



September Newsletter

What do you think?

There is a new exhibit in Los Angeles boasting a "life-size, up-close, never-before-seen perspective of Michelangelo's **Sistine Chapel**."

So much about the brain is still a mystery, one that humankind has sought to understand since inception. It is the source of our joy, sorrow, and creativity.

Have you ever noticed the brain in the Sistine Chapel? What do you think Michelangelo was trying to relay? So many people have proposed theories. Most interesting to me, is that the hand of God is extended from the area of the brain that controls mood, faith, creativity, and is the area we most regularly treat with TMS. Can we best embrace our humanity by connecting with- and healing our emotional selves?



We have a new podcast!

Join us on Spotify at
**TMS BRAIN POWER
PODCAST**

and on YouTube, find us at
Brainstim Centers!

After TMS Strategies

During and after TMS the cloud lifts, providing clarity of thought and a relief of symptoms. For most, this proves a permanent change.

A few people may need to come in from time to time for a reset, a handful of TMS treatments every six months or so. We recommend if you feel down after going through TMS therapy to do a gut check, are you having a challenging day? Or, is this the beginning of a spiral of depression or destructive behaviors? If the latter, please do not hesitate for one minute to give us a call and we can get you in for a short TMS series.

For most of us, however, we need to do some personal work and identify long term strategies for growth after we finish TMS.

Without changing patterns that lead to depression, we can repeat bad habits that are not useful and beneficial in our lives. What kind of time and peace of mind

would it give us to substitute those habits for something more beneficial to our wellbeing?

TMS Follow Up Maintenance:

Therapy – If you have been in therapy, please do continue with therapy.

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What to Expect continued from page 1

TMS should make you feel better and talk therapy may have even greater results after TMS, as you will likely be able to accomplish more with greater clarity and motivation. If you have not tried therapy, after TMS is a great time to start.

Medication - If you have been on medication before TMS therapy, it is recommended that you maintain your medication at the same dose and schedule, unless you work with your prescribing physician directly to decrease medication with their support.

Sleep – Nothing resets the body and mind like rest. Make sure to get early morning light, turn off technology a few hours before going to bed, and give yourself plenty of rest, 6 to 8 hours ideally

Exercise – It is important for your body to get at least 20-30 minutes of exercise a day – walking, swimming, a bicycle ride. These days many people stay home, so make time to move about and get some cardio activity.

Nourishment – Please keep your body healthy with foods rich in vitamins and nutrients, and drink water.

General Mental Health Maintenance:

Substitute bad habits for good ones. Here are a few ideas to get you started: make your bed, nourish another, take a class, or do some art work. Nearly everything these days can be found online. If you are nervous to start creating art work, take a look at Joanie Springer's *Art For The Soul of it*. Her work is authentic, quirky, and embraces the beauty of imperfection; she offers classes and you can watch her paint, or paint along with her on *YouTube*.



Phoenix: an Interview

I was able to catch up with a patient of ours today and talk with her about her TMS treatment with Brainstim Centers. We'll call her Phoenix since she's been through fire and has a love for creatures that fly.

BSC: What brought you to BSC?

Phoenix: Depression, suicidal ideation, and cutting

BSC: Have you tried other therapies?

Phoenix: Yes, anti-depressant medication, anti-anxiety medication, and therapy

BSC: What was your experience with us, with the staff?

Phoenix: Staff is amazing, Max was the very best person ever. I think Dr Liker, who has been my doctor for 16 years cried a little when I told him I am not cutting anymore, you (Sonja) are pretty cool too!

BSC: Thanks! I feel the same about you, I know it was journey to get here, and we were all rooting for you. Did you feel comfortable talking about your needs with us?

Phoenix: Yes, very. Max was amazing, he put all my fears aside and made everything easy and not scary at all. He explained everything.

BSC: Would you recommend BrainStim TMS treatment to another person?

Phoenix: Yes, because it works, and helps you get out of depression. I am just happy that I am not suicidal anymore, or cutting. I haven't done anything like that in almost five months. I can see Dr Liker is also happy that I am not feeling that way anymore. I loved working with Max, we had so much fun, we had all these inside jokes. At first, I was a little skeptical, however I liked how it all worked.

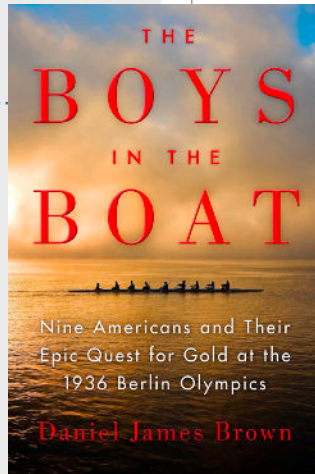
BSC: How does it feel when you are getting treatment?

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September Reading List

What are you reading?
My list this month:

- *The Feeling of Life Itself: Why Consciousness is Widespread but Can't Be Computed*, by Christof Koch - from our neuro-technologist Maxwell Hand
- *The Body Electric: Electromagnetism and the Foundation of Life*, by Robert Becker and Gary Seldon
- *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics*, by Daniel James Brown
- *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis*, by J.D. Vance
- *Long, Bright River*, by Liz Moore
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, by Bessel Van Der Kolk M.D.



"Phoenix interview continued from page 2"

Phoenix: It feels kinda weird at first, surprising, but I like how Max would count backwards for me and let me know he was turning the machine on, he watched me very closely, he watched my face for to see how I reacted to every change and to make sure I was comfortable.

