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In The News

Brain research enters the new millennium

In our latest article, we discuss brain health and how to keep your mind fit, and today we seek that conversation with new and uptiding information.

Up to this point there have been very limited treatment options for individuals diagnosed with Dementia. A few medications that work for a few months; some evidence that changing your lifestyle may help, but no significant information on how can make a difference, and mostly anecdotal information about brain games that your friend of a friend or all five options we have heard of so far.

Exciting new research from UCLA, in conjunction with the Buck Institute, is changing everything. In a small study researchers were able, for the first time in history, to actually reverse the symptoms (a new review) of dementia (2005). A team of scientists during a test period increased the number of HSF-1, a protein that can lead to greater longevity, and where it changes 160 million people will be diagnosed with dementia by 2050 - a statistic that could bankrupt the Medicare system.

The good news for all of us is that this new research gives us all hope to control our fate to a much larger degree than ever suspected. There are several components of this new research that are directly in control of the individual.

Comprehensive diet changes, brain stimulization, exercise, sleep optimization, and other lifestyle interventions to direct impact on our health. The emotional, cognitive, and behavioral aspects noted by researchers is that this isn’t all of happenings process. It appears to be a multifactorial. Because this new research, there may not be as many agencies who incorporate into their diet care, so looking at companies that recommend healthy nutrition, physical and mental stimulation, and which focus on hope and a sense of purpose a balanced care approach, will yield better results.

Over the next several weeks we will look at the most important nutrition, and lifestyle aspects that can impact your brain function to help improve brain function. These domains are memory, motor function, visual-spatial perception, language, and attention.

The most exciting aspect of this new research and this current moment in time it is the preservation of self. You can be who you are, without fear of losing everything that is important to you - your memories, cognitions, independences of the core - your character, which may be your most valuable possessions.

What are you planning to do to protect that? Dr. sidewalker, (LAC), is the Director of Community Services for HomeCare Assistance, and current resident of the Prescott and Prescott Valley area. If you would like more detailed information please contact Chris at 928-777-0105.

The original research article and others like it can be found at www.imagecharting.com.