

Dr. Nussbaum's Brain Health Facts.

1. Neural plasticity is a term used to describe a brain that is highly dynamic, constantly reorganizing and malleable.
2. Your brain can be shaped for health across the lifespan.
3. Your brain does not know how old it is.
4. "Novelty and Complexity" are the two fundamental factors to brain health
5. "Brain Resilience" refers to build up of cellular connections in the brain enabling a type of defense to delay onset of clinical disease.
6. The hippocampus is the most important structure in your body (brain) because it lays down your life story.
7. Chronic anxiety can impair learning and memory.
8. Sleep is a critical behavior to brain health.
9. Exercise causes new brain cell development in the hippocampus.
10. The Reward System of the brain produces love, forgiveness, kindness, compassion, hope, and other brain health promoting medicines.
11. Prayer on a daily basis enhances the immune system.
12. "Neural Energy" is the power of your brain to help heal within and affect change without.
13. Pure love eliminates hostility and judgment and this means one area of your brain champions over another.
14. A neuropsychological examination is recommended each year starting at 50.
15. You love and feel in your brain, not your heart.
16. Role and purpose are critical to a fulfilling life.
17. Forgiveness is perhaps the second greatest healer on planet earth.
18. There is no one thing that will lead to brain health, it is a comprehensive Brain health Lifestyle ®

19. Every elementary school in the world should teach the basics of the brain and how to shape the brain for health across the lifespan.
20. Alzheimer's disease is a lifelong invader to the brains of some humans and we therefore need a lifelong and proactive approach to build brain resilience. Dr. Nussbaum's Brain Health Lifestyle ® is one idea.