

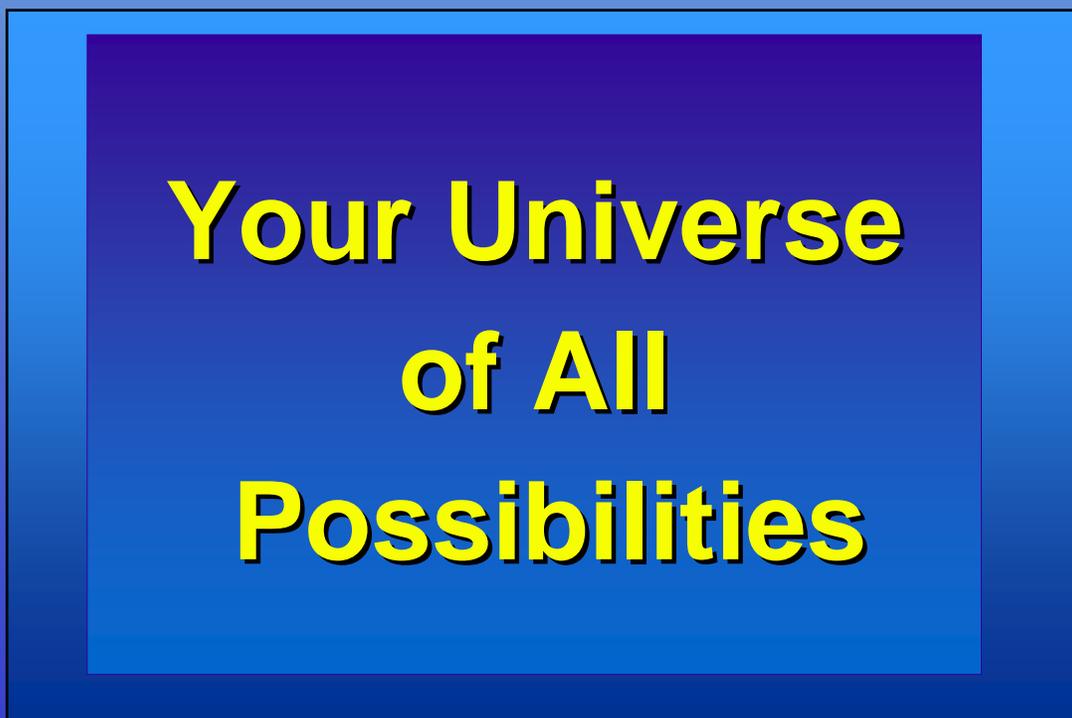
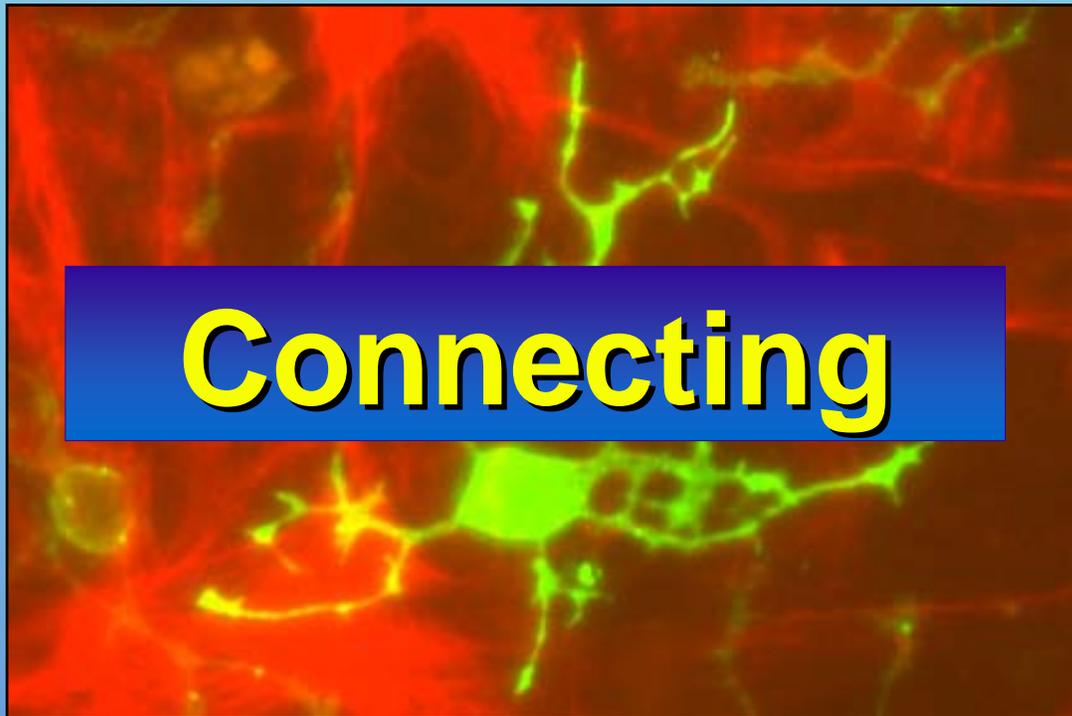


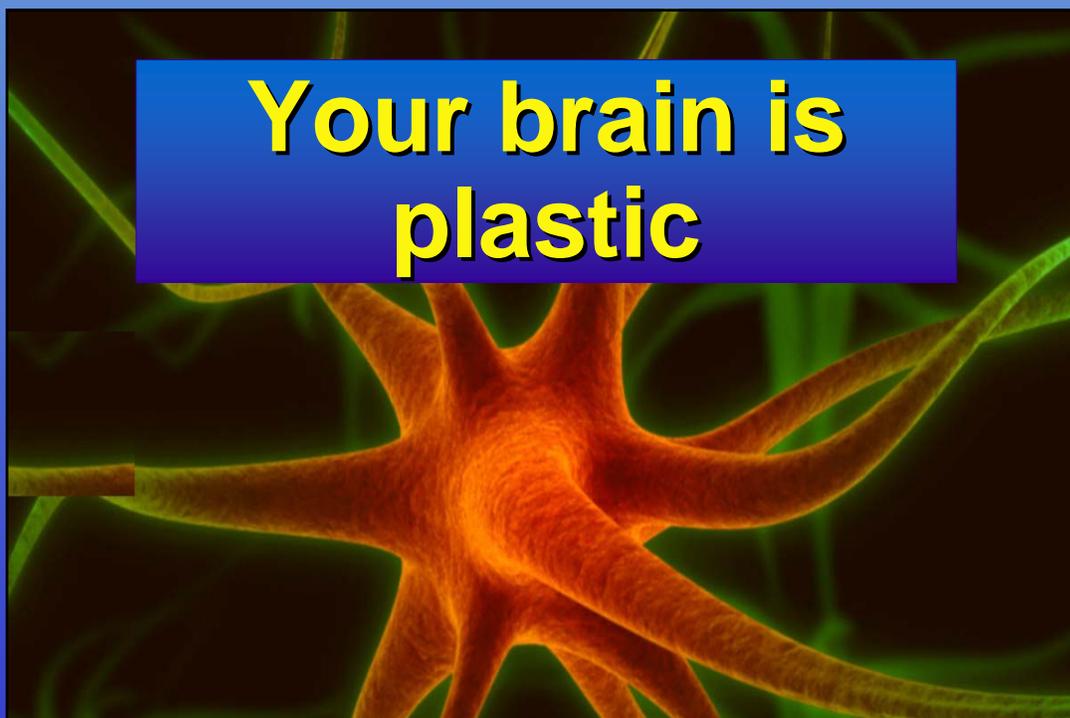
**Nourish Your Brain
Nourish Your Life**

