

Small Business IS personal

CHAPTER 1 - PART 11

Balance your Brain!

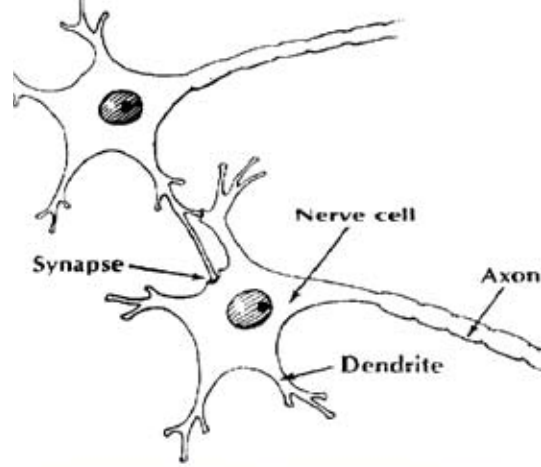
Nearly the greatest asset an entrepreneur can have is a healthy brain. We understand the correlation between gross income and one's performance which is directly a result of attitudes, beliefs and behaviors - all of which are functions of a healthy brain.

At a recent MOMtrepreneurs luncheon, the keynote speaker and Chief Science Officer of Neurogistics Inc., Pam Machemehl Helmly presented her work on 'Balancing the Brain'. It is such fabulous information that I just had to include it. Here's a condensed version of the audio from the presentation by Pam.

I'm a clinical nutritionist, graduated from Texas A&M. I got into brain chemistry balancing after having children. I became very dysfunctional and very depressed. After six psychiatric hospital stays, I decided I better balance my own brain because it wasn't working with the drugs, and that has been my passion since.

I was watching a lot of children taking drugs for their depression and getting worse and not better. Some would start off with an ADD drug, and then an anti-depressant, and by the time they were teens they were getting anti-psychotics.

I knew some of these children since they were little and I knew they weren't psychotic, so I decided to find a



Listen to the entire presentation on the *Entrepreneurial Schizophrenia Chapter One* audio found online at: www.EntrepreneurialSchizophrenia.com

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better way to work on brain chemistry.

It's suggested that 80-86% of Americans have brain neurotransmitter imbalances. We work too much. We don't rest and sleep enough. We don't manage our stress and we're physically out of shape.

I have over 8400 patients around the world. I find that our European cohorts have better brain chemistries than we do. They sleep a lot more. They rest in the middle of the day. Their stress markers are much better.

Think about your brain like 200 cups of coffee covering the top of a table. The cups are like vestibules in your brain full of neurotransmitters.

Every time something stressful happens to us, it's much like the table being shook. Some of the coffee in them spills out. The only way to refill them is with proper diet made of lots of varied proteins so they break down into the nutrients that are needed to make more neurotransmitters. Some of us have had our tables shook more than others - deaths, divorces, traumas, accidents. If our adrenal glands, which are the size of walnuts, had evolved to accommodate the levels of stress we have today, they would be the size of bowling balls.

Medications only re-distribute your neurotransmitters. You cannot get fresh neurotransmitters from a drug. Focus medications stimulate the brain, to push dopamine into the synapse just like coffee does. What happens over time is that the drugs displace the neurotransmitters with chemical fillers, leaving us with less and less of what we need to cope with and so we get more intense dosages and medications and the cycle can worsen our situation.



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My patients can reduce medications, can take fewer hormones, they can work at a higher level and accomplish more within their business. When you exercise, you secrete large amounts of dopamine which is you 'feel good' neurotransmitter. When you don't exercise, you rely on whatever you eat to create the neurotransmitters. The outcome isn't the same.

As hormone levels fall off with age, balancing the brain becomes far more crucial. Men often start pushing themselves harder with exercise as hormones levels fall so they can keep that 'good feeling'.

Routines can help balance brain chemistry. Entrepreneurs can set a schedule that works for them individually - getting up, working out, resting, eating, sleeping in harmony with their individual cycles.

We can now do a simple, non-evasive, urinalysis and give people the natural amino acids that break down proteins to make more neurotransmitters with. When your neurotransmitters, such as serotonin, and norepinephrine, are properly balanced, research reveals that it can have a positive effect on every aspect of your life and relationships, from sleep cycles to how we respond to stress, from self-esteem to job performance and more.

The Neurogistics program includes nutritional supplements, lifestyle and dietary recommendations that are designed to help you achieve the balance that's right for you. They use all-natural, safe amino acids and products with no side effects, which do not interfere with most medications.

To learn more, and to order a simple, in-home neurotransmitter lab test, visit www.neurogistics.com.



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