

Optimizing Brain Wellness: How to Promote Neurologic and Emotional Healing

Youngberg Lifestyle Medicine Clinic

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Re-Engineering Genetic Risk

Transforming Sickness into Health

The Transformational Power of the Health Message!

Camp Meeting 2011

Wes Youngberg, DrPH, MPH, CNS, FACLM
Specialist in Lifestyle & Nutritional Medicine

A photograph of the Golden Gate Bridge at night, with the bridge's towers and suspension cables silhouetted against a dark blue sky. The water below is also dark blue, reflecting the bridge's structure.

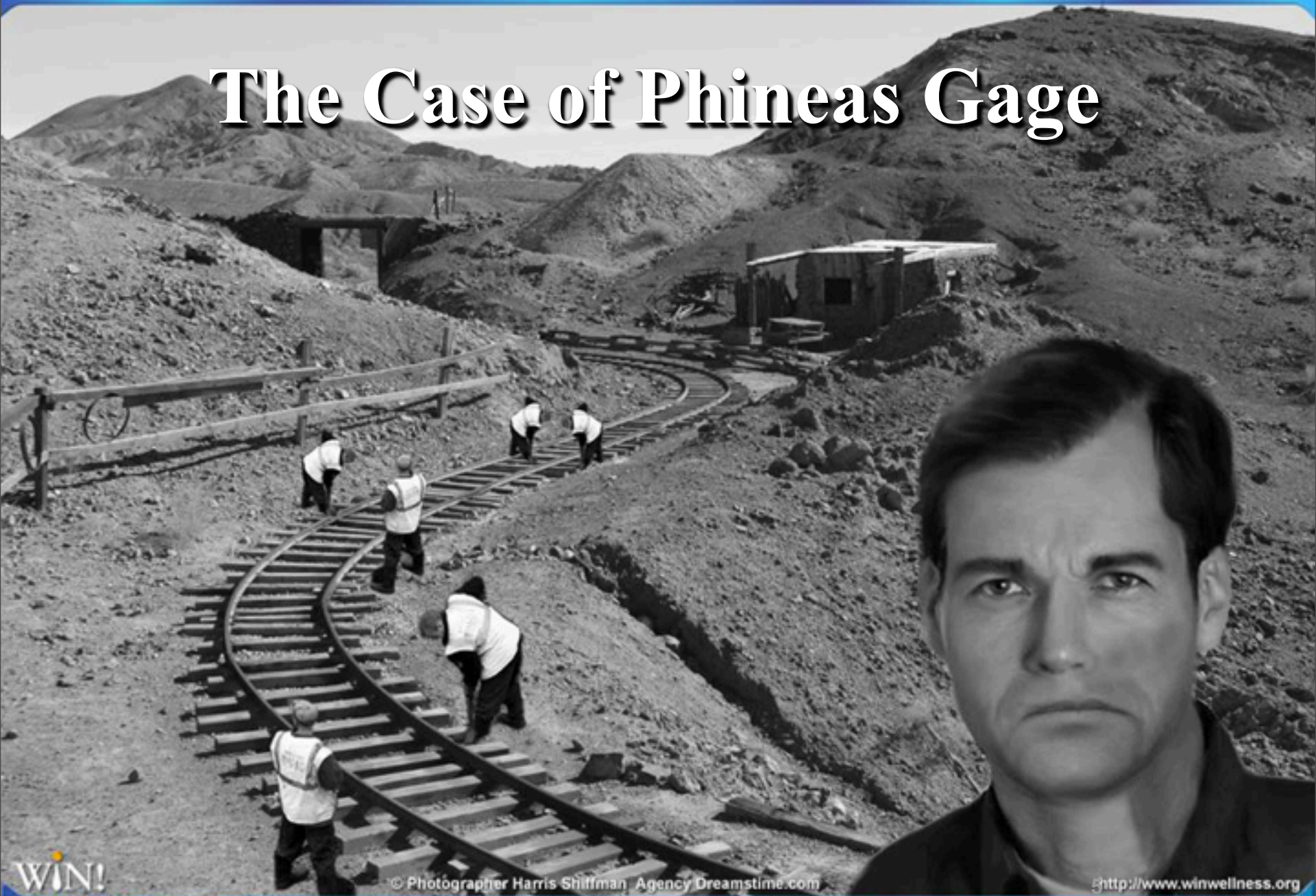
Optimal Brain Wellness

The Way Out from Depression, Anxiety,
Headaches, Fatigue, Poor Memory,
Alzheimer's risk and other
Neurologic Conditions

Wes Youngberg, DrPH, FACLM
Lifestyle Medicine Clinic



The Case of Phineas Gage



WIN!

