



## 7 Components of a Brain Friendly Lifestyle

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Brain References  
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[www.LLM.life](http://www.LLM.life)



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# ‘Age of the Brain’

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*If you think you can or you think you  
can't, you're right* —Henry Ford



**Everything starts in your brain**

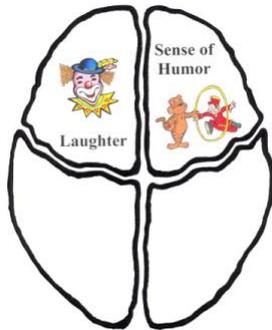
**Your brain can only do what it thinks it can, and  
it's your job to tell your brain what it can do**

**Emerging research conclusions are showing how  
to care for the brain—here are 7 components of a  
brain friendly lifestyle**

# # 1 - Brain & Happiness

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*A happy heart is good medicine* —Old Proverb



**Humor and laughter are beneficial to your health — and are good for both your brain and immune system**



**Mirthful laughter reduces stress hormones (that suppress the immune system) and increase levels of immune globulins that fight against viruses . . .**



# Benefits of Laughter

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- **Enhances communication between the two hemispheres (thinking!)**
- **Helps with learning, storage of data, and retrieval of information (memory!)**
- **Aids digestion, provides pain relief, helps avoid constipation (health!)**

**You need a minimum of thirty (30) mirthful laughs a day to be healthy—learn to laugh at yourself and you'll have an unending supply (you're the only person who will be with you your entire life)**

# Optimism and Health

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**Health benefits that optimism may provide include:**

- ✓ **Increased life span**
- ✓ **Lower rates of depression**
- ✓ **Lower levels of distress**
- ✓ **Greater resistance to colds**
- ✓ **Better psychological and physical well-being**
- ✓ **Reduced risk of death from cardiovascular disease**
- ✓ **Better coping skills during hardships / stress**



*Put on a  
happy face!*

# Embrace optimism

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**New research on people over age 65 is the latest scientific endorsement of an optimistic outlook**

**—US National Institute of Aging**

- ✓ **Optimism was associated with a reduced likelihood of cognitive impairment over time**
- ✓ **Better eating and exercising habits**
- ✓ **Less likely to suffer strokes and heart attacks**
- ✓ **Better problem solving and judgement**
- ✓ **Fewer memory problems**
- ✓ **Beneficial health-related outcomes among cancer survivors**

# #2 - Brain & Meditation-Prayer

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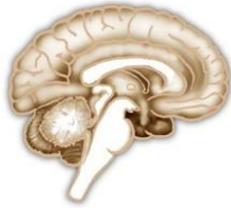
**Prayer is a form of meditation**

**Studies have shown that personal meditative prayer—pondering, meditating—provides the greatest personal benefits**

- **Can decrease metabolic activity**
- **Can increase blood flow to frontal, parietal, temporal, and limbic areas**
- **May trigger deafferentation (pain relief)**



