BRAIN POWER!
Nutrition and Lifestyle for All Ages

SUPPORT HEALTHY MEMORY, MOOD, LEARNING, THOUGHT CLARITY, CALMNESS AND FOCUS

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Nature's Sunshine Instructor
35 Years with NSP

Manager of the Year 2003
Co-Owner of The Herbal Health Center
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Certified Nutritionist
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Author:
The Pearl Box: Breaking the Bondage of Disease Through Biblical Tools for Physical, Mental, Emotional, and Spiritual Health
Healing Words: The Power of Speaking the Scriptures (as medicine for the body)

For Educational Use Only

• I do not intend to diagnose or prescribe for you.
• The information in this seminar is not a prescription for what any individual should do.

It is suggestions, tools, and education that you may use and consider for your own personal health care. Every individual is ultimately responsible for his or her own health decisions and may legally prevent, diagnose, treat, and cure himself or herself of any condition or ailment they choose. A testimony from myself or others may not necessarily apply to another's similar issue.
WHAT IF YOU COULD......

• Remember what you read?
• Be alert for that first class or that early morning job?
• React calmly in stressful situations?
• Ace the test?
• Stay focused and on task?

This is the perfect world of healthy brain function—a brain that is well-fed, vital, and strong. We can support these healthy functions by supporting our brain daily!

Health and Fitness Includes Your Brain

• Healthy Cognitive Function
• Healthy Energy
• Mental Sharpness
• Focus
• Healthy Memory
• Lucid Dreams
• Clarity

Your Brain: The most complicated organ in the universe

• Estimated 100 billion neurons or nerve cells and trillions of supporting glial cells (insulates the neurons)
• You have more connections in your brain than there are stars in the universe
• Weighs 2% of body weight, but uses 25%-30% of the calories you consume
• Of the breakfast, lunch, dinner and snacks you will eat today, approximately 1/3 went to feed your brain

Source: Dr. Amen
The Brain
A High Energy Consumer

A PET Scan showing energy consumption—
Wikipedia: The Brain

Dr. Caroline Leaf
Cognitive Neuroscientist

• The brain can change for better or worse at any age.
• Positive experiences—brain cells expand
• Negative experiences—brain cells shrivel and die
• Childhood experiences change the brain. Stress can literally cause brain damage.
• A normal healthy brain can acquire skills at any age.
• The brain does not fill up. Its potential is limitless.

Who Switched Off My Brain. Dr. Caroline Leaf 2008 page 94.

A Little on Physiology...
30 neurotransmitters
(10 do most of the work)

Pathways can change
The more neurons, the faster the travel
Neurotransmitters
Mood, Emotions, body function
Made of--
• Amino acids (tryptophan, tyrosine, taurine, etc.)
• Vitamins (C, B Complex, B-6)
• Minerals (zinc for calming neurotransmitters, copper for stimulating ones, and magnesium.)

Important: proper stomach acid levels to break down protein into amino acids.

Acetylcholine (and more)
cognition, memory Choline, B-1, B-5

Some Unfortunate Statistics
• Adderal (a combination of two stimulant drugs, amphetamine and dextroamphetamine for ADHD. It is now being given to children as young as 6 years old. Canadian data is limited, but what studies do exist suggest that 11 per cent of high school and college students have used, or would consider using, the drug, Adderal
• Prompted by reports of suicidal behaviour in patients taking ADHD medications, Health Canada is issuing "stronger, clearer warnings" about the risks associated with the drugs.
• Jan 18, 2017 - Canadians are currently living with dementia 937,000. The number of Canadians who will be living with the disease in 15 years is 1.1 million
State of Gut -- State of Mind

- Anxiety → overeating → gut bacteria
- Gut bacteria → mood → behaviour
- Bacteria are a source of neurochemicals to regulate both mind and body


Intestinal Environment
100 Trillion Microbes  40,000 Species

- Digestion
- Peristalsis
- Immunity
- Produces essential vitamins
- Neurochemical source
- Metabolizes drugs, Detoxifies toxins
- Keeps pathogens detached from the intestinal wall


Irritable Bowel and Anxiety

IBS is one of the most common gastrointestinal problems...
RX focus: symptom and anxiety relief on relieving the symptoms - rather than a cure.
New research may make a connection between gut bacteria and behaviour in IBS patients.
After a fecal transplant, mice who had sterile guts developed GI and behaviours similar to their donors.