**Bad Ems, Germany
June, 2008**

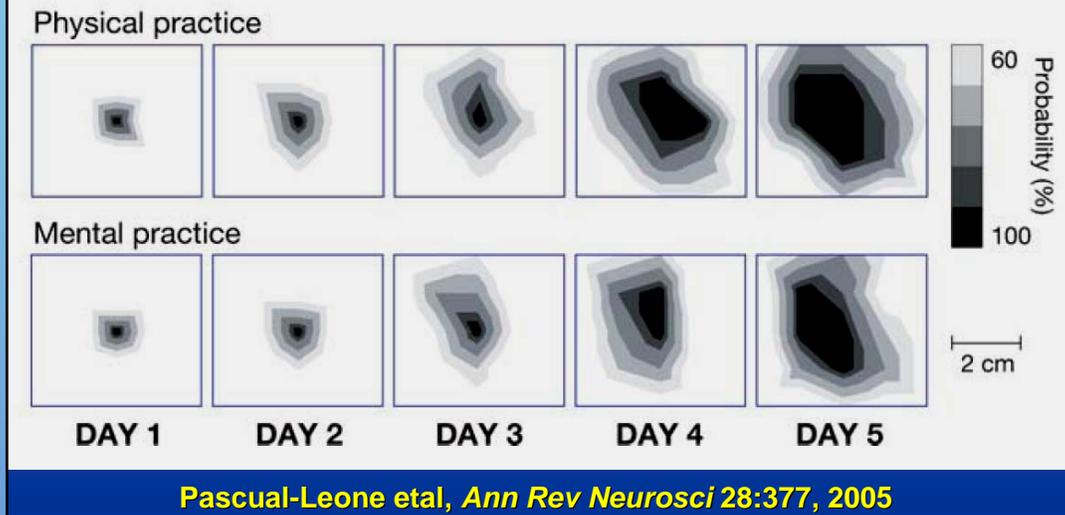
Alarik Arenander, Ph.D.

**Director, Iowa's Brain Research Institute
Director of Research, Center for Leadership
Performance
President, The Leader's Brain,
and BrainMatrix, Inc.**





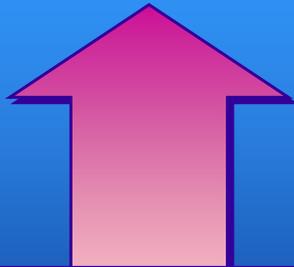
Power of Attention



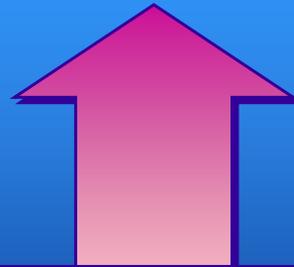
**We chose
everything in life!**

**Our choices make
us who we are!**

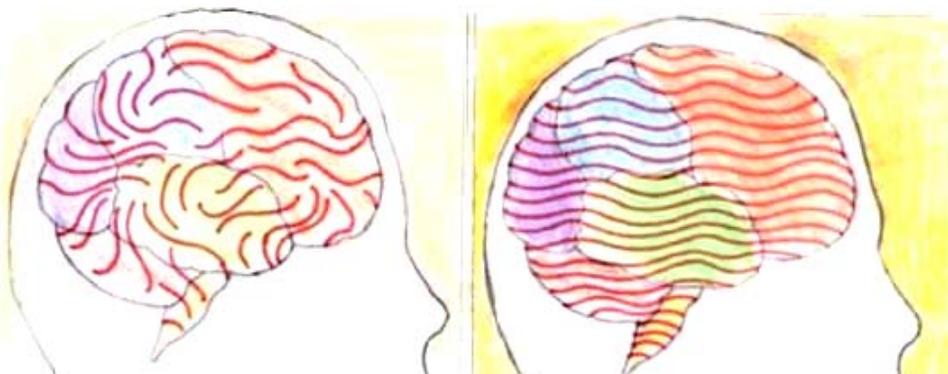
Nourish Your Brain & Life



**More
Brain
Coherence**



**More
Happiness &
Success**



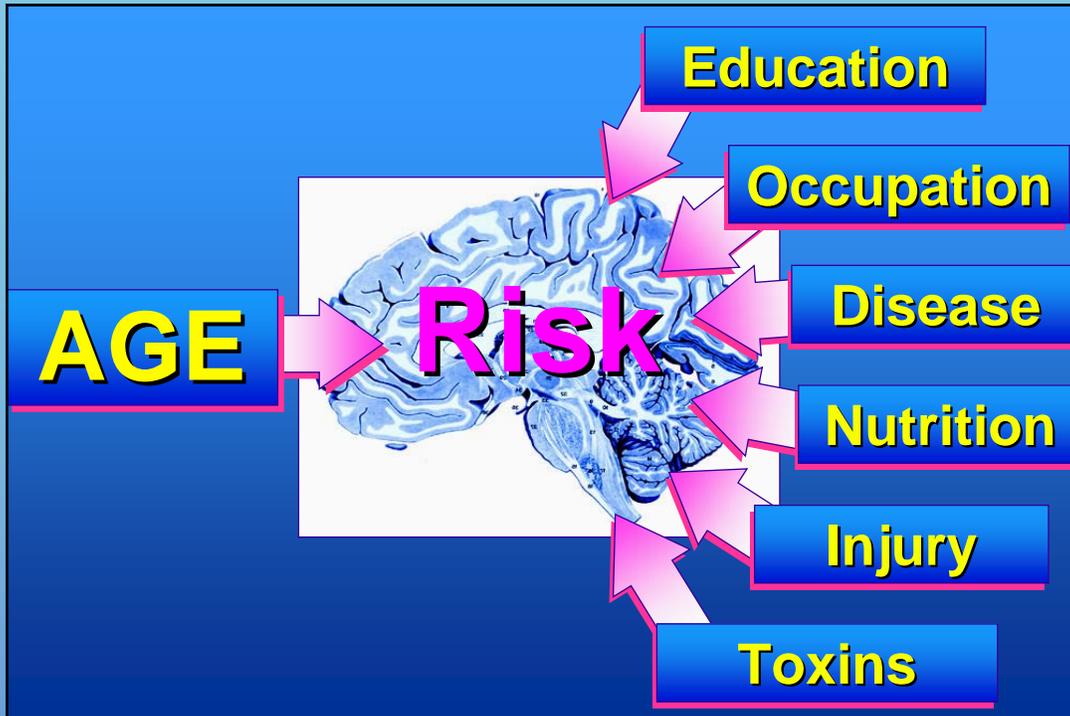
**Over 90% of people have not
reached their full potential**

