



July Newsletter

Independence Day

July 4th is Independence Day! It is a celebration of the passage of the Declaration of Independence by the Continental Congress on July 4, 1776 and the beginning of our nationhood.

Many men and women have fought and died to win us the freedoms we enjoy today. How can we best honor and uphold their trust and sacrifice to continually improve ourselves and our country? Thinking about independence is a powerful meditation, where in your life are you independent? Dependent? Have you sought to be interdependent with those around you, and how?

One way we can express our independence is through creative and new thought, as thinking the same thoughts over and over is an indication of depression. Scientists and psychologists have developed a new understanding of depression. Studies show that repetitive thinking, called rumination, over time is actually linked to a distortion of prefrontal cortex activity, our brain circuitry rewires with repetitive negative thought. It is a complex relationship, but if you or someone you know is suffering from major depression, it may not be that easy to change your thought patterns, as brain circuitry is involved, but you can give it your best effort. How?

One way to gain independence is to take

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Succes Story: Mariposa

Our patient, "Mariposa" (named changed to protect anonymity), is 19 years old and has shared her story with us, and, with you.

Sonja: What brought you to BrainStim Centers?

Mariposa: My family and I were looking into a depression treatment following a suicide attempt. I had tried both medication and therapy, but they did not help, and my psychiatrist recommended TMS.

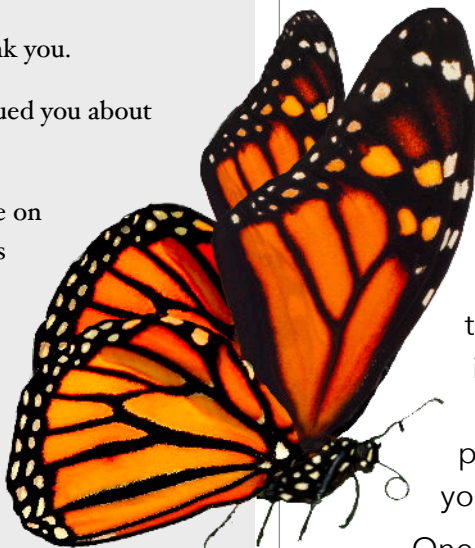
Sonja: I am so sorry, are you feeling better now?

Mariposa: yes, thank you.

Sonja: What intrigued you about our services?

Mariposa: You were on the list of providers and we looked at the different facilities. We liked that BrainStim was run by a neurosurgeon, and we like how the treatment is EEG

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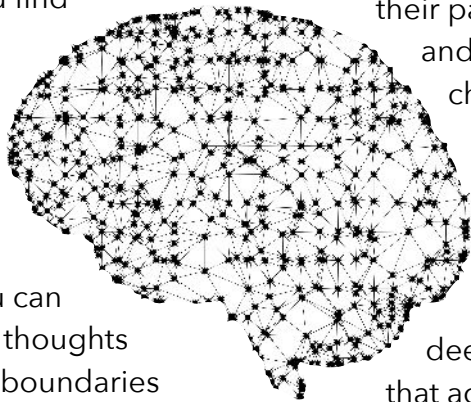


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stock of your thoughts. Are your thoughts running around the same ruts, regrets, and memories? Are your thoughts consistently negative, angry, or confused? Take the time to notice the way you think and what you think about. Stop and take a walk, plan a day with a friend, draw, spend time in nature, or do something different to stop the repetitive thoughts - or write down the words or images that come up for you as you replay stories, frustrations or fantasies. What themes keep surfacing? Can you find a more positive rendition of the story you are thinking, or the epilogue? If you can protect your thoughts with healthy boundaries and treat your thoughts like a child you love, you may be able to guide them, and you, to a happy place. It's not easy, and it helps to share what you are thinking with a trusted friend or counselor. However, recognizing and changing your thought patterns can lead

you to a place of healthy independence.