COMMAND CENTER

© Photographer Harris Shiffman Agency Dreamstime.com

<http://www.winwellness.org>

Saturday, July 9, 2011

Frontal Lobe – The REAL YOU

Command
Center

Conscience

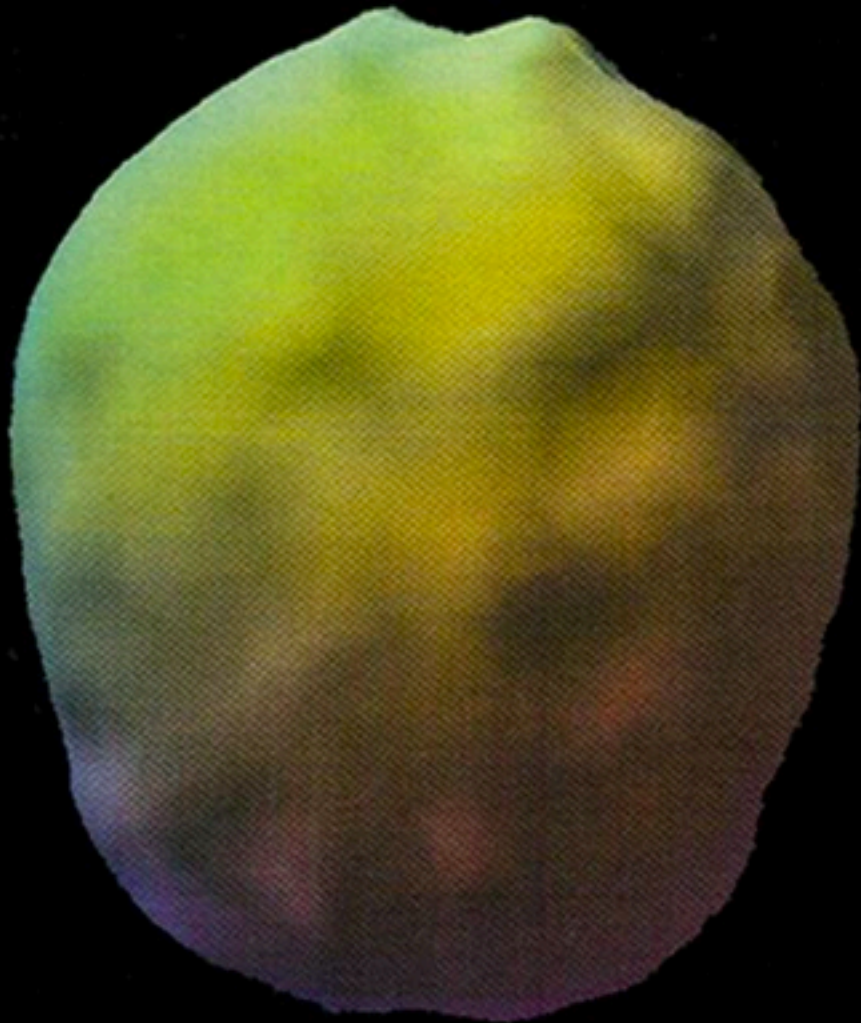
Intentionality

Will

Spirituality -the
primary medium
through which
perceive and
interpret spiritual
truth.