**Prevent
your brain
from
'Drying Up'**

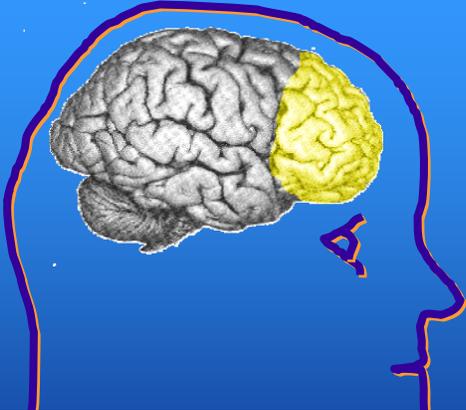
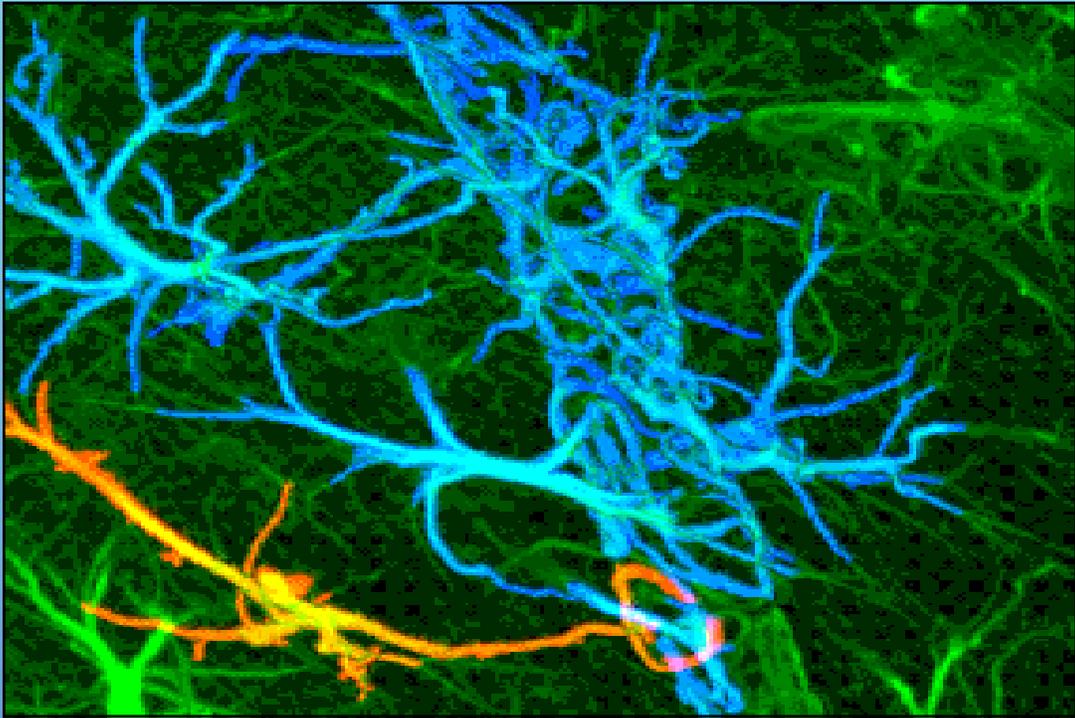


**Alzheimer's
Experience-dependent**

**Progressive
Disconnect!**



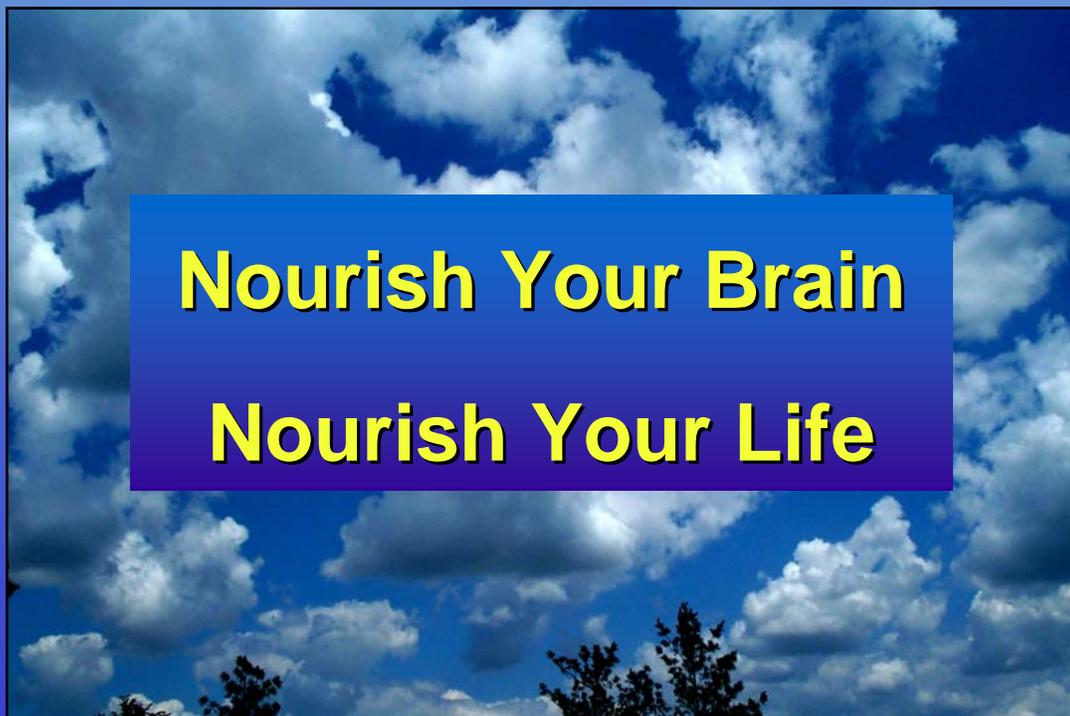
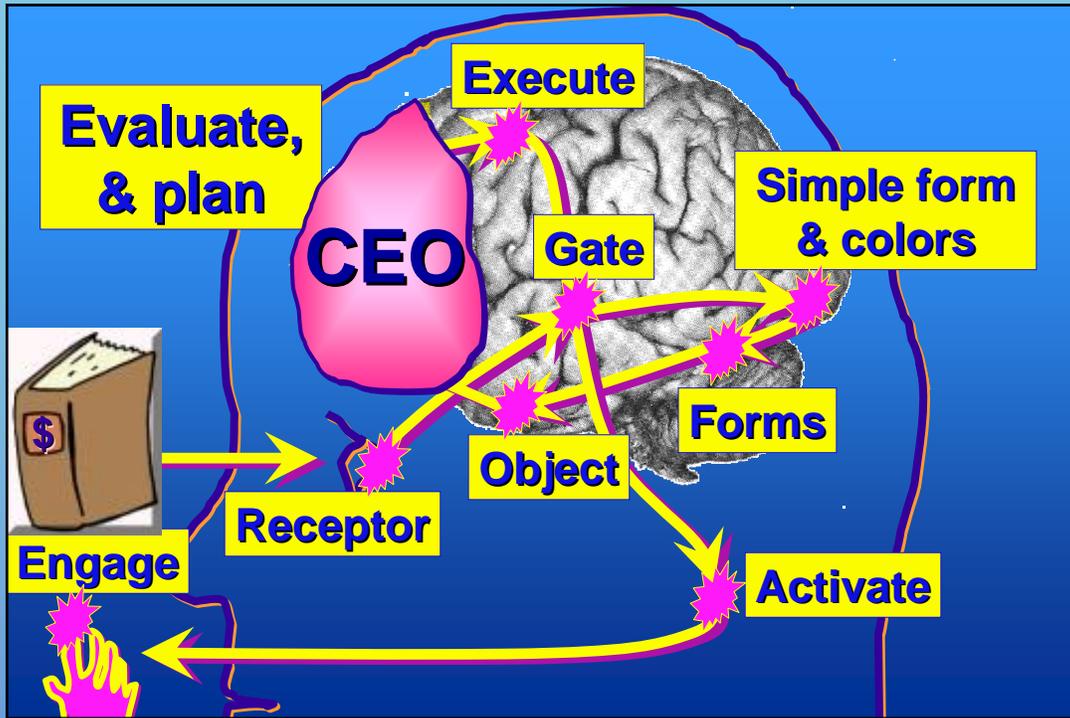
**Alzheimer's
Loss of brain
coherence!**