**—Andrew Newberg MD  
Cofounder of Neurotheology**



# Benefits

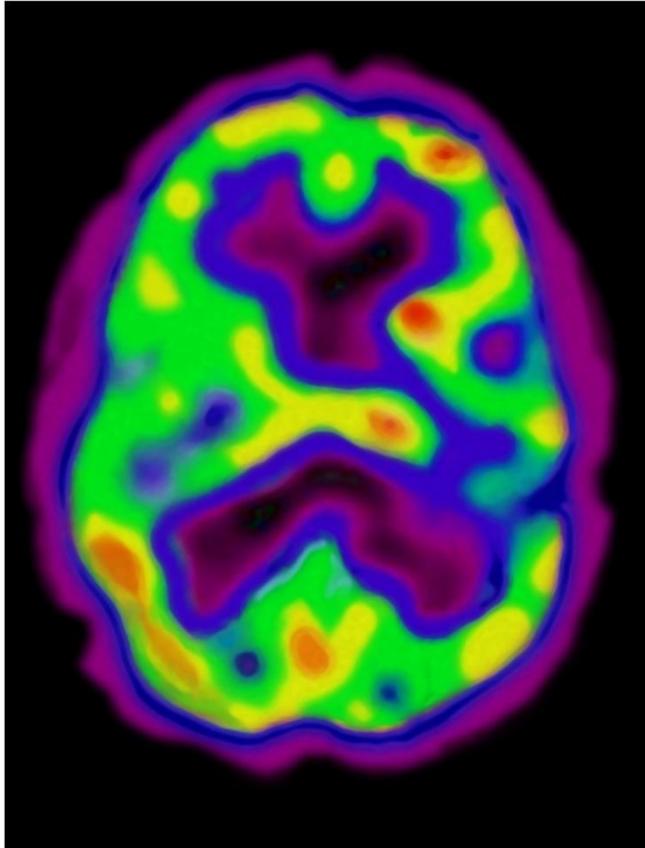
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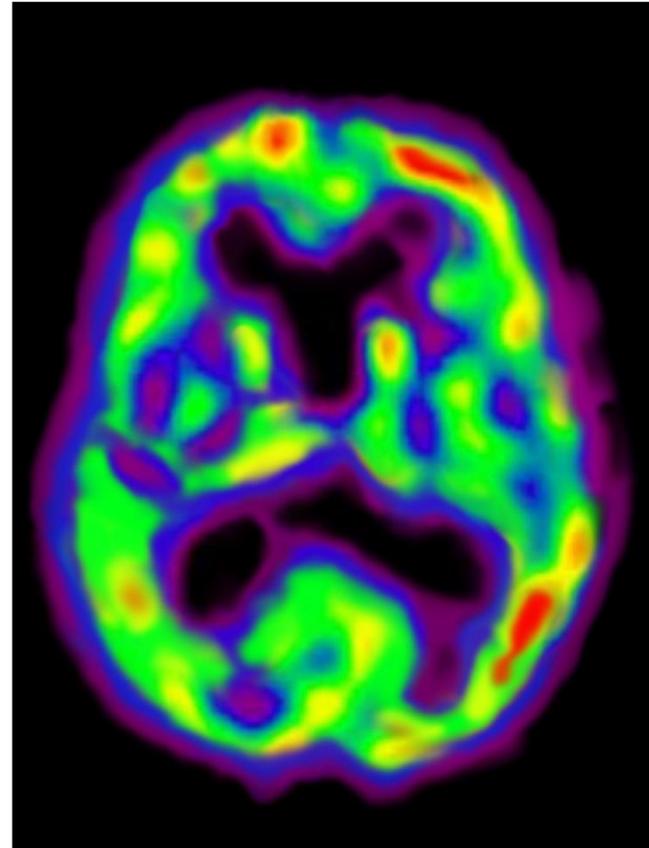
**Prayer has been found to positively impact high blood pressure, heart attacks, wound healing, headaches, and anxiety—and can give you some control over the way in which your brain ages**

**Prayer/meditation can improve memory: study participants who prayed and / or reflected in a quiet, comfortable place for at least twelve minutes each day, experienced significant improvements in their memory**

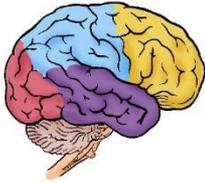
**PET Scan (not praying)**



**PET Scan (praying)**

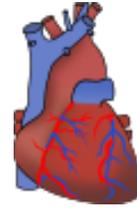


**Prayer, if done regularly for at least 12 minutes daily, may slow age-related decline of the frontal lobes**



## #3 – Brain & Heart

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**Your heart is more than just a muscular pump;  
Studies have shown that it contains neurons that  
look just like brain neurons, use the same  
neurotrophic food, and ‘think’**

**The heart has its own independent nervous system  
with at least 40,000 neurons (as many as are found  
in various subcortical sections of the brain); there  
is a two-way nervous system relay between the  
brain and the heart**

