



## October is Depression Awareness Month

Have you or someone you know quietly disappeared from communication? Do you or someone you know have a history of depression? October is depression awareness month. Take the time to pick up the phone, send flowers or a thoughtful note reminding the person you are thinking of them. Sometimes the simple act of well-timed listening can mean the world to an individual suffering from depression. People have a lot to share, if only someone would ask.

If you suffer from depression, please take the time to love yourself, to remind yourself that you are a wonderful you and the only you of your kind. Engage in a simple activity that makes you happy. Take a walk outside or take a fragrant bath. Nature can be very healing so consider a class on arranging flowers, or just make a day of painting flowers. Write yourself a love letter and remind yourself of your special and unique qualities.

Or, write me back, and tell me what has helped you through depression, so I can share these tips in future newsletters! Your matter, and you can help others.

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# October Newsletter

## Non-Invasive, Non-Pharmacological Treatment for Traumatic Brain Injury Offers a New Lease on Life

The CDC (Centers for Disease Control and Prevention) defines TBI, or Traumatic Brain Injury, as "an injury that affects how the brain works. It may be caused by a bump, blow, or jolt to the head, or penetrating injury (such as from a gunshot) to the head."

TBIs can be mild, moderate, or severe. The Mayo Clinic defines mild TBI or concussion as "a traumatic brain injury that affects your brain function. Effects are usually temporary but can include headaches and problems with concentration, memory, balance, and coordination."

When TBI is referred to as "mild" since the diagnosis is not life-threatening, the results can feel anything but mild.

When the head suddenly hits an object or when it moves violently back and forth (such as in a car accident or sports game), your brain can bounce around or twist in the skull. This can cause chemical changes in the brain and brain cell damage. These changes may last a lifetime.

Moderate or severe TBI may lead to long-term or life-long

*New Lease on Life continued on page 2*

### Save the date!

#### Mental Health Awareness Day!

##### October 10

Mark your calendars and call a loved one or two.

#### EEGs are \$25 Off!

##### All month!

EEGs purchased for the month October are \$25 off! Call now to schedule: 661.583.6529.

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Neurosurgeon Mark Liker, MD, FAANS, FACS uses a non-invasive and non-pharmacological approach to healing when possible

health problems that affect all aspects of a person's life. People with severe TBI must be hospitalized, sometimes long-term. They may need rehabilitation for memory, learning, coordination, speech, and other senses.

If you've experienced a traumatic brain injury or concussion, then you know how miserable the symptoms are: headaches, dizziness, nausea, memory problems

With a mild concussion, these symptoms may resolve over

time although some may linger for years.

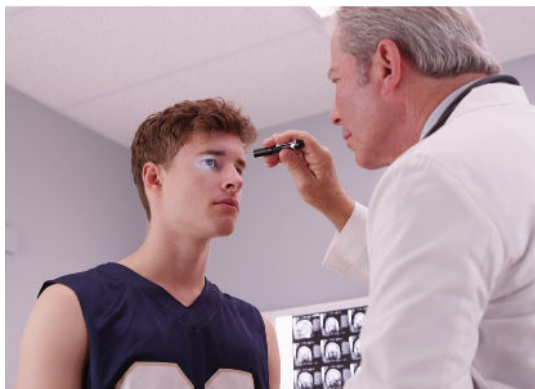
With severe traumatic brain injury, the symptoms can be debilitating. Often, they don't go away, despite traditional treatment.

Mert treatment, or Magnetic resonance treatment, has helped thousands overcome the byproducts and symptoms of traumatic brain injury. MeRT uses a magnetic field to stimulate and balance brain function, guided by sophisticated imaging and diagnostics. It is safe and effective with children and teens.

MeRT combines Transcranial Magnetic Stimulation (TMS), Quantitative Electroencephalogram (qEEG), and Electrocardiogram (ECG/EKG). This combination of technologies helps to analyze and formulate treatments to each patient's unique brain pattern.