HEALTHY BRAIN

-Dr. Daniel Amen

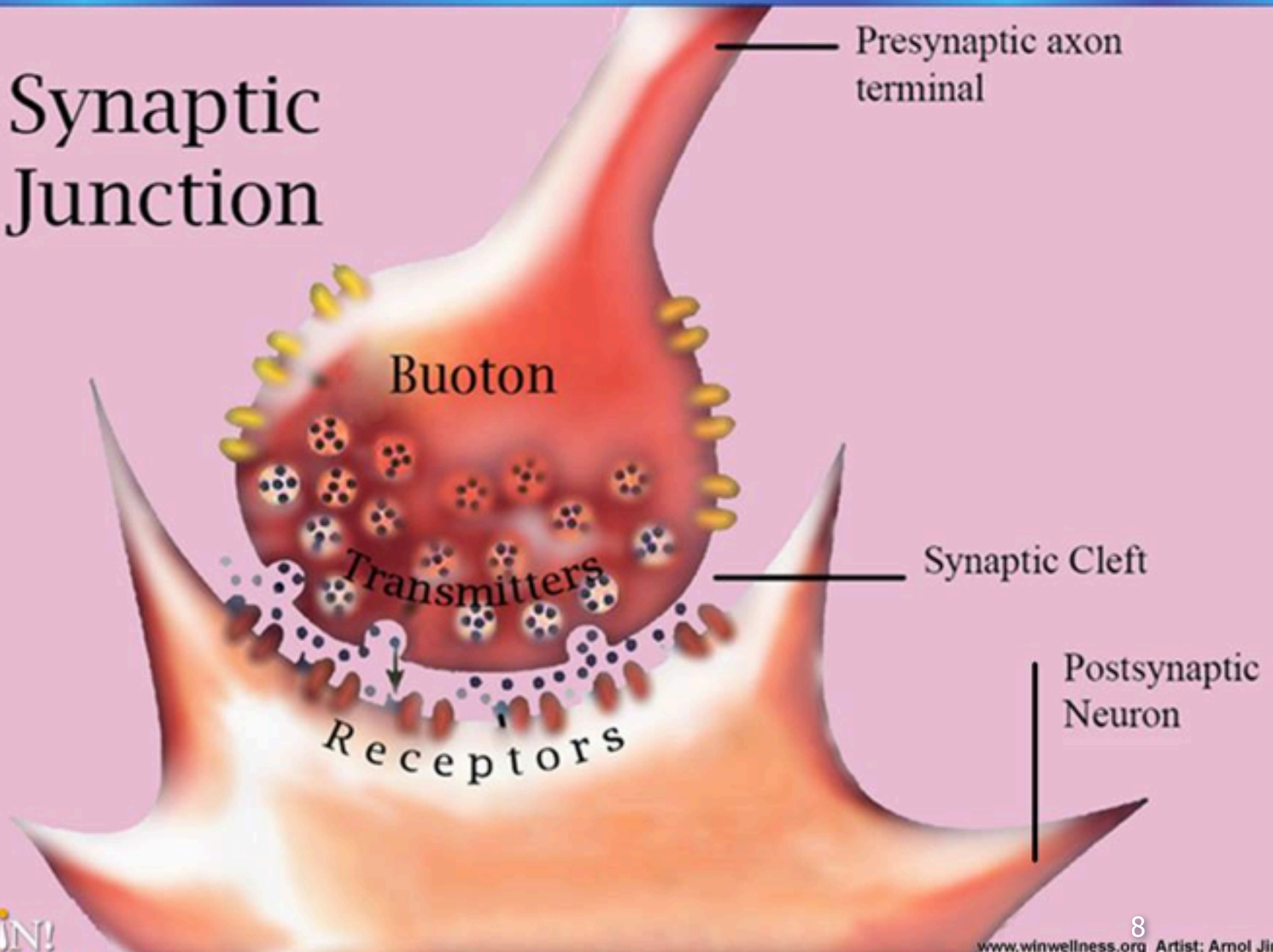


top-down view



back

Synaptic Junction



Presynaptic axon terminal

Buoton

Transmitters

Synaptic Cleft

Receptors

Postsynaptic Neuron

WIN!

COMMAND CENTER

Marijuana Brain - Dr. Daniel Amen

Age 18--3 year history of 4 x week
use underside surface view
Decreased prefrontal cortex &
Decreased temporal lobe activity



Age 28 -10 years of mostly
weekend use Underside surface
view Decreased prefrontal cortex
& temporal lobe activity



WIN!

COMMAND CENTER

Daniel G. Amen M.D.

Saturday, July 9, 2011

A photograph showing a white bowl filled with bright yellow olive oil on the left. To the right, a branch of olives with several green and some dark olives lies on a dark, textured woven mat. The text 'Anti-inflammatory' is overlaid in white, bold font across the top of the image.

Anti-inflammatory

Protective of Hippocampus


***Toxicology* Oct. 15, 2009**

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A photograph showing a white bowl filled with bright yellow olive oil on the left. To the right, a branch of olives with several green and some dark olives lies on a dark, textured woven mat. The background is dark and textured.

