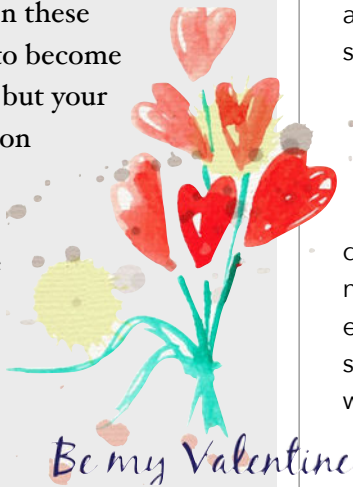




February Newsletter

Heart Centered

The brain and heart are inextricably linked. What is good for your heart is good for your brain. Our brains are only 2% of our body weight but use up 20% of our oxygen. Having a strong vascular system has a direct influence on mental acuity and cognition. In these times it is easy to become a couch potato, but your health depends on your ability to breathe deeply and have a healthy heart. To the best of your physical ability, exercise, hike, do yoga, dance (even around the house), stretch, and try and get healthy cardiovascular exercise! Having a heart centered approach to life, releasing anxiety and stress, communicating with compassion, taking time for yourself, and enjoying life can help your system stay healthy.



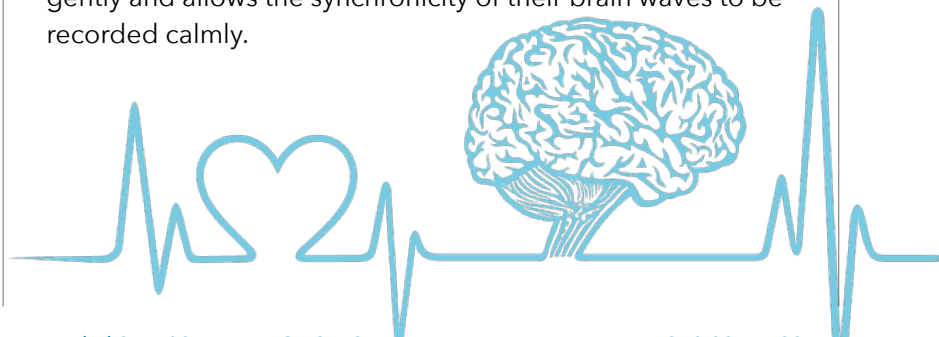
New Developments!

BrainStim Centers is expanding our support of brain health by offering quantitative EEGs. An EEG, or electroencephalogram, is a sensitive test that detects electrical pulsations in the brain, commonly known as brain waves, created by the discharge of neurons.

We can learn a great deal from the electrical pulses of the brain. Observing how neurons communicate (brain waves) while in a restful state allows us to record the rhythm and activity of the brain waves. Trained clinicians read these reports using complex mathematical equations in order to note instabilities, overly aroused areas, and response to stimuli. Subtle asymmetries, spikes and waves, and unusual activity across the brain can indicate a variety of concerns, such as stress, depression, sleep disorders, medication or drug use, ADHD, issues with memory, and other concerns.

- The EEG guides and personalizes the approach to TMS (transcranial magnetic stimulation) care. Through EEG information, practitioners design an individualized and directed TMS program that seeks to balance and synchronize neuron activity in the brain. It is a painless and effective way to experience relief from brain imbalances. EEG guided TMS has shown remarkable strides towards relief of symptoms involved with PTSD, OCD, ASD, depression, memory loss, and other concerns.

To take an EEG test, a patient will sit in a comfortable chair while the neuromodulation specialist places a cap on the head that allows for snug and gentle electrode placement. The cap looks quite a bit like a bicycle helmet. There are no needles or shocks, it is entirely non-invasive. The patient closes their eyes gently and allows the synchronicity of their brain waves to be recorded calmly.



Let them eat *chocolate* cake!

Flavonoids

“The neuroprotective actions of dietary flavonoids involve a number of effects within the brain, including a potential to protect neurons against injury induced by neurotoxins, an ability to suppress neuroinflammation, and the potential to promote memory, learning and cognitive function.” (Spencer, 2009, Flavoids and brain health: Multiple effects underpinned by common mechanisms. *US National Library of Medicine, National Institutes of Health*)

What does this mean? Well, research is not conclusive, but we suspect a little dark chocolate may actually be good for your brain, helping fight toxins, and support cognition. That is not to say that butter and cream help, but it is Valentine's Day and sometimes, a bit of chocolate is in order!

This is the author's favorite cake. It's a rich, dark, fudge forward, chocolate dream and wonderful warmed up for 20 seconds in the microwave with a scoop of, dare I say, ice cream?

Flourless Chocolate Cake

by King Arthur Baking

PREP: 15 mins
BAKE: 23 to 27 mins
TOTAL: 1 hr 38 mins
YIELD: one 8" cake

Ingredients

Cake

- 1 cup (170g) semisweet or bittersweet chocolate chips
- 1/2 cup (8 tablespoons, 113g) unsalted butter
- 3/4 cup (149g) granulated sugar
- 1/4 teaspoon salt
- 1 to 2 teaspoons espresso powder, optional
- 1 teaspoon vanilla extract, optional
- 3 large eggs
- 1/2 cup (43g) Dutch-process cocoa powder

Glaze

- 1 cup (170g) semisweet or bittersweet chocolate chips
- 1/2 cup (113g) heavy cream

Instructions

1. Preheat the oven to 375°F. Lightly grease a metal 8" round cake pan; cut a piece of parchment to fit, grease it, and lay it in the bottom of the pan.
2. To make the cake: Put the chocolate and butter in a microwave-safe bowl, and heat until the butter is melted and the chips are soft. Stir until the chips melt, reheating briefly if necessary. You can also do this over a burner set at very low heat. Transfer the melted chocolate/butter to a mixing bowl.
3. Stir in the sugar, salt, espresso powder, and vanilla. Espresso enhances chocolate's flavor much as vanilla does; using 1 teaspoon will simply enhance the flavor, while 2 teaspoons will lend a hint of mocha to the cake.
4. Add the eggs, beating briefly until smooth. Add the cocoa powder, and mix just to combine.
5. Spoon the batter into the prepared pan.
6. Bake the cake for 25 minutes; the top will have formed a thin crust, and it should register at least 200°F on an

*“What lies behind us and
what lies ahead of us are
tiny matters compared to
what lives within us”*

— Henry David
Thoreau

Books make terrific gifts, both for yourself and for a loved one!

Recommendations from our Staff:

- *Educated* - Tara Westover
- *Overstory* - Richard Powers
- *When Breath Becomes Air* - Paul Kalanithi
- *A Long Petal of the Sea* - Isabel Allende
- *A Man called Ove* - Fredrik Backman
- *All the Light We Cannot See* - Anthony Doerr
- *Wintering* - Katherine May