A new study - carried out by researchers from the Farncombe Family Digestive Health Research Institute at McMaster University in collaboration with researchers from the University of Waterloo, both in Ontario, Canada

http://www.medicalnewstoday.com/articles/316165.php
Anxiety and Depression in Canada

• According to the Anxiety Disorders Association of Canada, “the 12 month prevalence for any anxiety disorder is over 12% and one in four Canadians (25%) will have at least one anxiety disorder in their lifetime”. ... In fact, anxiety is the most common mental illness in Canada. Sep 19, 2013


• According to Statistics Canada’s 2012 Canadian Community Health Survey (CCHS) on Mental Health, 5.4% of the Canadian population aged 15 years and over reported symptoms that met the criteria for a mood disorder in the previous 12 months, including 4.7% for major depression and 1.5% for bipolar disorder. Dec 30, 2016

Mood Disorders

Potential Common Causes

• Irritable bowel
• Celiac—immune response to gluten; may damage the intestines; depression in 1/3 of these
• Lactose intolerance
• Children with GI disorders experience more anxiety. Gut stress, nerve stress (40.7%)

http://www.beyondceliac.org/celiac-disease-related-conditions/depression/

Panic Disorders

Common Factors

• Irritable bowel syndrome (IBS)
• Hypersensitive gut; increased colon motility → fear and anxiety
• IBS is also related to agoraphobia (perceives the environment as unsafe)

Assaults on the Brain

• Concussion and physical trauma
• Heavy Metals: Mercury and Aluminum
• Candida
• Type 3 Diabetes

Trauma also includes Emotional and Mental Sources

Mercury--Oxidative Stress

Mercury Sources
• Amalgam fillings: mercury vapour concentrations-10 times higher
• Chewing gum, drinking hot liquids and brushing teeth can further increase the release of mercury.
• Vaccine Preservative
• Contaminated Fish

Symptoms
• Fatigue, irritability, ‘foggy’
• Mercury vapour is highly permeable even through the skull bone."
• It will stay there firmly bound to sulfur proteins in your brain, causing damage to the microtubules that nourish your brain cells."
Aluminum-Neurotoxic

According to a new study published in Current Medical Chemistry

Children up to 6 months of age receive 14.7 to 49 times more aluminum from vaccines than the (FDA) safety limits allow. Avoid aluminum pans, aluminum foil, aluminum additives.

- Assumed safe—never tested for toxicity; added to increase immune response
- Mouse study: injected with the equivalent of children receiving vaccines: anxiety, reduced exploratory behaviour and social interaction
- Increase brain inflammatory response
- Significant decrease in a neurotransmitter (ACHE), which is related to depression and anxiety

Candida Albicans

Most frequent type in humans

- IBS, leaky gut, Crohn’s disease
- All have a significant connection to yeast overgrowth.
- Chronic fatigue, depression, anxiety, Parkinson’s disease

Candida Albicans

Last two decades, dramatic increases due to:

- the widespread use of broad-spectrum antibiotics
- the expanded use of immunosuppressive drugs
- the use of intravascular devices and a longer survival of neonates and immunocompromised individuals.