If you are struggling with negative repetitive thoughts, Transcranial Magnetic Stimulation (TMS) is a powerful tool. TMS depression treatment has been developed and refined to be able to selectively alter circuit level abnormalities and impact function across multiple brain regions and neurotransmitter systems. Following TMS, patients often tell us that they have the objectivity to think differently, to observe what their patterns are and to then change them. Depression and brain circuitry are so deeply linked that accessing the circuitry and essentially reconditioning the brain through magnetic stimulation provides many with what they consider miraculous changes. TMS has the ability in some cases to reverse depression associated circuit abnormalities.

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guided, tailored to the individual, not just a baseline uniform treatment for everyone. I also liked that if someone is going to put a magnet against my head to treat my brain, that it is monitored by a neurosurgeon who knows the brain's functionality.

Sonja: what did you experience? Did you experience discomfort?

Mariposa: It is hard to describe, I felt a brief buzzing feeling on my forehead and a little pressure but it did not hurt and I got used to it quickly.

Sonja: How would you describe the treatment process itself?

Mariposa: Long - everyday for 5 days a week and we live over an hour away, but it was all worth it in the end.

Sonja: Do you feel better? Please describe changes you have noticed.

Mariposa I noticed changes when I was able to work through negative and suicidal thought patterns. I was able to push those aside and continue with what I had to do throughout the day. I noticed about mid way through treatment, but my parents noticed earlier. At the beginning I did not notice anything changing, but my family did. One thing that was interesting was I started doing my make-up more, it's fun. I want to make myself look fun and go out and see people. My family started seeing this first too.

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Sonja: What was your experience of the staff, from the outset to the end of your journey with us?

Mariposa: Staff was amazing, I loved everyone. Aleks was super cool and always talked with me. They were always happy to see my progress, made me feel welcome and I never felt that feeling, like as if I was unsure I wanted to be there. I was always comfortable with them.

Sonja: Were you comfortable communicating your needs with us?

Mariposa: Yes, definitely! It was easy to talk with everyone and easy to contact if I needed to change anything, there were no problems at all.

Sonja: Would you recommend treatments to a friend?

Mariposa: Yes and no. Treatments are expensive so not accessible to everyone due to cost. In my community, it's not possible for everyone, I was very lucky in that my foster parents paid for me to get treatment. In terms of actual treatment, yes, I would recommend it.

Sonja: What would you change, if anything?

Mariposa: Nothing about the treatment but I wish there

were more clinics so it was more accessible.

Sonja: Do you have any comments about the EEG process or Cambridge Brain Sciences tests?

Mariposa: It was really nice to see your progression on paper. I knew I was feeling better but it is nice to see it happening on paper as well.

Sonja: Thank you Mariposa. Do you have anything else to add?

Mariposa: I am glad I got to experience this.

Sonja: Thank you, I am also. Do you mind if I ask, why Mariposa?

Mariposa: I am a huge fan of butterflies. I feel like they are my spirit animal that is why I chose it.

Sonja: I love it!



Brain Research

This July, our resident tech and researcher, Maxwell Hand, will be presenting original research at the 2021 Society of Brain Mapping and Therapeutics annual congress. He is exploring how we can advance the field of brain



stimulation therapy. We believe that contributing to the current literature on repetitive transcranial magnetic stimulation (rTMS) will help our patients see better results and allow more people to access this type of treatment. We are studying how to better personalize each treatment for our patients. Everybody is different and experiences things in a unique way, so we are looking towards the future of therapy where every patient can receive the optimal treatment. Every person has a unique and special brain, so one of our goals is to better understand the cognitive differences that each person experiences and how best to treat them.

With the number of people who suffer from mental illness growing every year, this research is timely and contributes to improved therapeutic methods.

July Recipe:

Sonja's quick and tasty go to summer salads:

What says Summer more than the salad? My salad game changed completely when I gave up trying to create a perfect meal and just started pulling out food from the garden, the refrigerator and the cabinets. What goes in my salads? You name it.

Go to quickie:

All chopped fine: head of red or butter lettuce washed & dried, handful of fresh dill, fresh cracked pepper, sea salt, fresh lemon, white onion, olive oil. Optional: pine nuts, grape tomatoes, slivered parmesan or hard white cheese, garlic. (Great quick brunch item served next to a lox pizza - pizza crust cooled with cream cheese, lox, dill, slivered onion, lemon, capers and salmon caviar.)