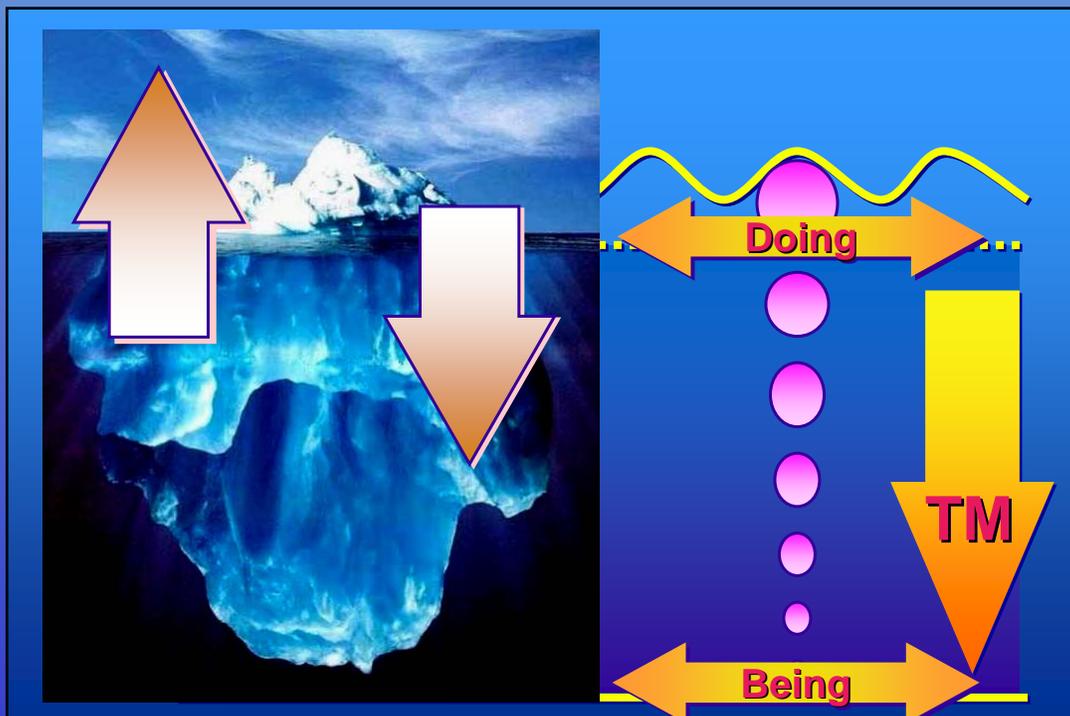
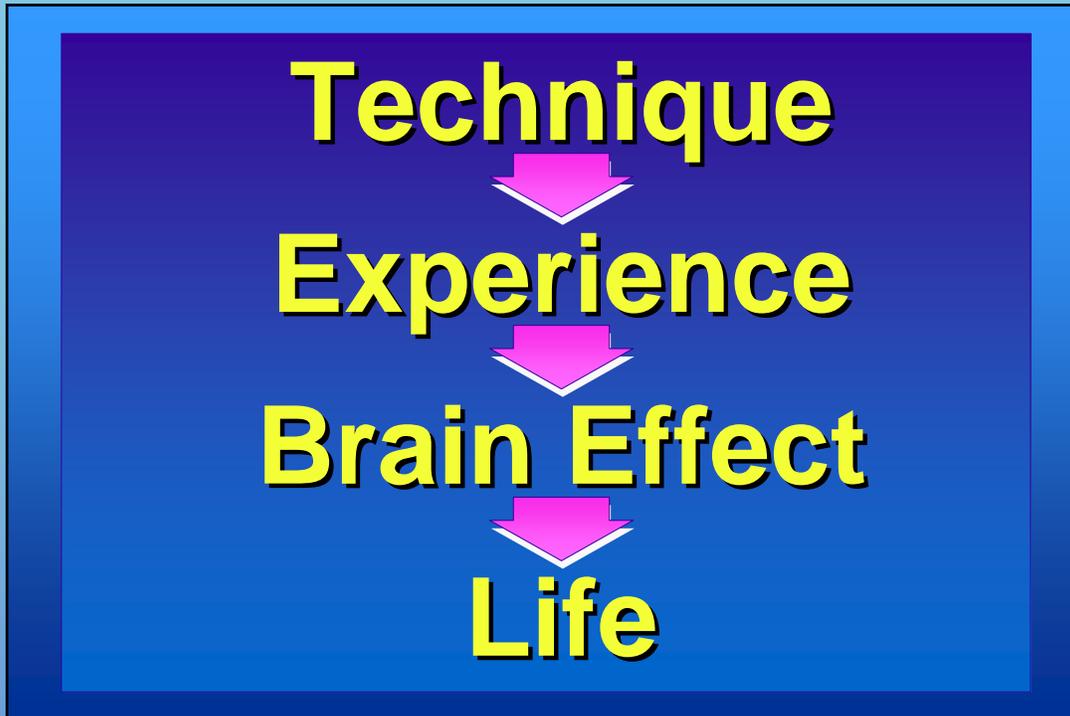