- Life-threatening complications occur when C. albicans invades the central nervous system causing meningitis (common in immature infants)
Is A.D. Actually Type 3 Diabetes? 
Insulin Resistance in the Brain

Animal model studies suggest that aberrant insulin signaling may be the key factor. Mice studies suggesting that AD-related genes also affect insulin signaling by themselves. Strikingly, a recent clinical trial of intranasal insulin treatment improves cognitive function of patients with AD and those in the predrome stage, mild cognitive impairment (MCI) [130,131]. Thus, modification of the insulin signaling pathway may be a promising strategy for preventing cognitive decline of patients.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4848959/

— Santiago Ramón y Cajal
Spanish neuroscientist and Nobel laureate 1852-1934
Pioneering investigator of the microscopic structure of the brain

So…what can we do?

Any man could, if he were so inclined, be the sculptor of his own brain."

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The Good News...

We have many tools for brain health.
Neuroplasticity: the Key to Brain Fitness

Neuroplasticity: our adaptability to our environment and one of the most extraordinary discoveries of the 21st century
It is at a very high level in early childhood
• The brain is not hard wired from childhood
• We are not doomed by our DNA

Neurogenesis

• Age 2-3—many neurons are made
• Neurons are like freeways, that then fill in with highways, then these fill in with roads.
• In our 50’s, 60’s, 70’s, do you think our brains can form more neurons?

Clinical Study—One Question

In 90-Days Could NSP’s Products Change the Brain?
90-Day Base Protocol

Other Supporting Products
SPECT Imaging
Single Photon Emission Computed Tomography

- Measures blood flow and activity in the brain
- Shows which areas work well, work too hard, don't work hard enough
- Can now balance brain function by calming overactive areas and enhancing underactive ones

Results

“The Amen Clinics performed a series of before and after brain SPECT studies using the supplements supplied by Nature's Sunshine on a variety of conditions, such as ADD, memory problems, and depression. In many participants, although not all, there were significant positive changes, such as enhanced blood flow and calming of emotional brain areas. I was impressed by the significant improvements in a number of the participants.”

- Dr. Daniel Amen

Subject A: ADHD

Before  After
Substitutions for GABA

Valerian root and Passion flower (potent natural sedatives) instead of GABA

Think Hops, Valerian, Passion flower: HVP

- Scientists believe Valerian and Passion flower increases brain GABA which has a calming effect on anxiety, restlessness, insomnia
- Studies show valerian helps people fall asleep faster and feel that they have a better quality of sleep. Web M.D adds headaches and migraine assistance
  - [http://umm.edu/health/medical/altmed/herb/valerian](http://umm.edu/health/medical/altmed/herb/valerian)
  - [http://umm.edu/health/medical/altmed/herb/passionflower](http://umm.edu/health/medical/altmed/herb/passionflower)
Making SAM-E
A product of a healthy liver

- SAM-E--higher overall levels of serotonin, dopamine, and norepinephrine.
- Think: amino acids, B’s C’s, Zinc, copper
- Keep the liver healthy

Super Trio
- Super Vitamins and Minerals
- Super NT-OX
- Super Omega 3

Fatty Acids for the brain
Antioxidants for the brain and nervous system.
Omega 3 Fatty Acids
Core Nutrition

—the most prevalent fatty acid in the brain, that are essential to its function and development.

"It is widely debated as to which age the brain is considered “fully mature” or developed. In the past, many experts believed that the brain may have been done developing in the mid to late teens. Then along came some evidence to suggest that development may last until at least age 20. These days, a consensus of neuroscientists agree that brain development likely persists until at least the mid-20s – possibly until the 30s."

http://mentalhealthdaily.com/2015/02/18/at-what-age-is-the-brain-fully-developed/

Healthy Gut Flora Promotes Healthy Brain Function

"New and exciting research is revealing a strong connection between our mood and the various bacteria that live within our intestines. This is certainly a sobering notion. Think of it: the bacteria living within the digestive system are, to some degree, involved in determining whether we are happy, sad or anxious."


Daily Probiotics are Important
Heavy Metal Detox

A detoxification formula designed to chelate heavy metals and support the liver in its efforts to detoxify heavy metals from the body.