Oleocanthal

**Toxic ADDLs bind to
neural synapses
causing cell death and
memory loss.**

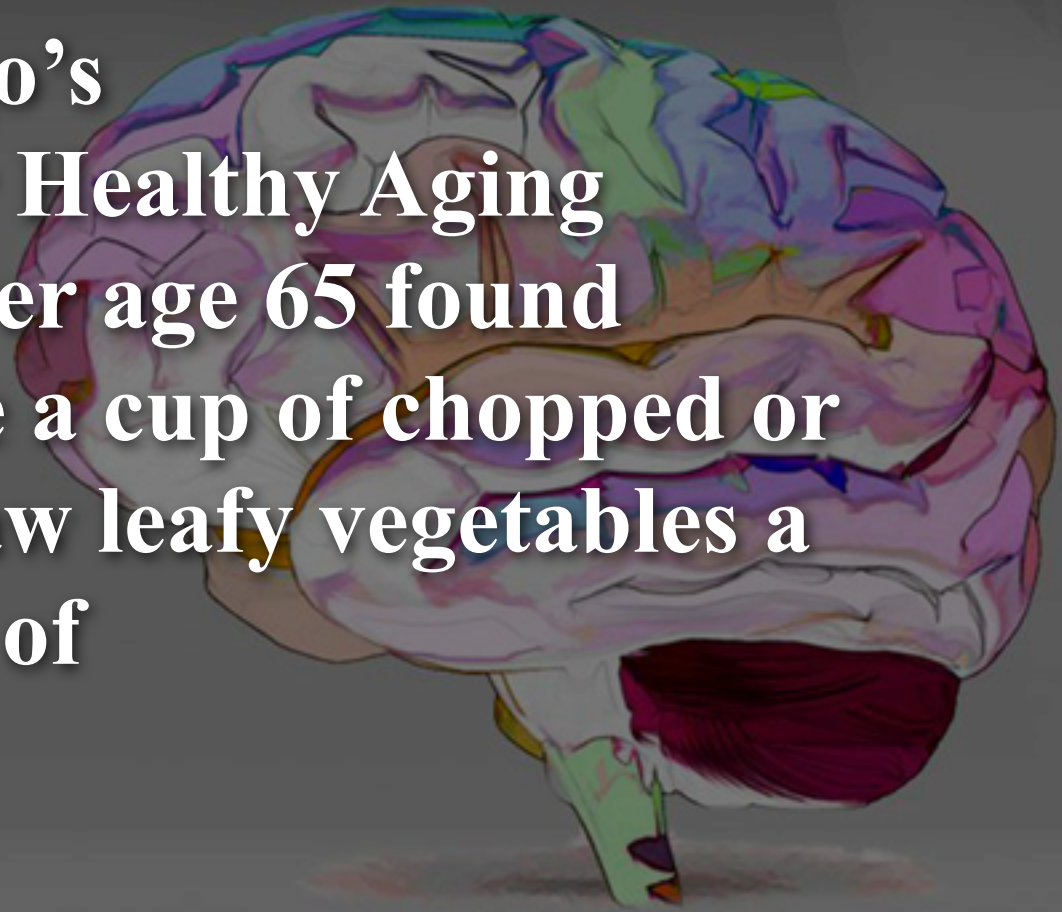
A photograph of a white bowl filled with bright yellow olive oil on the left. To the right, several olives in various stages of ripeness (green, yellow, and dark purple) are scattered on a dark, textured woven mat. Some olives are still attached to a branch with green leaves.

Alzheimer's Chemopreventive

**Extra Virgin Olive Oil in
small amounts targets
ADDLs for antibody attack!**

Sharpness of Mind Affected by Several WIN! Factors

- A study at Chicago's Rush Institute for Healthy Aging of 1,946 people over age 65 found that those who ate a cup of chopped or 2 cups of whole raw leafy vegetables a day over a period of 6 years showed...



40% less mental decline than those who ate few or no vegetables.

The veggies people showed results which would be expected of people 5 years younger.



The Journal Neurology, 2006

WIN!

Your fate is on your plate

14

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1. Genetic
2. Developmental
3. Lifestyle
4. Circadian rhythm
5. Addiction
6. Nutrition
7. Toxic
8. Social/Complicated
Grief
9. Medical Condition
10. Frontal Lobe



The Ten “Hit” Categories

1. Genetic
2. Developmental
3. Lifestyle
4. Circadian rhythm
5. Addiction
6. Nutrition
7. Toxic
8. Social/Complicated
Grief
9. Medical Condition
10. Frontal Lobe



SYNERGY



WIN!

"Just do it!"

16

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SYNERGY

A photograph of two brown horses pulling a wooden plow in a field. The horses are harnessed together and are walking from left to right. The background is a lush green field with trees.

1 HORSE CAN PULL 2 TONS

WIN!

"Just do it!"

16

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SYNERGY

A photograph of two brown horses pulling a wooden plow in a field. The horses are harnessed together and are walking from left to right. The background is a lush green field with trees.

1 HORSE CAN PULL 2 TONS
2 HORSES CAN PULL 23 TONS

WIN!

"Just do it!"

16

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“As a man thinketh so is he”

- gene re-cognition and expression



Enkephalins

Neuroprotein

CRH

Endorphins

ACTH

Cortisol





You are what you think!

**Dr. Richard J. Davidson
Laboratory for Affective
Neuroscience
University of Wisconsin
Proceedings of the National
Academy of Sciences**

WIN

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You are what you think!

