



Healing Times

September 2011
Volume No. 14
Issue No. 9

14 Tips for Boosting Your Brain Power

1. Eat More Blueberries – Blueberries are not only high in antioxidants, but they also increase the blood flow to the brain, which in turn, improves your neuronal function.

2. Play a Game – Doing Sudoku or crossword puzzles boosts your attention, processing speed and positive intellectual engagement. (Free in *The Hook & Cville!*)

3. Turn Off Your GPS – This nifty device actually prevents you from using the parts of your brain involved in spatial navigation, as well as the hippocampus, which controls memory and orientation. Save it for when you're really lost!

4. Get a Move On – At the gym, focus on cardio, which may increase the volume of the hippocampus. Don't enjoy the gym? Then park a half mile away from your office. One of the surest ways to get enough exercise to maintain brain health is to walk at least 1 mile a day.

5. Lighten Up – Reconfigure your lighting with full-spectrum bulbs to stimulate alertness and enhance critical brain functions, such as memory, as well as influence mood. Experts say this kind of light actually mimics what humans were accustomed to before electric illumination.

6. Make a Lunch with Crunch – Carrots, celery, and green bell peppers are easily some of the best sources of luteolin, which may contribute to reducing the risk of dementia. Olive oil, peppermint and chamomile tea also contain luteolin.

7. Toss the Remote – Every hour spent watching the tube when you're between ages 40 and 59 increases your risk of developing dementia by 1.3%. Each hour spent on intellectual activities decreases Alzheimer's

risk by 16%, and an hour of socializing causes an 18% decline in risk.

8. Give Up Smoking Once and For All – According to a recent French study, middle-aged men and women who smoke almost double their risk of memory deficit and decline in reasoning abilities.

9. Drive Home Via a Different Route – One of the keys to brain health is breaking routines. It's the small changes in rote procedures that give your brain a workout. You can start tonight at dinner by changing where you usually sit at the table!

10. Eat with Family or Friends – One of the factors most protective of the brain later in life is regular social interaction. A 2008 study at Johns Hopkins showed that an engaged lifestyle can modify genetic risk of dementia.

11. Increase Your Omega-3's - A diet rich in the omega-3 fatty acid DHA has been linked with better nonverbal reasoning and vocabulary.

12. Unplug Well Before You Hit the Pillow The quality and quantity of light you take in just before you turn in makes a big difference in how well you'll sleep. Backlit displays, like those on laptops, iPads, and other devices, bombard you with stimulating blue light just when you want your brain to calm down.

13. Get Your Groove On As Often As You Can – Sex not only engages the brain, but also contributes to the creation of brand new brain neurons, and reduces anxiety. Plus kissing (like cocaine!) sparks the feel-good brain chemical dopamine.

14. Keep Your Spine and Nerve System Healthy and Flexible - All of the above ideas involve using your body and mind in new and creative ways. Network Spinal Analysis is one of the best ways to keep your body and your nerve system healthy, flexible and open to change!

Please Note:

Offices closed Monday, September 5th and Saturday, September 24th.

Classes Available at EYLC**Feldenkrais Classes**

Marsha Robertson, OTR/L teaches Awareness Through Movement® Tuesdays from 12:30–1:30PM. *Feldenkrais* is a gentle and effective way to become more in touch with your body and how it moves.

Classes are \$12. Drop-ins are welcome. Please call Marsha at 434-970-1066 or email her at marshaerobertson@cs.com to register, or for more information.

Your first class is free!

Yoga Classes

Sara O'Hare, certified Alexander teacher and yoga instructor, teaches one hour of gentle yoga on Tuesdays and Fridays at 1:45PM. Commit to six week sessions at \$10/class, or you're welcome to drop-in for \$12/class. Please bring a mat for lying on the floor (extra mats are available). Call Sara at 434-984-3503 for more information and/or to register. Drop-ins are welcome.

Your first class is free!

Life-Changing Healthcare

FREE 30-minute class for the curious in our C'ville office: 6:30PM on Monday, September 12th; please RSVP by noon on the 12th.

During class, Dr. Brian describes Reorganizational Healing, Network Spinal Analysis, Somato Respiratory Integration, answers questions, & provides a demonstration of a Network Spinal Analysis Entrainment.

All participants also receive a coupon for 50% off their first visit. This class is a perfect opportunity to learn how a healthy spine can help you have a healthy, vibrant life. Refer your friends and family, so they can experience the same great changes you have since starting NSA care!