Each capsule: (cilantro) leaves 140 mg; sodium alginate 100 mg; pectin 55 mg; N-acetyl-L-cysteine 50 mg; L-methionine 40 mg; kelp (stems and leaves) 20 mg standardized to contain 0.15% iodine; (alpha lipoic acid) 5.5 mg; magnesium citrate) 5 mg; Vitamin B6 5 mg

Recommendation: 2 capsules twice daily with meals

HEALTHY MEAL REPLACEMENTS

Starting the Day out Right!

• IN.FORM pea protein-20 gms/ serving
• Smart Meal - organic soy protein-15 gms/serving
• Nutri-Burn - whey protein-25 gms/serving
• Nature’s Harvest—superfood vegetable protein blend with greens-13 gms/serving

1 packet twice daily with food

Stress Formula, Stress-J, Adaptomax, Nerve Eight
Stress Formula

- Vitamin C 400mg
- Pantothenic Acid 80 mg
- Niacinamide 40 mg
- Choline 40 mg
- Inositol 20 mg
- B-1 Thiamin
- B-2 Riboflavin
- B-6
- PABA
- Folate
- B-12
- Biotin

Schisandra fruit, Citrus Bioflavonoids, Hops, Passion flower, Valerian

Valerian is associated with GABA production

A combination of vitamin B's, C complex, and nervine herbs to ease the physical, mental, and emotional effects of occasional stress.

Stress-J

- **Passion flower** “my body is tired but my brain won’t shut off!”
- **Fennel** Historically to cleanse the blood, to open obstructions of the liver, to provoke urine—rich in vitamin C and organic sodium, with bioflavonoids and essential oil
- **Hops** “Help, I need a stress buster!” Traditionally used for anxiety, insomnia, restlessness, tension, excitability, ADHD, nervousness, and irritability
- **Feverfew** aster family; chamomile relative
- **Chamomile** Traditionally used for restlessness, trouble sleeping, ADHD, nervous diarrhea
- **Marshmallow** Soothing

Adaptomax

- **Panax (Korean) Ginseng**
- **Rhodiola Root**
- **Eleuthero Root**
- **Gynostemma**
- **Suma**
- **Schisandra Fruit**
- **Ashwagandha Root**
- **Norwegian Kelp**
- **Astragalus Root**
- **Reishi Mushroom**
- **Alfalfa, Rosemary, Ginkgo biloba leaf**
- **Chromium, Citrus Bioflavonoids**
- **Base of fruits and vegetable antioxidant blend**
Nerve Eight

- Capsicum fruit
- White Willow Bark
- Hops-relaxing
- Wood Betony
- Valerian Root
- Ginger
- Devil’s Claw
- Black Cohosh

FOCUS ATN

- Slippery elm
- L-glutamine 100 mg
- Lemon balm 40 mg of a 4-6:1 extract standardized to 3% rosmarinic acid
- Grape seed 23 mg of a 10-15:1 extract standardized to 85% oligomeric proanthocyanidins
- Ginkgo biloba (ginkgo) leaf 5 mg of a 50:1 extract standardized to 24% flavonoid glycosides and 6% terpene lactones.

Healthy Cognitive Energy and Support
Healthy Natural Energy

Our goal is to give children, teens, and adults healthy alternatives with no harmful side effects, crashes or jitters that are common with stimulants, energy drinks, coffee, and drugs.

GINKGO BILOBA EXTRACT

1989: Over 10 million prescriptions were written around the world for this standardized extract (Hart CD)

A group of bioflavonoids:
- Healthy Antioxidant activity
- Healthy Platelet fluidity — may increase effectiveness of anticoagulants
- Healthy Brain Circulation, Energy
- Healthy Mental Function
- Healthy Short-term Memory
- Healthy Mood, Ear function

Sceletium Tortuosum

South African plant, attracted interest 10^3 yrs
- Succulent plant, used for centuries by Sans people dealing with stress in harsh environment
- Promotes sense of well-being, relieves stress, treats clinical anxiety and depression
- Modulates anxiety-related activity in the brain’s amygdala, an emotional centre in the brain
Zerenity
Easing feelings of situational anxiety

