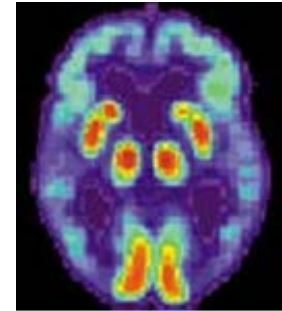


How long you live and how “well” you are while you live depends largely on the health of your brain and its available energy

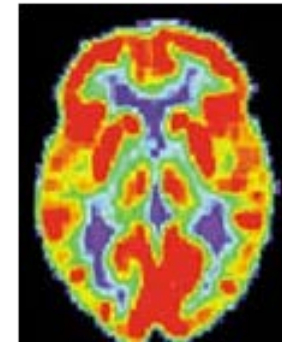
Prevention Is Better Than Cure

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Most people become aware of the need to care for their brain only when they begin to notice a decrease in brain function,



You can prevent some problems, slow down the development of others—and be confident that you have done your best with the brain that has been leased to you



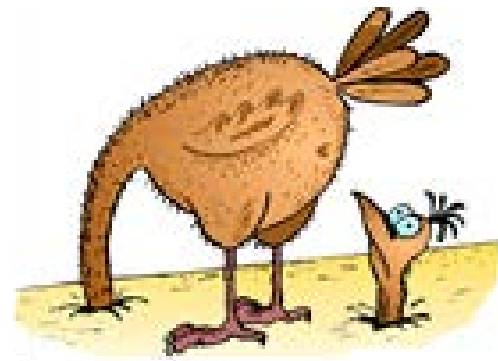
Use or Be Used

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Use your brain and avoid letting it use you

Examples of your brain using you:

- **Toxic memories**
- **Road rage**
- **Wounds of old traumas**
- **Bad habits you hung on to**
- **Out-of-control addictions**



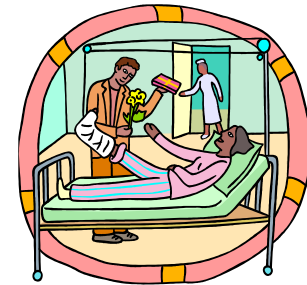
—Chopra & Tanzi, Super Brain

Avoid These Four!

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Four simple direct threats are reliably known to be consistently bad for brain function, health, and longevity

- 1. Toxins and poisons (drugs, smoking, vehicle exhaust)**
- 2. Radioactivity (scans, x-rays)**
- 3. Infectious organisms**
- 4. Trauma (especially to the head)**





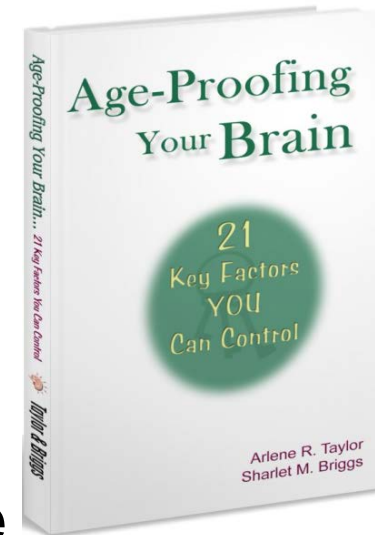
Key Factors

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Multiple studies have identified the importance of taking care of your brain

Brian Bothe MD: More than half the factors that have been found to impact aging and the brain are within your partial if not complete control

Following are eight of those factors . . .



#1 - Live a Positive Mindset

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**Positive thoughts create positive energy;
negative thoughts create negative energy**

Be serious about life but avoid taking every little thing too seriously—stop taking things personally, jumping to conclusions, and over-reacting...

Always tell yourself and others what you want to have happen in positive language and avoid negatives or stating what you don't want



#2 - Drink Adequate Water

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The brain is more than three-fourths water and needs 8-15 glasses per day depending on weather and activity levels

Estimates: majority of people over age 55 in USA are dehydrated—a major contributor to premature aging, lack of energy, and headaches



Except for a few medical conditions, drink to achieve two clear urines per day

#3 – Get Physical Exercise

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The brain has no muscles and needs physical exercise to bring oxygen and food to the brain and remove waste products via blood flow

Get thirty minutes of physical exercise every day and include: aerobic, balance, stretching, and flexibility exercises



Intermittent activity is best for brain and heart health (walk fast then slow)

#4 – Ensure Adequate Sleep

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Every brain has an optimum level of sleep (7-9 hours)

Sleep deprivation can drain energy, accelerate the aging process, interfere with brain function and suppress the immune system