Services Available at EYLC**Somato-Respiratory Integration with Brian Dickert, DC**

Dr. Brian is available by appointment for private Somato Respiratory Integration sessions. Designed by Dr. Donald Epstein, SRI helps the individual experience their body more fully, and instantly shift their state of consciousness to one that supports trust for the body-mind and healing process, as well as promote increased peace and ease.

Call or e-mail Dr. Brian at 434-971-5433 or drbrian@eylc.com.

Feldenkrais & Anat Baniel Method for Children with Marsha Robertson, OTR/L

Overcome painful habits and movement limitations by accessing the brain's connection with the muscles and nerves by combining movement and touch with focused attention to create the conditions for learning.

Marsha is a guild certified *Feldenkrais Practitioner* and an *Anat Baniel Method for Children Practitioner*.

Call or email Marsha at 434-970-1066 or marshaerobertson@cs.com for information or to schedule. You can also check out Marsha's website: www.centralvirginiafeldenkrais.com

Last Laugh:

“My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again.”

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 C'ville 9:30-Noon & 4-7	2 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	3 C'ville 10-1
4	5 Both Offices Closed Today Labor Day	6 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	7 C'ville 8-Noon & 3-6 Afton by appt.	8 C'ville 9:30-Noon & 4-7	9 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	10 C'ville 10-1
11	12 C'ville 8-Noon & 3-6 Life- Changing Health Care 6:30PM Afton by appt.	13 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	14 C'ville 8-Noon & 3-6 Afton by appt.	15 C'ville 9:30-Noon & 4-7	16 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	17 C'ville 10-1
18	19 C'ville 8-Noon & 3-6 Afton by appt.	20 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	21 C'ville 8-Noon & 3-6 Afton by appt.	22 C'ville 9:30-Noon & 4-7	23 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	24 Cville Closed Today
25	26 C'ville 8-Noon & 3-6 Afton by appt.	27 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	28 C'ville 8-Noon & 3-6 Afton by appt.	29 C'ville 9:30-Noon & 4-7	30 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	October 1 C'ville 10-1

Thai Eggplant & Tomato Salad

~ perfect for enjoying the last of summer's bounty

Salad

5 cups peeled cubed eggplant (1 inch cubes)
2 TBSP olive oil
2 tomatoes, halved, cored and cut into thin slices
1/2 large cucumber, peeled, halved, seed and cut into crescents
1 small yellow or red bell pepper, cored, seeded and thinly sliced
2 scallions, sliced on the diagonal

Marinade

1/4 cup fresh lime juice
1 TBSP freshly grated lime peel
3 TBSP olive oil
2 TBSP grated fresh ginger root
2 TBSP soy sauce
2 TBSP chopped fresh mint
1/4 cup chopped fresh Thai basil
2 TBSP chopped fresh cilantro
2 tsp minced fresh green chiles (optional)

Preheat the oven to 450. Toss the eggplant with the oil and roast on a large baking sheet about 25 min, stirring every 10 min. Whisk together all the marinade ingredients in a large bowl, and toss with baked eggplant. Set aside to cool and marinate for at least an hour. Place other veggies together in a large bowl in the fridge. Just before serving add veggies to eggplant and toss. Serve at room temperature. Enjoy! Excerpted from Moosewood Restaurant New Classics



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EFT and Ageless Grace

Women, Let Us Clear the Issues We Have About Getting Older to Allow Ourselves the Freedom to Express Who We Are

Are you over 50? Join Patricia Ducharme, RN, EFT Practitioner and Sara O'hare, certified *Ageless Grace* practitioner for an enjoyable afternoon, connecting with like minded women, to clear and transform your relationship with yourself.

Using the highly effective emotional release technique of *EFT* and the simple anti-aging exercises of *Ageless Grace*, we will learn to clear away barriers that keep us from fully enjoying life.

Ageless Grace is a gentle fitness program designed for practice in a chair. Almost anyone of any age, ability, body type or size can benefit from these simple exercises.

EFT (Emotional Freedom Techniques) is a self help technique that you will learn and take home, so you can easily clear away difficult emotions as they arise.

When: Sunday, September 18, from 1:00- 4:00 PM

Where: 1982 Arlington Blvd, Suite 1

Cost: \$34.00-- Please **Preregister, Space Limited**

Email or call Patricia for Registration and Questions

Email: MRETech@aol.com **Voice:** 434-985-1832

Patricia is a Registered Nurse, an EFT Practitioner and a Master Rapid Eye Practitioner. She has a practice helping people experience the life they want to live by clearing the blocks that keep them from doing it.

Sara O'Hare is certified as a teacher of the Alexander Technique, yoga, Structural Yoga Therapy, as well as *Ageless Grace*. She loves helping people find ease and freedom in movement.