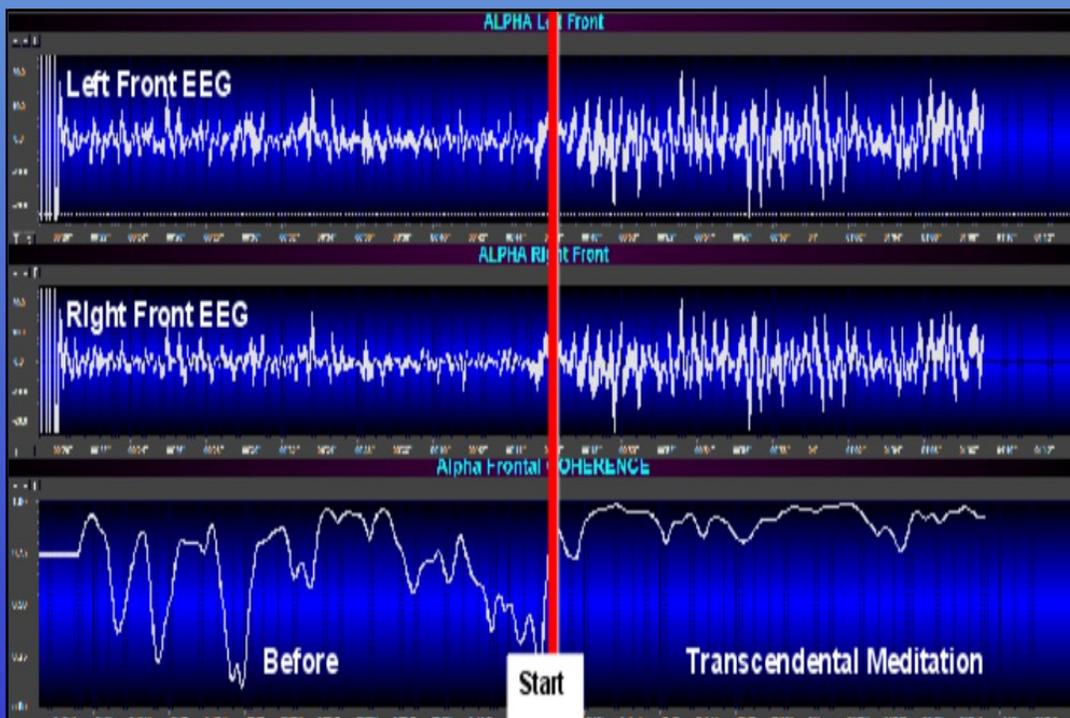
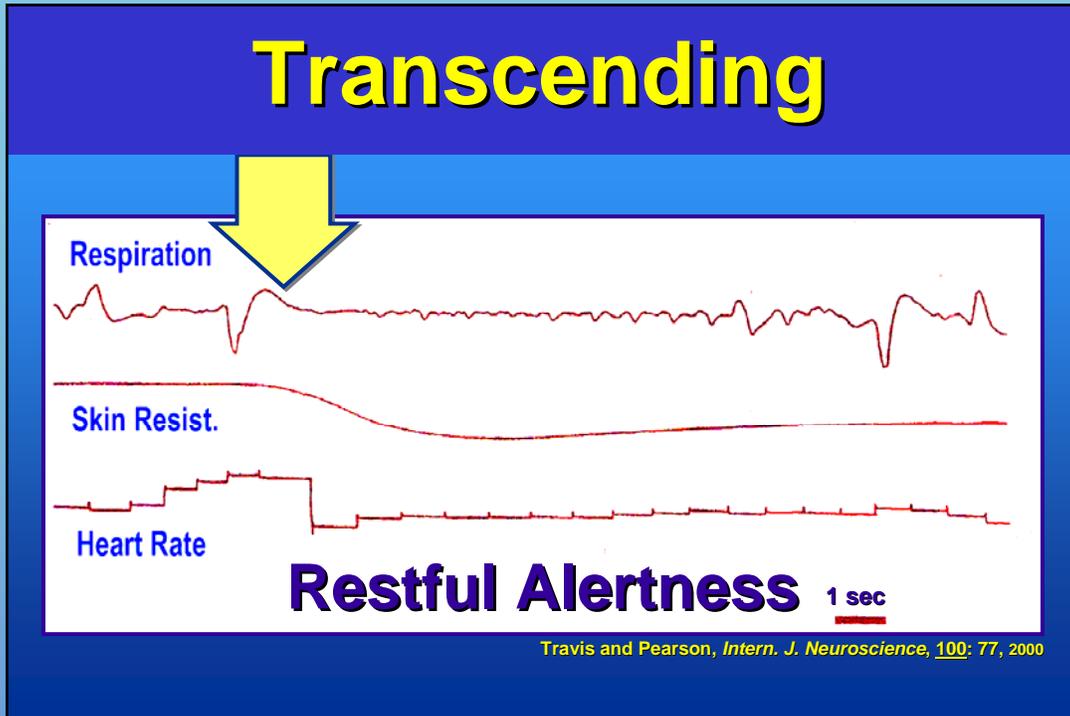
**Meet
your
CEO**

Prefrontal Cortex

A diagram of a human brain in profile, facing right. The prefrontal cortex is highlighted in a bright yellow color. To the right of the brain, the text "Meet your CEO" is written in a bold, yellow, sans-serif font. Below this, the text "Prefrontal Cortex" is written in a larger, bold, yellow, sans-serif font. The entire diagram and text are set against a blue background.