Resentment Vs. Joy

**Dr. Richard J. Davidson
Laboratory for Affective
Neuroscience
University of Wisconsin
Proceedings of the National
Academy of Sciences**

WIN

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Your fate is on your plate

Saturday, July 9, 2011



You are what you think!

**Resentment Vs. Joy
Flu Vaccine Study**

**Dr. Richard J. Davidson
Laboratory for Affective
Neuroscience
University of Wisconsin
Proceedings of the National
Academy of Sciences**

WIN

Influence of supplementary vitamins, minerals and essential fatty acids on the antisocial behaviour of young adult prisoners

Randomised, placebo-controlled trial

C. BERNARD GESCH, SEAN M. HAMMOND, SARAH E. HAMPSON, ANITA EVES and MARTIN J. CROWDER

Background There is evidence that offenders consume diets lacking in essential nutrients and this could adversely affect their behaviour.

Aims To test empirically if physiologically adequate intakes of vitamins, minerals and essential fatty acids cause a reduction in antisocial behaviour.

Method Experimental, double-blind, placebo-controlled, randomised trial of nutritional supplements on 231 young adult prisoners, comparing disciplinary offences before and during supplementation.

Results Compared with placebos, those receiving the active capsules committed an average of 26.3% (95% CI 8.3-44.33%) fewer offences ($P=0.03$,

Most research into factors involved in antisocial behaviour investigates societal factors. This has produced important correlational evidence but does not demonstrate that such factors have causal relationships with antisocial behaviour, as this requires more rigorous experimental designs (Altman, 1991; Rutter, 1995). Such designs are difficult to achieve in sociological research, which leaves questions of volition, culpability, prevention and rehabilitation open, if cause and effect are more precisely understood. It is noteworthy that a Director of the US National Institute of Mental Health suggested that treatment programmes for offenders tend not to be rigorously evaluated: 'It's easy to fool yourselves about efficacy if you haven't done a proper clinical trial' (Marshal, 2000). It has, however, been suggested that deeper knowledge of the biology of antisocial behaviours will help interventions (Stone & Kelner, 2000).

The findings have been subject to a 10-month Home Office review.

METHOD

Experimental study

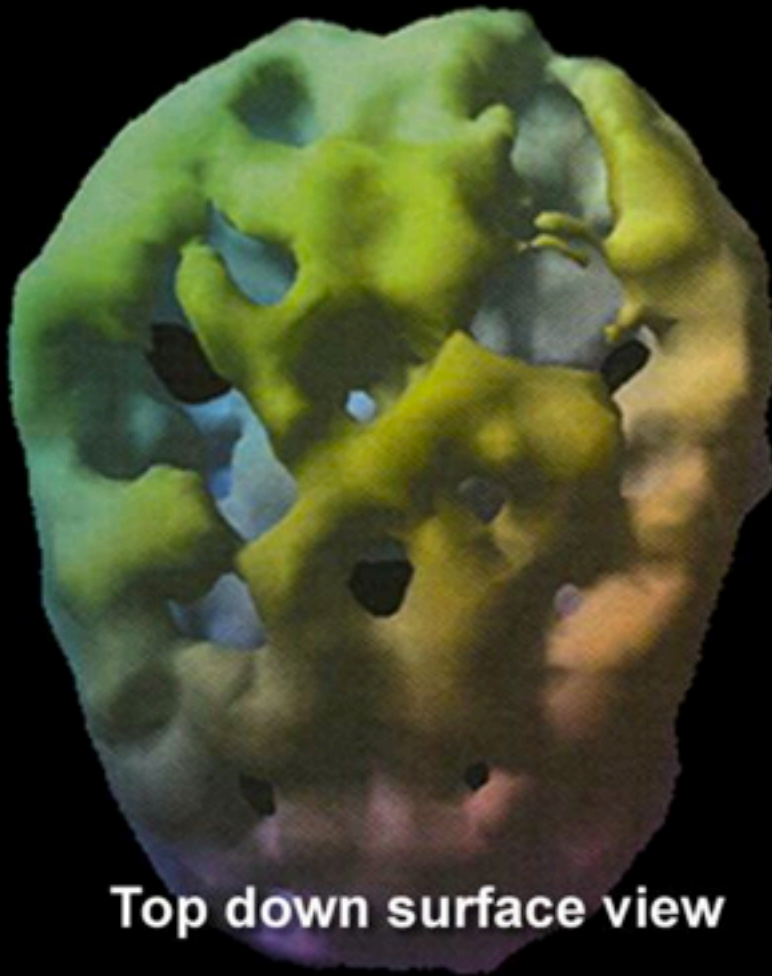
Participation

Before recruitment, the purpose of the project was explained carefully to each participant. Participants had to be 18 years of age or over. Each volunteer recruited ($n=231$) signed an informed consent form, which was countersigned by a member of the prison staff. The trial had to conform to the normal operations of the institution where participants would leave for reasons such as parole or requirements of cell space. Thus, the analysis allowed for participation to vary from a minimum period of 2 weeks to 9 months in both baseline and supplementation periods. The average time spent on supplementation was 142 days for the placebo group and 142.62 for the active group. No individuals were withdrawn as a result of ill effects from supplementation. Participants were debriefed about their participation by written report.

