



Brain Health



Yes, we are aging.

Every day. That's a simple fact of life. But we're also living longer than ever before and we have a remarkable opportunity to enjoy our longevity by making

good choices, and paying attention to the role of **healthy cognitive function (HCF)** in our overall ability to live - and age - with vitality, grace and dignity.

Healthy cognitive function means we're able to *retain our ability to think, learn, and remember*. We can mentally reason, concentrate, make plans, evaluate and organize information in a variety of ways.

Genetics, lifestyle, and environmental factors are associated with cognitive function. While we can't do too much about inherited risk factors, *we can preserve and even enhance brain health with a few simple lifestyle practices*. Here are some tips for keeping your brain active, healthy and sharp:

Never Stop Learning

Ongoing research shows the brain is able to evolve and learn across the lifespan. The key is to keep those neurons (brain cells) engaged. Actively seek to learn and experience new things. Read a variety of types of books and magazines. Play Sudoku, chess or other games that involve problem solving. Use an iPad. Travel. Learn a new language. Take (or teach) a class. This kind of mental stimulation helps your brain form new memories, strengthens existing memories, and creates new neural connections.

'Brain Health' is continued...

Find out how you can benefit from
IV Nutrient Therapy

Visit our IV Health Services Page: vitahealthcenter.com/ivtherapy

Brain Health, cont.

Move That Body

Research indicates exercise improves connections among brain cells and may reduce risk for dementia. Aim for 30 minutes of exercise, five days per week unless otherwise advised by your physician.

Protect Your Brain

If you smoke or frequently drink alcohol it's akin to draining the brain's natural resources. Smoking interferes with healthy blood circulation, not just in the body but also to the brain. Alcohol impairs communication between neurons and causes long-term changes in brain chemicals involved with memory, emotion, and coordination. Certain prescription medicines (or a combination of medicines) can affect cognition, memory or thinking. If you experience such changes, or notice them in a loved one, talk to your doctor.

And it goes without saying (but it's always good to be reminded): Eating whole foods and a low intake of sweets are also keys to optimal brain health.

Dr. Susan H. Mueller,

Lynnwood, Washington

**"The root of all health is in the brain.
The trunk of it is in emotion. The
branches and leaves are the body.
The flower of health blooms when all
parts work together."**



~Anonymous

This copy of **the Vital Scoop** provided to you by:



Rosemary

Rosemary is an herb used extensively for thousands of years. Not only does it help support the immune system and aid indigestion, it is a powerful brain tonic. Recent studies have connected rosemary essential oil use with increased concentration, and as a natural remedy for depression, mental fatigue, and forgetfulness. Try using in an essential oil diffuser for a quick mood booster.



Cooking With Rosemary

Lemon & Fresh Herb Roasted Chicken

Ingredients:

- ✓ 1 whole free-range chicken (about 4-5 pounds)
- ✓ 2 tablespoons fresh rosemary
- ✓ 3-4 tablespoons fresh oregano or marjoram
- ✓ 4-6 cloves garlic
- ✓ 2 teaspoons sea salt
- ✓ Freshly ground black pepper
- ✓ Zest of one lemon
- ✓ 2 tablespoons lemon juice

Preparation:

1. Preheat oven to 450 degrees F. Cut chicken into 8 parts, first removing legs and thighs, then the wings and finally the breast, which is divided in half (see Cookus Interruptus - [How to Cut Up a Chicken](#)). Discard back, neck and organs or use back and neck to make stock for later use. Place chicken pieces in a 9 X 13 baking dish.
2. Remove leaves from rosemary and oregano and place with garlic and salt on a wooden cutting board. Chop together until finely minced and put into a small bowl. Add pepper and zest to bowl with herbs and mix. Coat both sides of each chicken piece with herb mixture, using a brush or by rubbing it on. Make sure the breasts are bone side up.

'Cooking With Rosemary' is continued...

Cooking With Rosemary, cont.

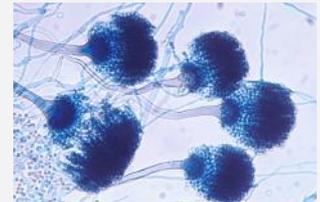
3. Put pan into oven and immediately lower temperature to 400 degrees F. If your oven runs hot, turn it down to 350. Let chicken roast, uncovered, until meat is tender and skin has browned nicely. I usually remove the thighs and legs after 1/2 hour and allow the breasts to cook 15 or so more minutes, until the internal temperature is 162-165 degrees.
4. Remove from oven and sprinkle lemon juice over the meat before serving. *Preparation time: 1 hour and 20 minutes. Makes 4 main dishes or eight side dishes.*

Recipe from [Feeding the Whole Family](#) by Cynthia Lair (Sasquatch Books, 2008)

Is it Alzheimer's disease or mold exposure?

In this 2016 research paper the authors contend that many cases of Alzheimer's disease are misdiagnosed- they are actually what's called **Inhalational Alzheimer's Disease**, or **IAD**.

What does this mean for you? ***It means that this form of Alzheimer's can be cured.***



In the damp pacific northwest we excel at growing mold - in our homes, our workplaces, even our cars. By identifying the causative substance, we can remove it from our environment AND from our bodies, giving those effected their lives back.

Mold exposure can manifest in many ways: headaches, fatigue, brain fog, and much more. We have several ways to find and treat these exposures.

[Bredesen DE. Inhalational Alzheimer's disease: an unrecognized--and treatable epidemic. Aging \(Albany NY\). 2016; 8:304-313. doi: 10.18632/aging.100896.](#)

COLD LASER
Fast, Effective, Proven HEALING
PAIN RELIEF *without needles or drugs*