Magnetic waves gently and specifically stimulate targeted areas of the brain that are not communicating or functioning optimally. Each individual is different and thus exact treatment protocol is developed according to each person's needs.

MeRT can stimulate and assist the brain in improving connectivity and communication.

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If you have time to volunteer, opportunities abound. A quick search on Google for your area will bring up surprising opportunities to work with your immediate community in large and small ways. These experiences do not cost money, if you have the time, you can make a positive impact in the lives of others, from planting trees to talking with abuse survivors, to volunteering to help out with animals. For example, places like Shelter of Hope in Thousand Oaks is grateful to have volunteers, people can come and play with rescued puppies for a few hours. This October commit to using your precious time wisely.

**Love Your Body**

The body stores our pain and stress and frustration. Being depressed can feel like weights all over your body and feeling anxious can tie one up in knots. Both can create physical pain. Physical or structural challenges can tie the body up that much more, and it can be a vicious circle. However, our bodies really are glorious in what they can do and how they protect us, so love your body! One way to love your body is to move it through walking, running or dance.

Personally, I don't have a lot of opportunity to dance, and running is not an option for me. I would like to go for walks but these days the weather is so topsy turvy, I have turned to yoga. Are you experienced in yoga? New to yoga? I have found some websites for

*Love Your Body continued on page 3*

## BrainStim Podcasts



### TMS Brain Power Podcast on Spotify

Listen to TMS Brain Power Podcast on Spotify. Our latest episodes touch on 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

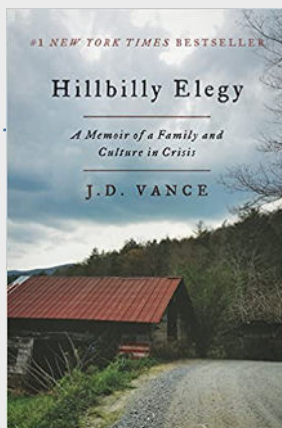


Hello and welcome everyone to our new podcast. We want this to be a place for you to learn something and engage in a dialogue. Please feel free to leave a comment with any questions!!

## Reading List

What are you reading? My list this month:

- *Trauma and Recovery* – Judith Herman
- *Breath* – James Nestor
- *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* – J.D. Vance
- *Before We Were Yours* – Lisa Wingate
- *The Office of Historical Corrections* – Danielle Evans
- *Thinking, Fast and Slow* – Daniel Kahneman



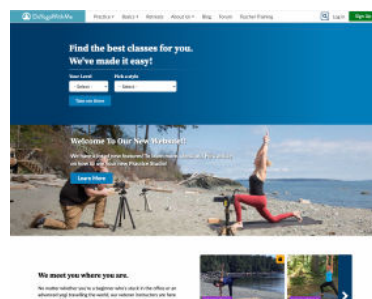
### Love Your Body cont. from page 2

beginning to advanced yoga offering free online classes available when you have time, in your home, office or your closet, up to you, no one is looking! There are evening meditation and breath-work classes as well, so if you are feeling anxious or unhappy, or even just to get your body flowing, give these a chance:



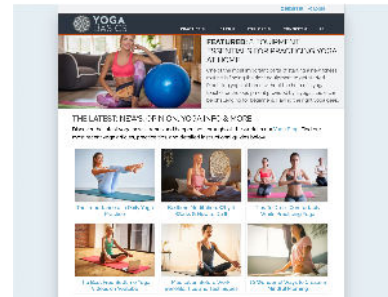
yogawithadriene.com

Adriene Mishler is an actress, writer, international yoga teacher and entrepreneur from Austin, Texas. On a mission to inspire people of all ages, shapes and sizes. across the globe and get the tools of yoga into schools and homes, she hosts the YouTube channel Yoga with Adriene. She serves a community of 8 million subscribers high quality practices on yoga and mindfulness at no cost.