Materials

It was agreed with the HM Prison Service and the Home Office to use nutritional supplements that were available 'over the counter.' Although improvements in dietary intakes of micronutrients could be achieved through diet, nutritional supple-

Chemical Stress and the Brain



Top down surface view



Underside surface view





Higher Brain?

During stress and other emotional outbursts, the lower brain functions are continually able to shut down the higher brain functions.

Lower Brain?



Born for Joy!

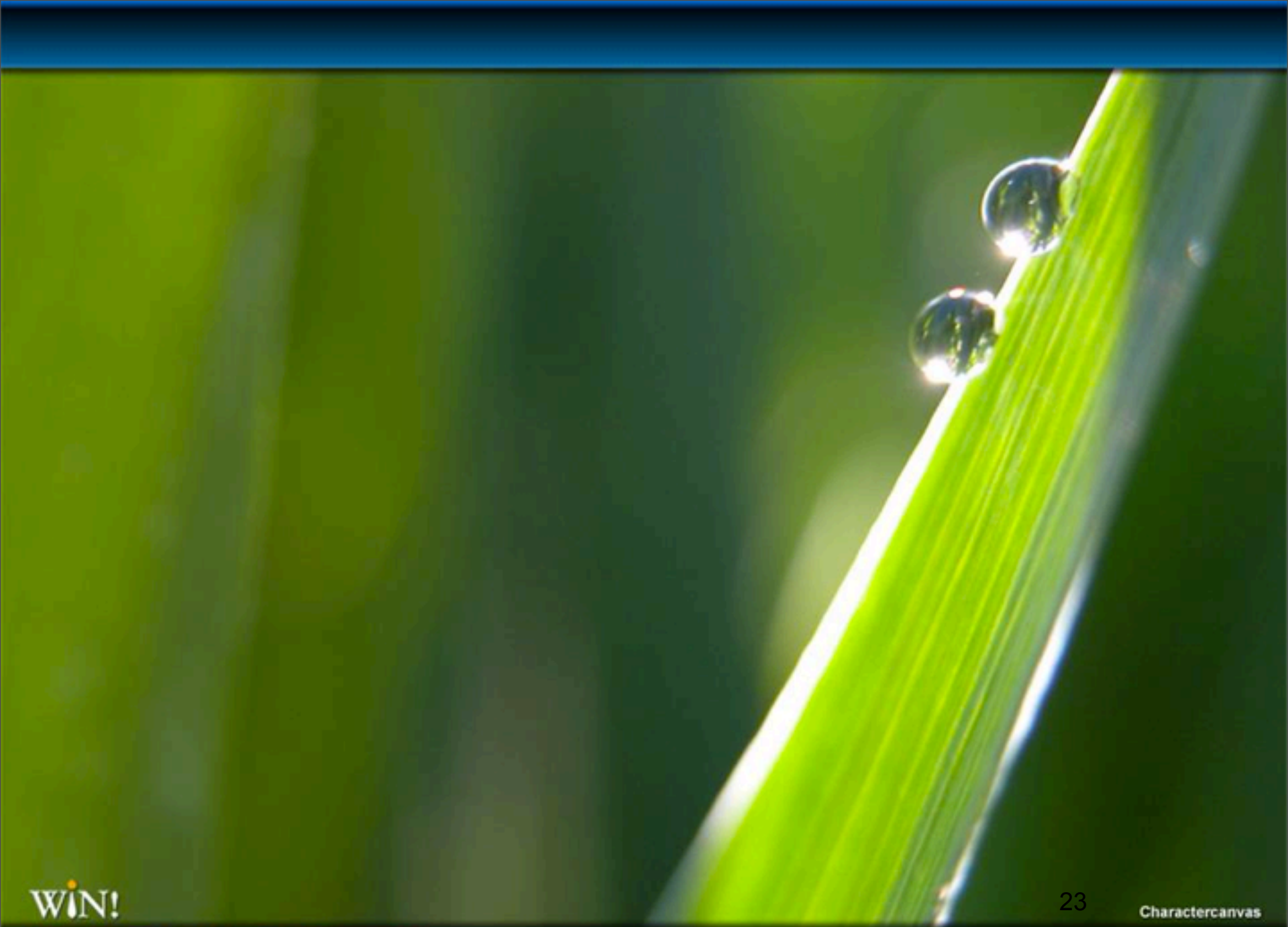
WIN!