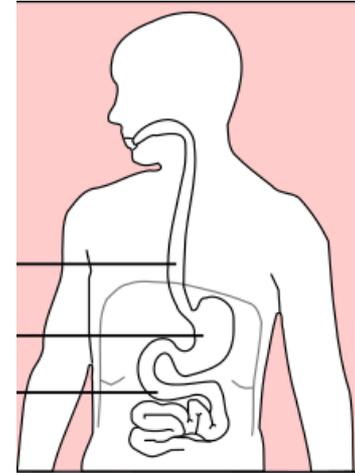
**—Doc Childre and Howard Martin**

***The HeartMath Solution***

# And There's More

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**The Enteric Nervous System or ENS also contains neurons, perhaps as many as are in the spinal cord—far more than in any other peripheral body organ, even your heart**



**Some are now even suggesting that there may be as many neurons in your ENS as there are in your brain! ENS neurons use more than thirty neurotransmitters, most of which are identical to those in the brain and central nervous system**

# ENS and Brain Chemicals

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**The Enteric Nervous System also contains:**

- **90 percent of all the serotonin in brain - body**
- **50 percent of all the dopamine in brain - body**

**Perhaps because of this, the ENS has been called a *second brain***

**Some are now referring to Irritable Bowel Syndrome or IBS as an 'Enteric Neuropathy'**



# Thinking

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**You ‘*think*’ with your brain neurons—but you also ‘*think*’ with your heart neurons and gut neurons**

**Your choices matter:**

- **Eat and drink**
- **Read, watch, and play**
- **How you behave**
- **Thoughts you harbor and ponder**



**The vagus nerve connects the brain and the ENS, which helps explain the reason children cry and get stomach aches when parents argue and fight**

# #4 - Brain & Worry

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*Worry is a total waste of time. It doesn't change anything. All it does is steal your joy and keep you very busy doing nothing.* —Unknown

**Worry and anxiety are forms of fear that are energy eaters and can downshift the brain – focusing its energy and attention toward lower brain levels, which keeps the stress response stimulated and can decrease judgement, health, and longevity...**



**Seek help if you are having difficulty managing worry and anxiety**

# Negative Consequences

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**Worry and anxiety trigger stress hormones that can have serious consequences over time (to creatures and human beings, including:**

- **Immune system suppression**
- **Increased digestive disorders**
- **Increased muscle tension**
- **Short-term memory loss**
- **Premature coronary artery disease / heart attacks, depression, and even suicidal thoughts**





# **Stop Worrying!**

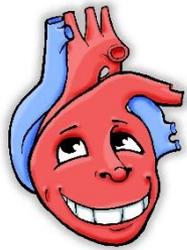
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**Problem-solve, yes, but dump worry and anxiety as they never solve anything, reduce your ability to brainstorm, and trigger the stress response**

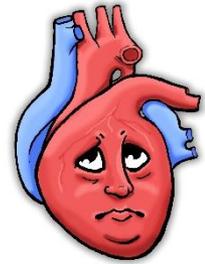
**Use strategies to move away from fear:**

- 1. Identify something humorous about the situation and laugh about it**
- 2. Be grateful for something as fear and gratitude cannot coexist in the brain simultaneously**

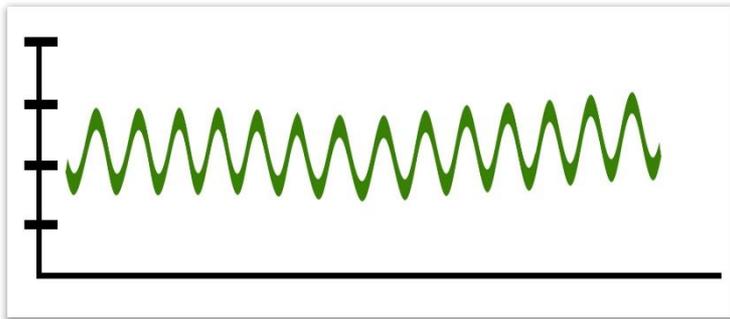


# #5 - Brain & Gratitude

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**Gratitude, kindness, and appreciation promote smooth and relatively even heart patterns, while frustration has a negative impact on heart patterns**



