



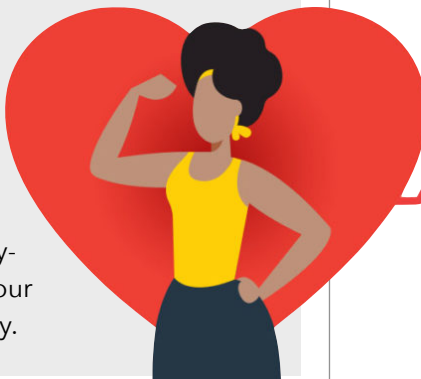
February Newsletter

Happy Valentines Day

It's nearly Spring, time for new beginnings. All around us the trees start to put forth buds. Fill your home with flowers and fragrance.

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.



TMS Versus Neurofeedback

Some may choose to focus on their mental health this month. It is month dedicated to love, to care, and to self-love.

When it comes to mental health, there are many options out there. I am often asked what the difference is between transcranial magnetic stimulation (TMS) and neurofeedback.

Transcranial magnetic stimulation (TMS) focuses on the structural and electrical aspects of your brain to either increase activity in areas that are under-active or decrease over-activity. TMS gently induces an artificial electrical current that selectively interacts with neurons as needed. This process is very safe and painless and uses gentle, targeted electromagnetic magnetic pulses. It is relaxing for most patients. These electromagnetic pulses are conducted in a series of repetitive trains used to either strengthen or weaken connections associated with their according brain dysfunctions and mental health disorders.

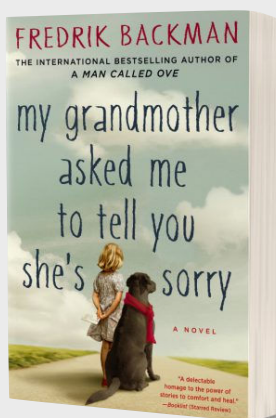
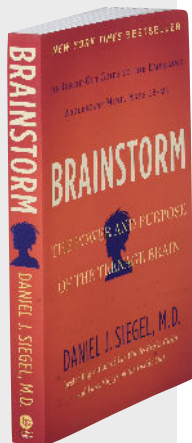
Neurofeedback on the other hand, is a form of biofeedback that focuses on reinforcing positive behaviors in the brain. Biofeedback provides a real time view for patients and doctors of some activity in the body; in the case of neurofeedback, brain wave activity is monitored on an electroencephalography (EEG). The patient is then

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Bibliotherapy

Bibliotherapy is using reading for therapeutic effects and it is a real treatment, it's also inexpensive! Psychology Today offers a great explanation of bibliography. We offer you some great suggestions of books!

- *Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience* – Brené Brown
- *Brainstorm: The Power and Purpose of the Teenage Brain* – Daniel Siegel, MD
- *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time* – Alex Korb
- *Why Zebras Don't Get Ulcers* – Robert M. Sapolsky
- *Finding Your Own North Star* – Martha Beck
- *Trauma and Recovery* – Judith Herman, MD
- *Full Catastrophe Living* – Jon Kabat-Zinn, Ph.D.
- *My Grandmother Asked Me to Tell You She's Sorry* – Fredrik Backman
- *The Creative Habit* – Twyla Tharp
- *The Body Electric* – Robert O. Becker, M.D. and Gary Selden



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given a task that is associated with increasing or decreasing a specific brain connection, and they work on training this one task over multiple weeks or months to reinforce self-control of positive brain functions.

TMS focuses on the structural and electrical aspects that correspond with different brain disorders, while neurofeedback focuses more on the behaviors associated with different brain disorders. A course of



TMS therapy typically includes around 30 to 36 daily treatments, while a course of neurofeedback can range anywhere from 5 weeks to one year. TMS may be better for difficult-to-treat issues, but both show success in the treatment of mental health disorders.

BrainStim Podcasts

TMS Brain Power Podcast on Spotify



Listen to TMS Brain Power Podcast on Spotify. Our latest episodes touch on the basics of neuroplasticity and what you should expect after you have been approved for TMS therapy and what happens on your first day of treatment. We also answer your questions such as whether your insurance cover TMS, what the first steps are that you would need to take to get help for yourself, and so many more.

Brain Power Podcast - YouTube

Hello and welcome everyone to our new podcast. We want this to be a place for you to learn something and engage in



a dialogue. Please feel free to leave a comment with any questions!!

**ALSO NOW ON
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STITCHER!**



Recipe

Tofu or Chicken Napa Crunch Salad – a family favorite!

If using tofu, it's best to press tofu first. Set on plate and rest something heavy on it like a pan, using a tea towel to soak up moisture. Let sit for 20-30 minutes then slice and place in shallow bowl.

If using chicken, prep and place in shallow bowl, or place in large Ziplock bag.

Citrus Marinade for Chicken or Tofu

Ingredients

- 3 tablespoons creamy peanut butter
- 2 tablespoons EVOO
- 1 tablespoon Dijon or hot / spicy mustard
- 2 inch fresh ginger, peeled, and finely diced
- 4 large garlic cloves, peeled, finely diced
- ½ cup orange juice (I recommend blood orange but whatever you have!)
- 1/3 cup soy sauce or Bragg's liquid amino (if GF)
- Orange zest of half orange (optional)
- A little bit of black or red pepper (optional)

- 1 teaspoon honey (optional)
- Some people like a dash of Worcestershire
- Extra firm tofu, 2 packages or 4 to 5 chicken breasts

Directions

1. Mix marinade ingredients and pour over tofu or chicken. Let sit for 45 minutes or more, in fridge.
2. Using an indoor grill pan, lightly grease pan and grill until done. Chicken is around 4-5 minutes (roughly 10 minutes per inch of thickness) and tofu is about the same. Alternatively, you can roast in oven for tofu at about 15 minutes at 375. Should be browned and a bit crispy on edges.

Salad Dressing

Ingredients

- ½ cup peanut butter (creamy)
- 2 tablespoon unseasoned rice vinegar
- 2 tablespoon lime juice, fresh
- 2 tablespoon EVOO
- 1 tablespoon soy or Bragg's aminos
- 2 tablespoon honey

Happiness Chemicals and How to Stimulate Them!

Oxytocin:

The Love Hormone

- Socializing
- Physical touch
- Petting animals
- Helping others

Endorphin:

The Pain Killer

- Exercising
- Listening to music
- Watching a movie
- Laughter

Dopamine:

The Reward Chemical

- Eating good food
- Achieving a goal
- Completing a task
- Self-care activities

Serotonin:

The Mood Stabilizers

- Sun exposure
- Mindfulness
- Be with nature
- Meditation

- 2 tablespoon sugar
- 2 cloves garlic peeled
- 1 inch peeled ginger (or 1 teaspoon powdered)
- Salt to taste
- ¼ teaspoon chili flakes
- 2 tablespoon cilantro, fresh

Directions

1. Mix all but the cilantro in blender. Add cilantro last and mix just for a few seconds further.
2. Keep in fridge until ready to dress the salad.

Salad

Ingredients

- 4 cups chopped Napa or green cabbage
- 1 cup slivered carrots (mandolined best)
- 4 ribs thinly sliced celery
- Small red onion or half medium onion, sliced very thin or mandolined
- ½ cup cilantro, chopped
- 1 cup snap or sugar peas