JOY

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Ernie Medina

Saturday, July 9, 2011



WIN!

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Charactercanvas

A TIME FOR HEALING: Forgiveness

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“Nothing tends more to



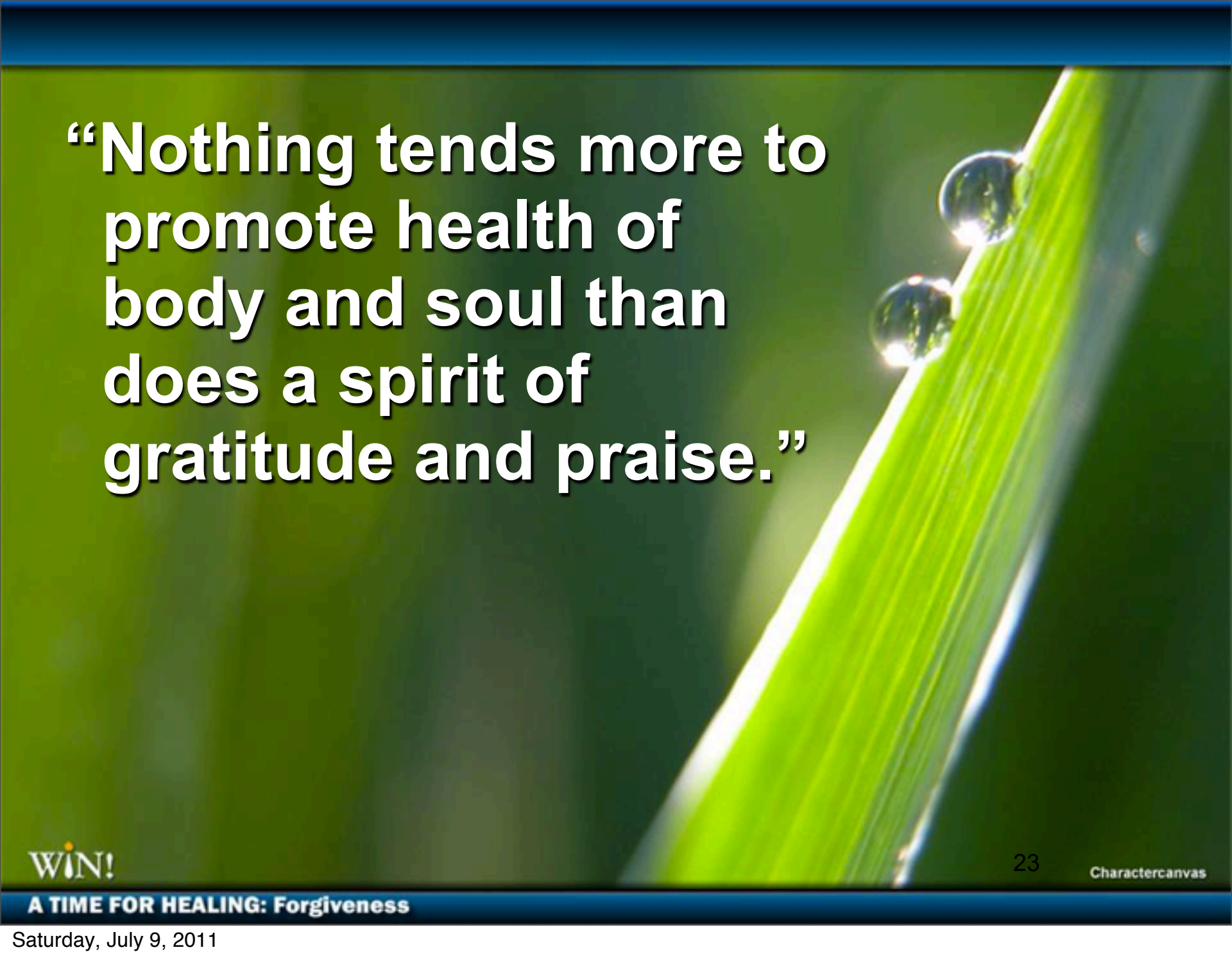
**“Nothing tends more to
promote health of**




**“Nothing tends more to
promote health of
body and soul than**



**“Nothing tends more to
promote health of
body and soul than
does a spirit of**



“Nothing tends more to promote health of body and soul than does a spirit of gratitude and praise.”