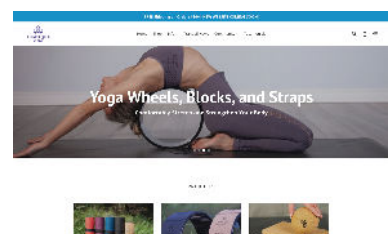
doYOGAwithme.com

doYOGAwithme.com's relies on donations to achieve its goal of bringing free yoga to everyone. Whether you're a beginner or an advanced yogi, this site's veteran instructors are available with over 500 classes.



yogabasics.com

Launched in 2000, yogabasics.com is an award-winning yoga resource and thorough guide for the exploration of yoga, meditation and much more. The site currently has over 1600 pages of content with step-by-step instructions for over 120 yoga poses. While not free, the site offers its premium content at \$2.50/month and lower depending on the length of your membership.



tranquilityyogi.com

tranquilityyogi.com has everything a beginner-to-advanced yogi could possibly need like those cool stretchy wheels and products for heart openers and so much more.



# Fall Treats:

## Sweet or Savory Roasted Butternut- Squash Soup:

### Tips

These soups can benefit from time stirring on the stove with seasonings, but if you are a sheet pan kind of chef (I am), peel and roast the squash and other ingredients in the oven until fork tender and then transfer to stove top on low heat, adding seasonings and then blending with an immersion blender. Softer vegetables (onion, apple, celery, carrots) come out of the oven before the squash or can be cooked on stovetop. Oven temperature and times may vary so go with fork tender and be sure to drizzle all with extra virgin olive oil so nothing burns.



### Sweet Option Ingredients

- 1 butternut squash peeled, and chopped, about 8 cups
- 1 medium cored and chopped granny smith apple
- 1 medium onion, chopped
- 1 medium carrot, peeled and chopped
- Optional 1-2 sticks celery
- 6 cups vegetable or chicken stock
- 1/8 tsp nutmeg
- 1/8 tsp cinnamon
- Pinch of ginger
- Pinch of cayenne
- 2 Tbsp unsalted butter
- 1 Tbsp EVOO if roasting squash
- Sea salt and freshly ground black pepper

### Soup Instructions

1. To slice the butternut squash, place in microwave for 3 to 4 minutes to soften skin, let cool and then peel and cut.
2. Dice vegetables.
3. Sauté onions on low heat in butter until tender and translucent, about 3 minutes, adding the rest of the softer vegetables (including apple if using) for another 3-4 minutes. Drizzle in olive oil as needed.
4. Add squash and stir occasionally until squash starts to soften, about 8-10 minutes.
5. Add broth and bring to brief boil, turn down to a low simmer and let simmer for 25 minutes.
6. Stir in seasonings and continue to low simmer for about 10 minutes.
7. With either use an immersion hand blender, or transferring to a blender, blend until smooth. You may add additional broth, heavy cream or water to thin.
8. Select toppings of your choice and serve with toasted crostini.



### Savory Option Ingredients

- 1 butternut squash peeled, and chopped, about 8 cups
- 1 medium onion, chopped
- 1 medium carrot, peeled and chopped
- 3-4 cloves garlic, chopped
- Optional 1-2 sticks celery
- 6 cups vegetable or chicken stock
- 1/3 cup chopped fresh sage leaves
- 2 Tbsp butter
- 2 Tbsp EVOO
- Sea salt and freshly ground black pepper

### Crostini Ingredients

- 1/2 baguette, sliced diagonally
- 1 cup grated fontina
- EVOO
- 1 TBSP chopped fresh sage leaves (savory option)
- Paper thin sliced apple if sweet option
- cheese
- Sea salt, Maldon smoked sea salt is delicious

### Crostini Instructions

1. For crostini broil EVOO brushed baguette slices for 1-2 minutes, remove and place shredded fontina on top. Broil another 1-2 minutes.
2. Sweet: add thinly sliced apple on top for sweet option.
3. Savory: sprinkle chopped sage under fontina before broiling

### Toppings

- Sea salt
- Freshly ground black pepper
- Fresh chives or parsley
- smoked paprika
- Sour cream or heavy cream stirred in
- Pepitas
- Maple syrup (if sweet)
- Chopped sage (is savory) Soup Instructions