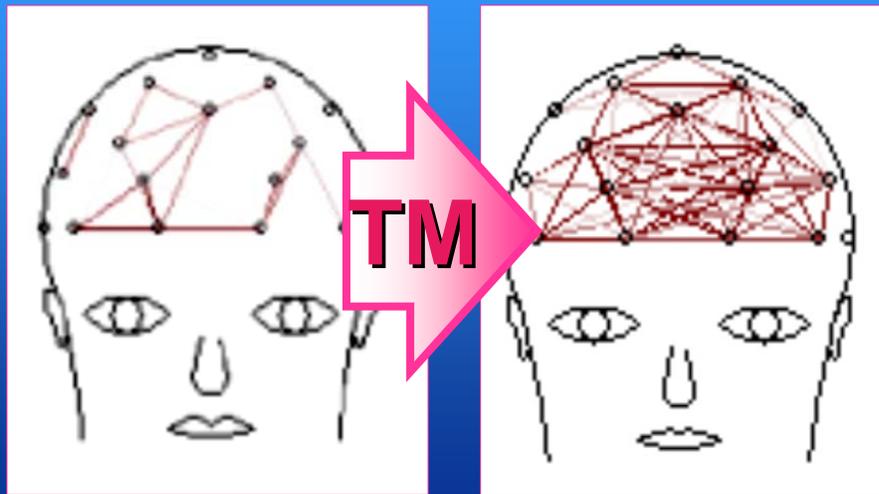


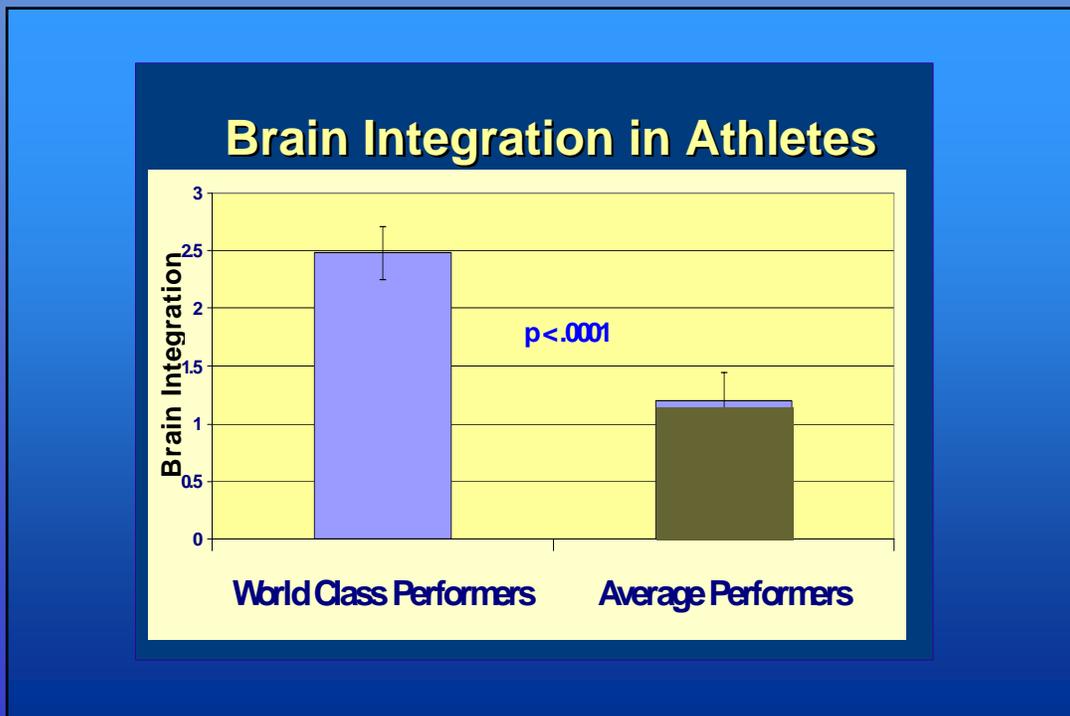
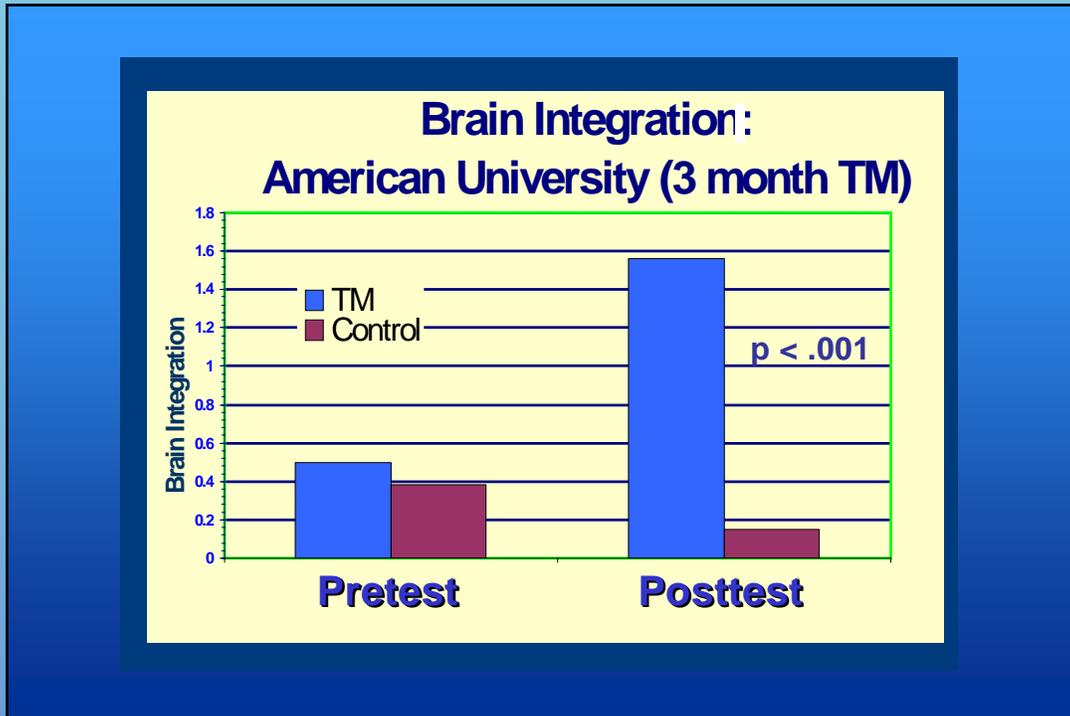