During sleep, cells produce neurotrophins (food for neurons) and neurotransmitters (brain chemicals) and consolidates learning



#5 - Eat Mindfully

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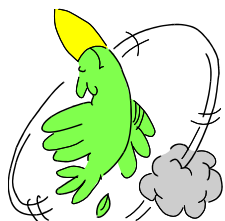
Lean toward a Mediterranean style of eating and eat when you are actually “hungry”

Eat slightly fewer calories at each meal (two bites of dessert only); low saturated fats; low sugar; low salt; low refined foods

Minimize snacking; pay attention to what you eat, when, how fast, and your mindset while you eat



Read labels; avoid anything ending in “ate”



Green Superfoods

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“Green superfoods may be the nearest to a perfect food this planet offers”

- ✓ Increase mental efficiency
- ✓ Help to reduce food cravings
- ✓ Contain 1/3 of known enzymes
- ✓ Revitalize and energize aging cells



**—A Report from The American
Commission on Anti-Aging**

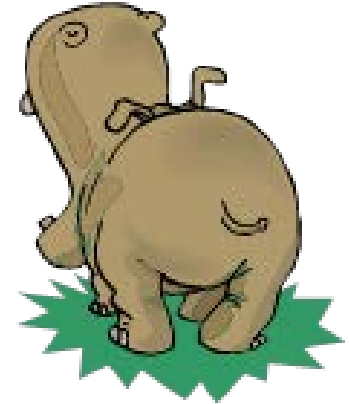
#6 - Maintain Optimal Weight

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**Packing around extra pounds
is lethal for brain function**

**It's hard on the heart! Estimates
are that the heart pumps blood
through 100 miles of capillaries for every
pound above optimal weight**

**In females, obesity increases the risk of
dementia substantially**



#7 - Manage Stress

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The brain is the first body system to recognize stressors



Unmanaged stress can increase levels of cortisol (stress chemical) that can kill neurons in the hippocampus, the brain's search engine

Be anxious about nothing!

Schedule opportunities for relaxation and play on a regular basis

Live the 20:80 Rule

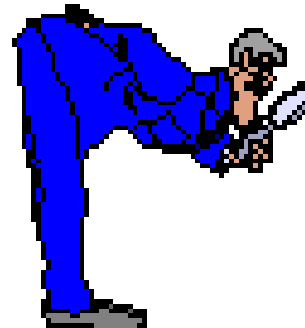
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It's not so much what happens to you that matters as what you think about what happens to you

—Epictetus, 2nd century Greek philosopher

20% of the negative effect to the brain is due to the event; 80% is due to the importance you give to the event

You can do everything about the 80% because you create it by your thoughts...



#8 - Spirituality

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The brain is innately spiritual

**Hone your spirituality: gratitude,
your life vision, what evokes a
sense of “awe” in your brain and heart**



**Health and spirituality are connected—
a grateful heart nourishes the bones**

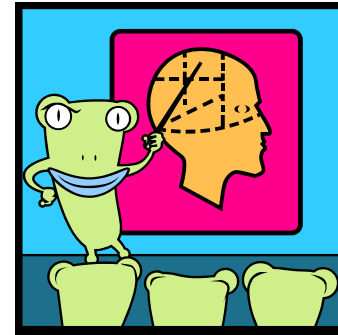
**(e.g., bodies of runners who meditated while
exercising functioned more effectively;
individuals who attended church regularly
had fewer illnesses than those who did not)**



Brain Care **FIRST**

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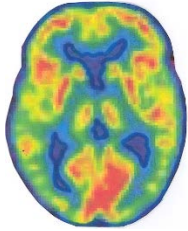
**My high-level-wellness
lifestyle is brain-friendly**



**What I do, I do first and
foremost for my brain**

Take care of your brain first!

**Every action you take can pay you huge
dividends for the rest of your life**



Your Bottom Line

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**There is nothing like your brain
Nothing in this world—
There is nothing you can name
That is anything like your brain!**



—With apologies to “South Pacific”

**Make 2013 your best year
yet as a *Successful Thinker!***

Arlene R. Taylor PhD



Ask Dr. Taylor what energizes her and she'll likely reply, "This is the age of the brain! As a brain-function specialist I love to share information that can help people use their brains more effectively—by design."

A member of the *National Speakers Association*, Taylor was selected 1989 alumna of the year by the LLU Nursing Alumni Association. She holds earned doctorates in Health & Human Services and in Clinical Counseling. Contact her and/or request SynapSez[®] her free quarterly electronic Brain Bulletin at www.arlenetaylor.org