**Ingredients**

- L-theanine (amino)—sleep and mood 52 mg
- Magnesium (citrate) 40 mg
- Sceletium tortuosum (sceletium) herb top 25 mg of a 2:1 extract - 57 x more potent than the plant alone
- B1 5 mg
- Zinc (gluconate)

Gotu Kola

The mean MMSE scoring showed significant improvement after administration of CA for 6 months in elderly with mild cognitive impairment (MCI) at dosage of 500 mg twice a day (1000 mg daily). A favourable improvement is observed in depression and other age related conditions like Hypertension, peripheral neuritis, insomnia, loss of appetite, constipation indicative of multiple useful clinical effects of CA especially in the age-related cognitive decline in elderly. [Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3116297/)

St. John’s Wort

- Functions similar to MAO or serotonin-reuptake inhibitors, elevating mood and acting as a mild sedative
- Contains hypericin and hyperforin - two powerful mood enhancing constituents

Source: Dr. Amen
Organic Lavender Augustifolia Essential Oil

16th century botanist Matthiolus regarded lavender as a panacea for mental problems: feelings of fear, worry, anxiety, terror, effects of past trauma, tension, insomnia.

Organic Frankincense "quality incense"
Memory, learning, mood lifting stress, worry

A sedative that has been known to help induce a feeling of mental peace, relaxation and satisfaction, and helps relieve anxiety, anger and stress.

Frankincense oil may also help in healthy cell regeneration and keep existing cells and tissues healthy. Considered safe for internal use if not used in excessive amounts. Avoid internal use in children under 6 years old.


REFUGE—Calming Blend
Lavender, Orange peel, Atlas Cedar wood, Ylang Ylang, Blue Tansy leaf/flower, vanilla (aromatherapy, topical, spine, baths)
Speeding up Neurogenesis

• 1 hour of exercise 5 days a week
• Learning new exciting things (involving passion, creativity, stimulation of the senses are ideal)

A Future Trend: Will Brain Supplements will be as common as Multivitamins in the next decade?  YES!

• Brain food is listed as one of the fastest growing niches in supplementation today.
• Cognitive Health—ability to think is considered a primary goal to consumers who want to stay focused and alert and also to maintain a healthy memory.

Summary

• Healthy Nutrition—Protein Meal Replacements start the day! All foods should be packed full of nutrition: proteins, nuts, seeds, fruits and veggies
• Targeted Supplements and aromatherapy
• Foster a healthy biome with fermented foods and probiotics
• Sleep at least 7 hours
• Learn new things and focus on love, gratefulness and the blessings of life
You Can Change Your Brain!

UPCOMING EVENTS

US Education Week  
June 12 – 19th

https://www.naturessunshine.com/ca/members/ca1/nspwebinars/

- Polyphenols vs. Lectins and How they Benefit Your Health with Dr.Jay - Monday, June 12
- Cooking with Sunshine with Robin Cook - Tuesday, June 13
- Natural Care for Urinary Challenges with Judith Cobb - Wednesday, June 14
- Plastic Toxicity and What to Do about it with Cindy Klement - Thursday, June 15
- Lovin’ the Skin You’re in with Steven Horne - Friday, June 16
- Achieving Digestive System Balance, from Top to Bottom with Matthew Hollist - Monday, June 19
COACHES CERTIFICATION TRAINING

TORONTO JUNE Certification Course

Saturday, June 24th, 2017
8:30 a.m. to 4:30 p.m.

INFORM Centre
161 Dundas St. W., Suite 410
Toronto, ON

647-357-8032

647-357-4732

INFORM is dedicated to coaching students in the following categories:

- Business
- Health
- Personal Development
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- Leadership

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To register please call Milly Deaken at 1-877-357-4732 ext. 3019 or email milly@nform.com.
PROMOTIONS

Sharing Sunshine

Every new June
Sign Up with a
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www.lobelnaturals.ca

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