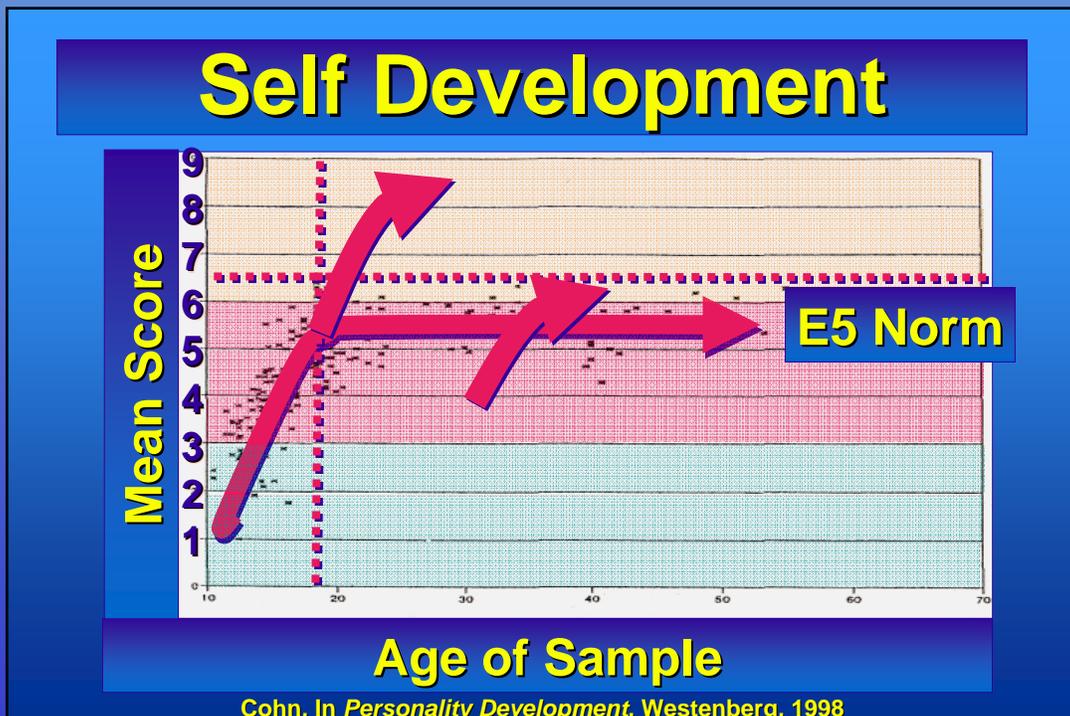
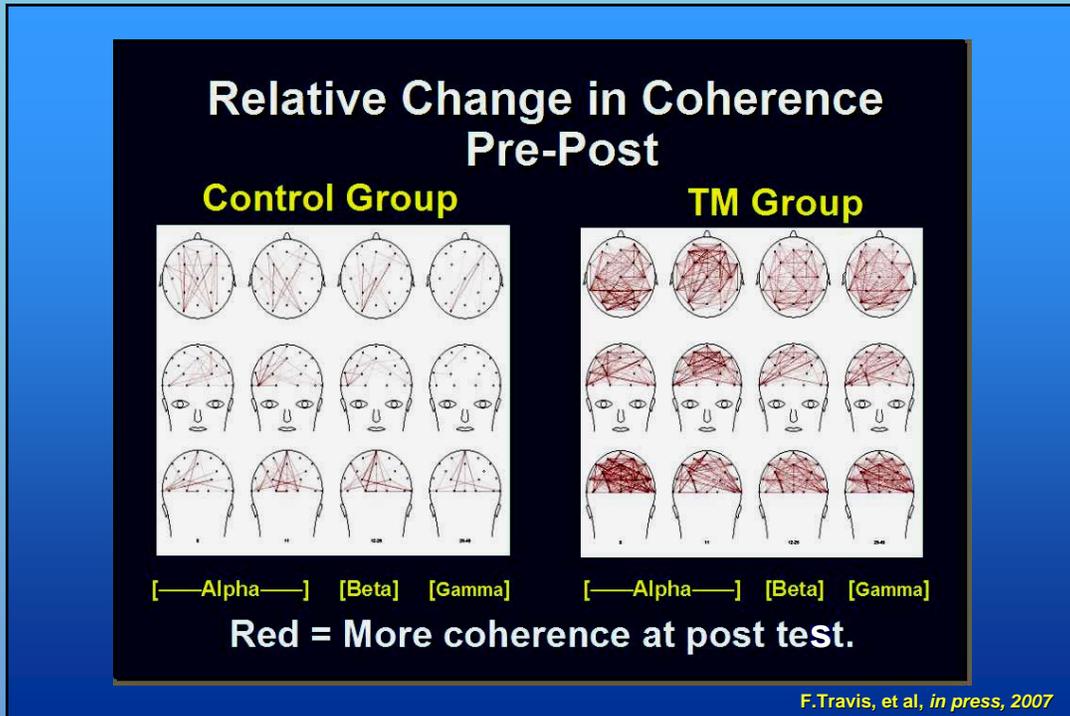