BSC: When did you first feel a change and how did you notice?

Phoenix: About a month after I started treatment, I noticed I had less anxiety, I hadn't thought about suicide or cutting. I am also handling the sudden death of a close relative much better than I thought I would. Dr Liker has been impressed with my progress and he has been my doctor for a very long time, I can see it has made an impression on him and that feels good too.

BSC: I am so sorry to hear about your cousin.

Phoenix: Thank you.

BSC: Also, I am glad to know that you are doing better, it has been a long journey, how did you feel about the whole process?

Phoenix: I am glad I did it and it worked out.



September Recipes:

I don't know about you, but our house could not feel more like Grand Central Station than in September with the responsibilities of school and work. We have two students and a teacher in the house, and lots of late-night activities, games and events. It's exhausting and cooking has taken a back-burner, but I still need to get everyone fed. If you have read my recipes, you'll know I am a little of this, little of that, home cook. I get bored of the basics, don't have a lot of time and we can't rely on meat in my house. So, when it comes to sandwiches, I have to get creative

and move fast for the grab and go lunches. That is where the humble wrap makes an appearance:

Tortillas are stocked in the freezer at all times, I prefer the large all grain Ezekial 4:9 tortillas, but kids do not, so I buy any healthy-ish tortilla I see, including gluten free, spinach wraps, and all kinds of fun wraps that hit my fancy, including naan, pita and lavash, it's all incredibly handy for making quick lunches and dinners. There are a few keys points to making a great wrap, quickly. 1) it needs moisture - a dip, a sauce, or dressing - but not too much. 2) they are terrific with vegetables, but leafy greens need to be eaten within the next hour or two, otherwise do a bulky type wrap. 3) anything that can go in a salad can go in a wrap,

you just need to add more bulk. 4) use a toothpick to hold it together. 5) if you can, chop a lot of veggies on a Sunday afternoon and slow roast with S&P, EVOO and your favorite herbs/ spices at 350 for 30 minutes or so, they are very handy for salads and wraps during the week.

Make it your own!

Some of my favorite combinations:

- Cheese, great northern bean hummus, shredded vegetables (carrots, beets, zucchini), pickled onions or peppers

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- Peanut sauce, rice, roasted veggies, red pepper, in collard greens
- Basil cream sauce, butter lettuce, cucumbers, avocado, roasted or shredded veggies, optional cheese
- Hummus, tomato, olive, cucumber, avocado, feta, tzatziki
- Beans, cheese, egg, avocado, tomato, cilantro
- Roasted spicy chickpeas, roasted root vegetables, arugula, basil cream sauce
- BBQ jackfruit, rice, shredded cabbage, peppers
- Roasted sweet potatoes, cream fraiche, gochujang, lettuce and roasted peanuts
- My daughter will eat anything with Italian dressing on it, so it all goes in the wrap - last night's broccoli, rice and beans, cheese, a dash of Italian dressing and she's out the door

The sky is the limit; use your imagination!

*Great White Northern**Bean Hummus:*

Drain a can of organic beans, blend with ¼ a lemon, two cloves of garlic and ½ cup EVOO, ½ teaspoon sea salt - season to taste

Basil Cream Sauce:

I do mine with cashews, but a cream base works just fine. ½ cup basil leaves fresh, soak ½ cup cashews in hot water for 30 minutes, drain, blend with basil, lime, salt and water to thin. Alternatively, blend ½ cup packed basil, ½ cup cream cheese, lemon, garlic, salt to taste, water to thin.

Peanut Sauce:

Blend ¼ cup peanut butter, Tbsp Tamari, soy sauce or amino acids,

Tbsp maple syrup or honey, 1 clove garlic, Tbsp lime juice, dash of chili sauce to taste, or chili flakes, water to thin.

BBQ Jackfruit:

Roast canned green jackfruit, shredded, with BBQ sauce until it has the consistency of pulled pork. Can add spices, onions and garlic to taste.

Tzatziki:

One small peeled and grated cucumber, lemon juice to taste, Tbsp of fresh dill, S+P, finely diced clove of garlic, 6oz plain regular or vegan yogurt - squeeze cucumbers dry and then mix together to taste

Cheater refried beans:

Can of pinto beans mashed with 2 Tbsp tomato sauce, Tbsp chopped onion, dash of garlic powder, chili powder and cumin - heated in the microwave, thin with lime or water, spread on a tortilla with cheese, avocado and scrambled eggs and she's off to school.

Tips:

- Quick pickled veggies are great - in particular cucumbers, onions or peppers.
- Always use sweet onions.
- Avocados and cucumbers give a nice moisture content. Use your leftovers!
- Slice wraps in half for easy eating.

Mexican Corn

Before summer is entirely gone why don't you try Mexican Corn? It's great with a Labor Day cookout. I like my corn grilled with EVOO but it works fine with boiled corn as well. Cook corn to your liking, then mix the following in a bowl:

Ingredients

- 2-3 Tbsp mayonnaise
- 2-3 Tbsp sour cream
- 1-2 Tsp lime juice to taste



- ½ Tsp chipotle (preferred) to taste, or regular chili powder
- 1 clove garlic, crushed
- 1/4 cup crumbled cotija, queso fresco or feta
- 1/4 cup chopped fresh cilantro

Directions

Rub on to your cooked or grilled corn on the cob and serve with lime wedges.

What recipes would you like to see? Does anyone want anything a little more complicated like sour-



*Wishing you
and yours a
sweet New
Year*