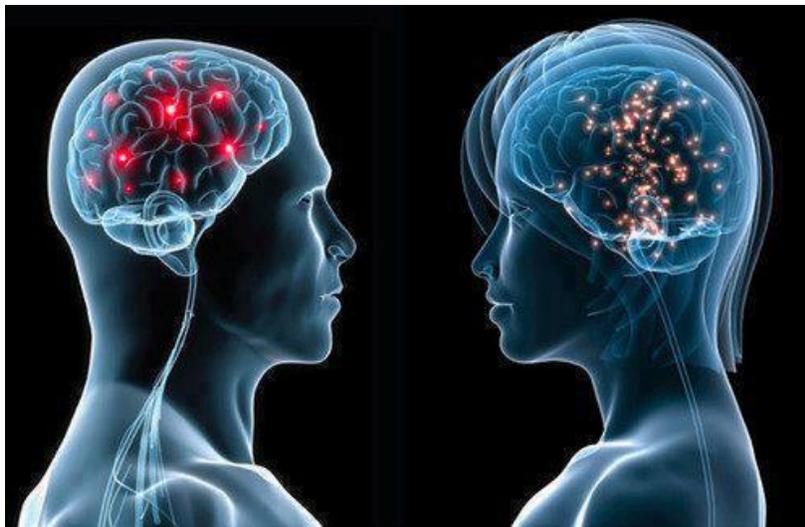
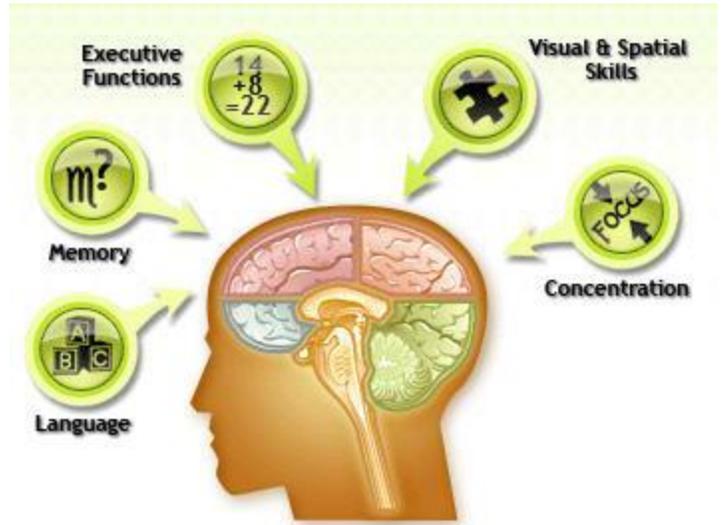


BETTER BRAIN HEALTH

The brain is the “boss” of the body controlling ALL functions. Messages to and from the brain travel via nerves in the spinal cord. Chiropractic specializes in restoring normal function to the nerves through the removal of subluxations. These are irritations in the nerve from the spine, at the joints (knees, shoulder, hips etc) and cranial nerves in the head. The health of your brain depends upon proper nutrition which is necessary for the cells to make the messenger (neurotransmitter). Your brain also needs cell energy (called ATP) for the cell to function.



Woman's Brain	Man's Brain
<p>Multiple processes and multiple tasks Women can Watch a TV and Talk on a phone and cook. Women can easily learn many languages but Cannot easily find solutions to problems Women cannot understand the details of a map easily—often seeing lines. Women use indirect language in speech.</p>	<p>Single Process and concentration on one thing. Men cannot watch TV and talk over the phone at the same time. They can either watch TV or talk over the phone or cook. Men cannot easily learn languages, they can easily solve problems Men's brains have a lot of space for handling the analytical process. Men use direct language.</p>

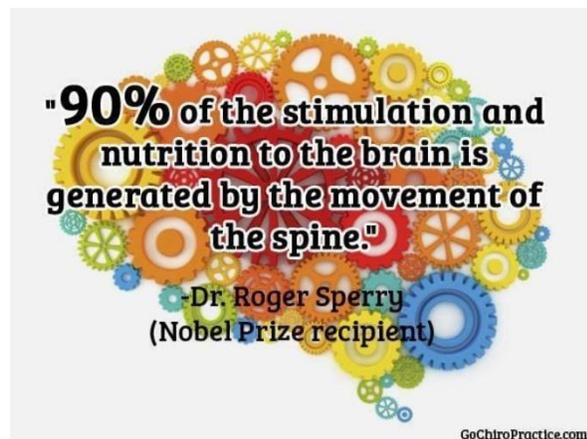
PROTECT YOUR BRAIN

1. Keep your blood sugar level throughout the day—ups and downs stress the brain and drain reserves—that means eating every two hours during stressful periods (final exams, etc.)

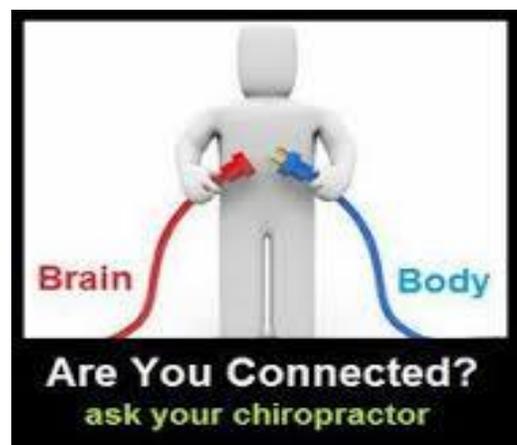
2. Vitamin B helps the brain make the energy it needs—small amounts of Vit. B throughout the day will normalize it—sublingual B complex is very good, as well as a good multiple vitamin.

3. Protein intake is necessary for the body to make neurotransmitters—eat at least ½ your weight in grams of protein in high stress periods.

4. Hydrate the brain—the cells work better. Drink Pure Water! High consumption of *coffee* and *soda* actually **dehydrates** the brain cells.



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