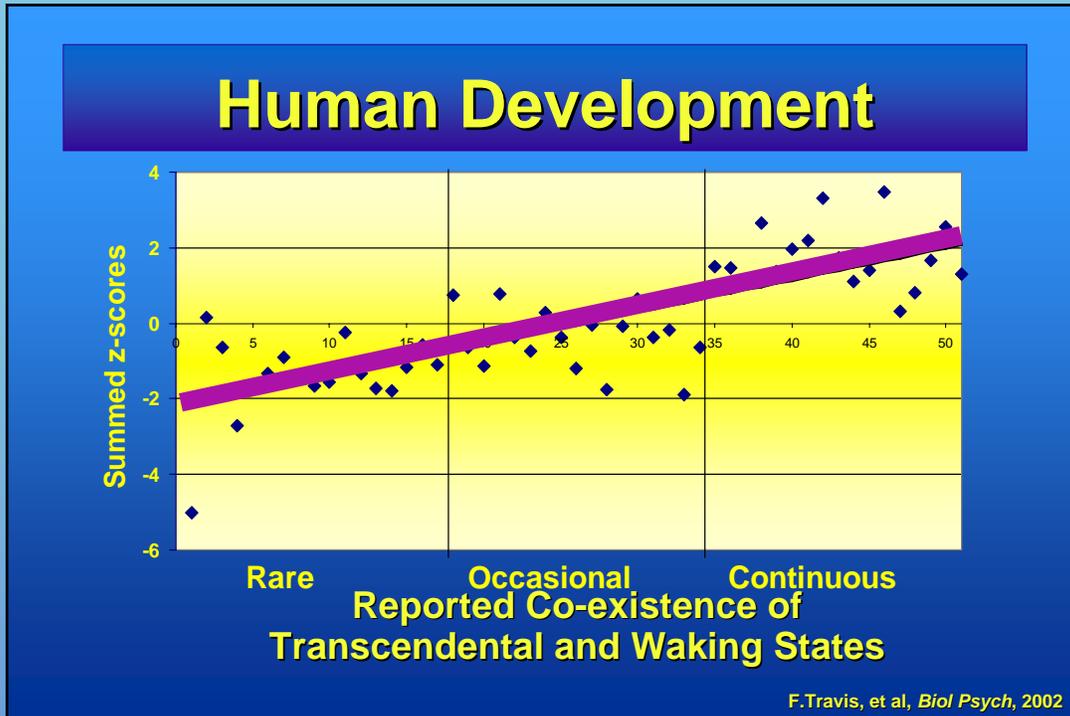
Executive Brain Coherence

Global Brainwave Coherence



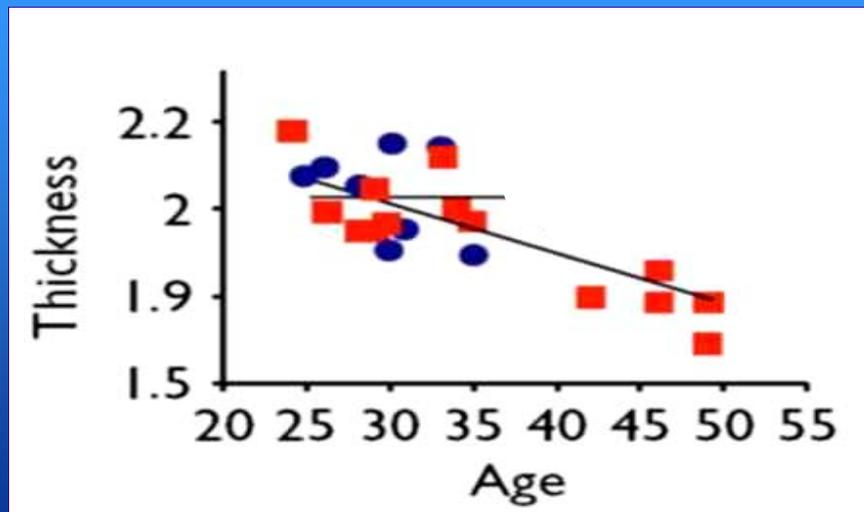






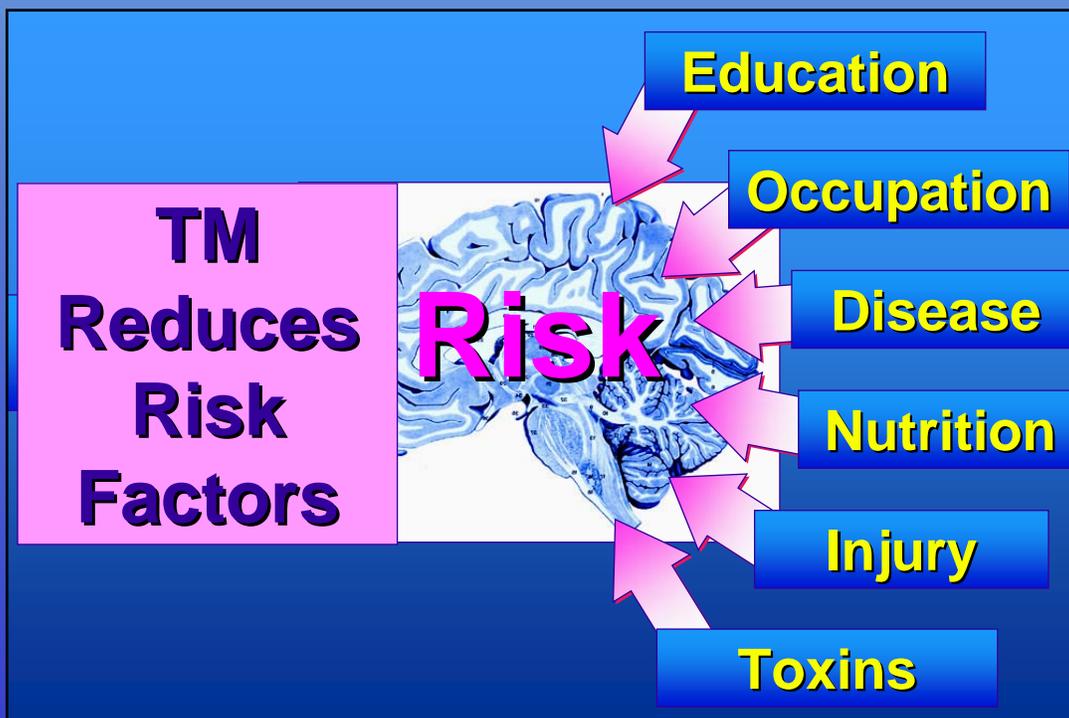
Skillful Aging

No PFC GM Loss: Meditators

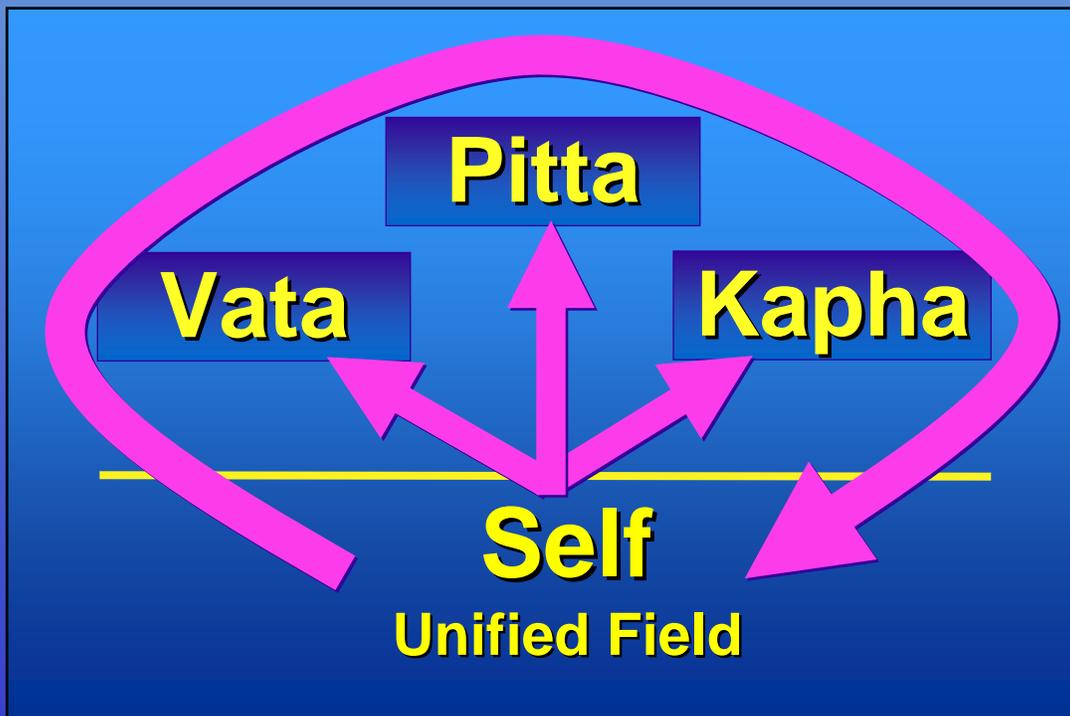


Lazar et al, *NeuroReport*, 2005

Increase brain coherence to reduce risk of Alzheimer's



Ayur Veda
to live happy,
healthy & long



Doshas

Vata

(motion, communication)

Pitta

(transformation, metabolism)

Kapha

(structure, stability)

Decreased Kapha

**Loss of lubrication,
stability, sustaining**

Increased Vata

**Too much drying,
agitation, disruption**

Natural Balancing

- Vitamins (Bs, folate)
- Pepper, brahmi, gotu kola, shankapushpi
- Ghee & Omega FAs
- Mind & Consciousness

Reduce Brain Damage
Increase Brain Health

Turmeric



Nourish the Brain

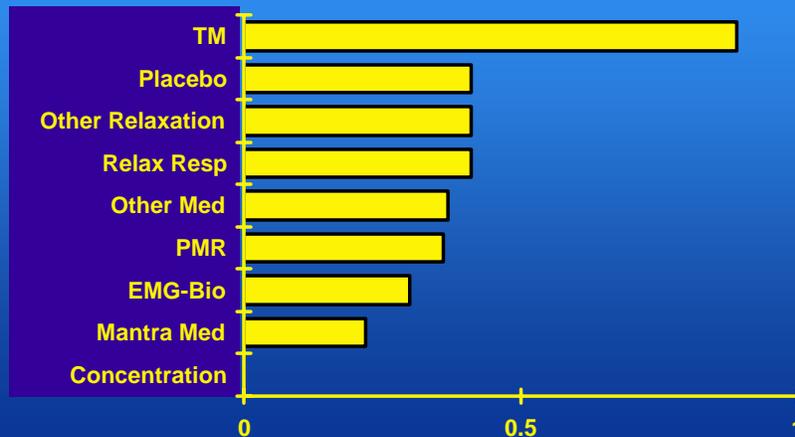
Panchakarma
Balance the doshas,
Purify mind & body



Are all
meditations
the same?

Reduced Trait Anxiety

Meta-analysis of 146 studies



D.Orme-Johnson & Walton, *Am J Health Promot* 12:297, 1998

Technique



Experience



Brain Effect



Life

**We chose
everything
in life!**

- **Start anytime**
- **Start early**
- **Stay active**
- **Eat healthy**
- **Avoid toxins**