“Nothing tends more to promote health of body and soul than does a spirit of gratitude and praise.”

Ministry of Healing, 251



WIN!
Air

24 www.photostogo.com

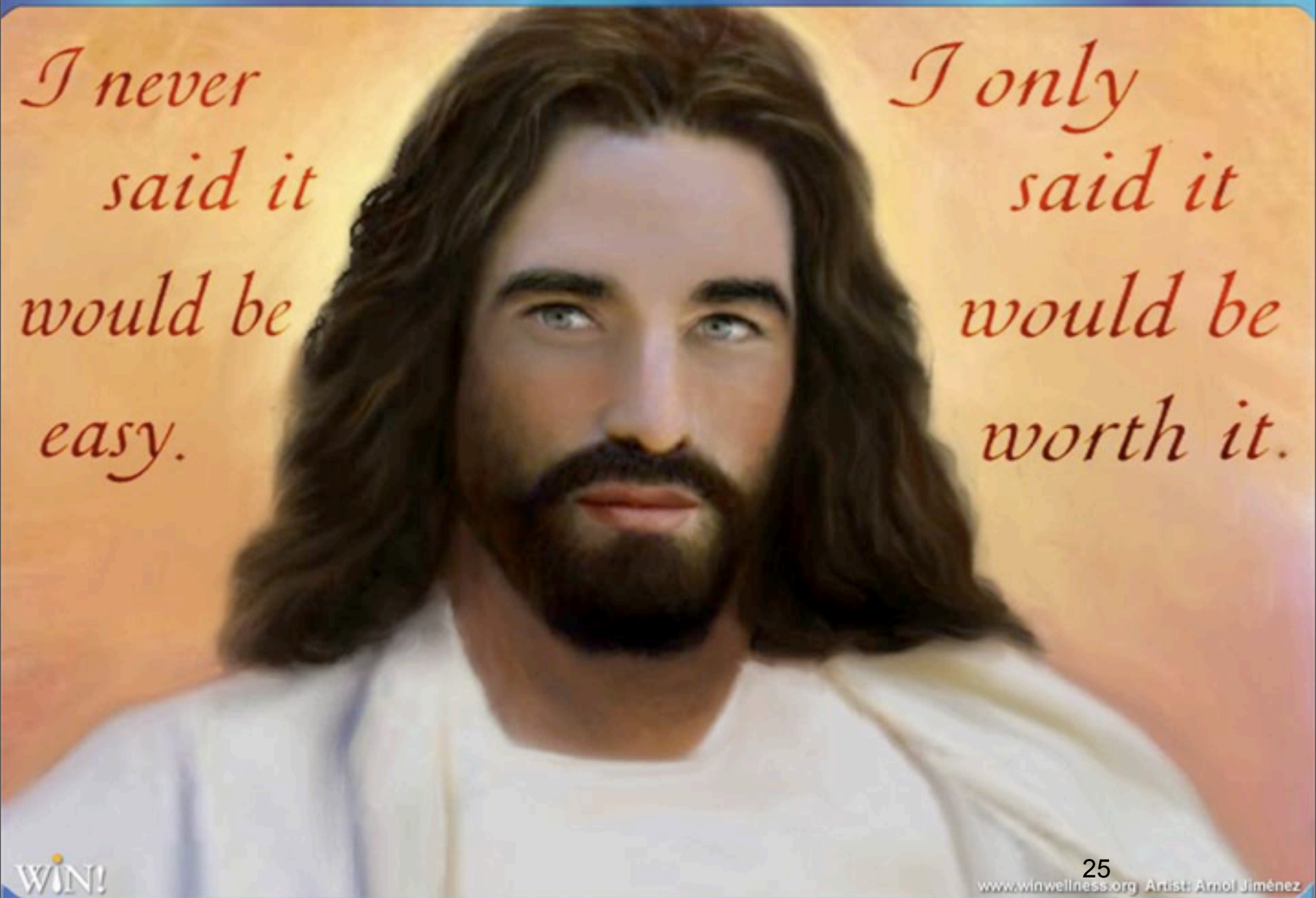
A close-up photograph of a young girl with brown hair and large eyes, wearing a wide-brimmed straw hat. She has a surprised or excited expression with her mouth wide open. The background is a soft-focus green, suggesting an outdoor setting. The text is overlaid on the left side of the image.

**Enjoy each day
in a way that
gives you even
more joy
tomorrow!**

WIN!
Air

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Saturday, July 9, 2011



*I never
said it
would be
easy.*

*I only
said it
would be
worth it.*