**Gratitude heart patterns**



**Frustration heart patterns**

# Benefits of Gratitude

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*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.*

—Melody Beattie

**Studies have shown that gratitude provides the antidote to fear and improves problem solving**



**An attitude of gratitude promotes congruence of thoughts, emotions, and feelings to increase gratefulness; and it improves problem solving and your health**



# Embrace Gratitude

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*Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough* —Oprah Winfrey

- ✓ Find the silver lining—the gift—you always get something when you must give up something
- ✓ Identify what you can learn and avoid (insofar as possible) similar situations in the future
- ✓ There is always something for which to be grateful ...

# #6 – Brain & Study

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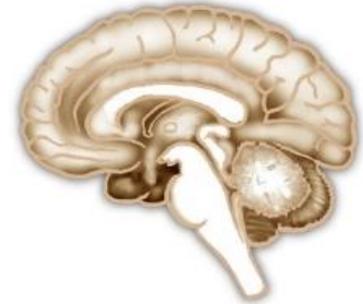
**Some do not study, others study but ignore what they learn and fail to practically apply it, while some study and are approved...**

**You get *approved* for a passport, a marriage license, a divorce, adoption, TSA Precheck, and for leasing a vehicle . . .**

**You have been leased a *living vehicle* to use on this planet—there's no evidence you'll be taking your leased living vehicle any place else with you—guidelines exist on how best to care for it**

# Are You Studying?

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**You only know what you know ; you can only do what you know; you can only know if you study and learn . . .**

***Learning is not attained by chance—it must be sought for with ardor and attended to with diligence* —Abigail Adams (1744 - 1818)**

**Are you studying how best to care for the *living vehicle* that you just lease, especially the science about brain function?**



# Bottom Line

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*The chief function of your body is to carry your  
brain around* —Thomas Alva Edison

**That shows the importance that Edison placed  
upon the brain**

**Will the care of your leased living vehicle be  
approved when it comes time to turn it in?**

**My brain's opinion is that this includes refusing to  
abuse your own brain and body (or that of others)  
and preventing others from doing so to yours**

# #7 - Brain & Knowledge

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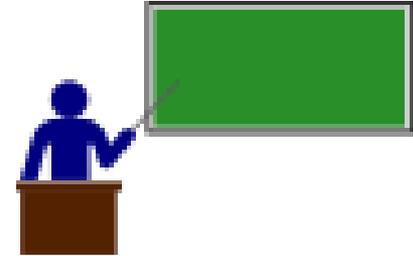
**This is the *information* age, yet people perish right, left, and center**

**The news is filled with examples of well-known individuals who have perished because of their own choices . . .**

**They may have had the information but it appears that they lacked the practical application of knowledge—information and knowledge are not the same thing**

# Information

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**Information - a noun from the Latin verb *informare* (to inform an idea of, to teach)**

**Defined as that which informs (including facts, figures, and data) and from which knowledge can be derived**



**Vehicle metaphor: you have facts and data about the vehicle, how it works, and how to care for it**



# Knowledge

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**Knowledge – a noun likely from Old English (to know and denoting action or practice)**

**Defined as understanding something through learning, by experience of practical application, by evaluating the outcome (negative or positive?) and course correcting as needed**

**Vehicle metaphor: you have honed the skills to care for and operate the vehicle wisely, safely, and appropriately—and you do it consistently**



# Human Challenge

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*It is not that I do not know what to do—it is that I do not do what I know* —Confucius (551-479 BC)

Acquiring knowledge, especially that most elusive self-knowledge, requires: awareness, intention, a choice to learn, daily practical application of knowledge using willpower, consistent effort, and ongoing evaluation ... become your own sleuth!

*The unexamined life is not worth living* —Socrates

# **Do It for You & for Others**

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**When you KNOW better you  
can DO better . . .**

**You are the only person who can  
create a brain-friendly lifestyle for you**

**Live a brain friendly high-level healthiness lifestyle  
that can help you prosper and be in good health  
and stay younger longer—a gift for you and for  
those you love**