Italian Caprese pasta salad:

(picnic and kid friendly) a bag of short cooked al dente and chilled pasta like rotini, farfalle, fusilli or similar, 2 pints of organic grape tomatoes sliced in half, about one small sweet or red onion well chopped, 2 cups small mozzarella balls cut in half, ¾ can (8oz) organic white beans, 1+ cup sliced black olives, ample fresh shredded basil (about a cup), chilled chopped steamed broccoli (optional) 1+cup, chopped arugula (1-2cups). A tbsp of pesto if available. Optional: kalamata olives, capers, red peppers, spinach, chili flakes. I make a quick salad dressing out of EVOO, salt & pepper, Dijon mustard, garlic, balsamic vinegar, fresh herbs, Italian seasoning or herbs de Provence, and a dash of honey. However, you can just as easily use store bought dressing or sub red or apple vinegar for balsamic.

Make it Mediterranean:

From the Caprese salad, sub mozzarella for feta, add sundried toma-

atoes, sub chickpeas for white beans, add optional cucumbers, sliced pepperoncini, grilled veggies such as zucchini or eggplant, fresh red or orange peppers.

Mexican American salad:

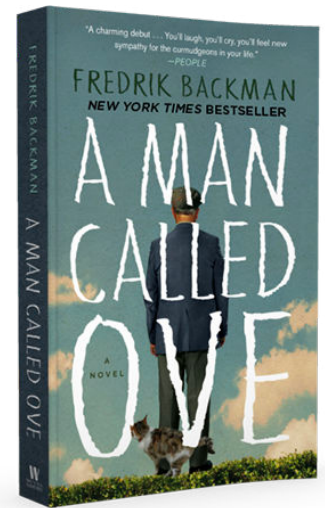
1 avocado, 3 tbsp apple cider vinegar, s + p, ¼ cup cilantro, ½ juicy lime, dash of cumin, EVOO to taste. Blend in blender and thin with EVOO and/or water. Optional fixings: romaine lettuce, corn, radishes, cucumber, red or orange peppers, chips, pinto or kidney beans, cheddar cheese, crumbled taco beef, chix or chorizo (we use vegetarian), cilantro, tomato, carrots, zucchini, pepitas, green and /or red onion

4th of July Fruit Salad:

Any combo of the following - Red: watermelon, raspberries, strawberries, cherries. White: apples, bananas, honeydew, pineapple, white nectarine, jicama. Blue: blueberries, mulberries, blackberries or dark grapes. Mix up a little honey, orange juice and well-chopped mint to toss it in, or don't. Serve with yogurt or cake, or don't. Sky's the limit with this salad, you can cut stars or keep it simple, arrange like a flag, stab with a skewer, or make it in to a beautifully carved watermelon bowl. Very kid friendly!

Kitchen Sink:

Here are some of my favorite ingredients, but not all together! Any kind of lettuce—always well chopped, fresh herbs, leftover steamed vegetables, hard boiled eggs, pepperoncini's, deli items, olives, pickles, artichokes, grated carrots or beets, corn, broccoli, cauliflower or peas defrosted, canned seafood, avocados, seeds, cheeses, dried cranberries, nuts, fresh fruit, chickpeas, feta, shallots, parsley, dill, any beans, zoodles, chips, infused (but not flavored) oils and vinegars! Have fun.



Reading List

These are on my reading list, have you read any of them? What are you reading now? I would love to hear from you!

- *The Choice*, Dr Edith Eva Eger
- *Anxious People*, Frederik Backman
- *A Man Called Ove*, Frederik Backman
- *The Boy Who was Raised as a Dog*, Bruce D Perry
- *Where to Begin*, Cleo Wade
- *House on the Cerulean Sea*, TJ Klune
- *Big Magic*, Elizabeth Gilbert
- *Fek Perfection*, James Victore
- *Soft Wired*, Dr. Michael Merzenich
- *Maybe You Should Talk to Someone*, Lori Gottlieb
- *Know My Name*, Chanel Miller

