

"1 BRAIN 1 BODY"

The Official Newsletter of "The Inle BrainFit Institute"®

Important Dates

- * **I Carry Your Heart (Off Broadway Play): Panel Discussion**
 - * April 3rd, 2019
 - * April 6th, 2019
- * **Student National Medical Association Conference: Entrepreneurship In Medicine**
 - * April 18th, 2019
- * **Book Release: "Neuroplasticity: Your Brain's Superpower"**
 - * April 26th, 2019
- * **3rd Annual Health Innovation Conference (New York Academy of Medicine): Dr. Douyon's BrainFit™ App**
 - * April 29th, 2019

In This Issue

- Important Dates 1
- Neuroplasticity 1-2
- Noteworthy 2

Future Topics

- Diet/Exercise Tips
- Trending Neurology Topics



Neuroplasticity: Your Brain's Superpower

The brain's ability to change, adapt, learn, and heal after injury is called Neuroplasticity. We used to think that we were born with a certain number of nerve cells (neurons) and as we age we only lose them. We now know different. We now know that our brains are capable of creating new neurons and new connections between cells our entire lives.

In order for our brains to create new neurons and new connections we need to stay away from those things that cause damage to our brains and give our brains what they need to be healthy.

continued on page 2.....

Neuroplasticity: Your Brain's Superpower by Dr. Philippe Douyon

- Release Date: April 26th, 2019

-Available on amazon.com, barnesandnoble.com, and local bookstores.



Noteworthy

On April 26th, 2019, Dr. Philippe Douyon's book, *Neuroplasticity: Your Brain's Superpower* is scheduled to be released. It will be available on amazon.com and barnesandnoble.com.

Neuroplasticity: Your Brain's Superpower is a book that aims to change the relationship we have with our brains by putting us in control of our neurological destiny so that we can live a more empowering life.

Download Dr. Douyon's BrainFit™ App Now For Free!

Dr. Douyon's BrainFit™ is available for download in the App Store and Google Play. Below you will find the links:

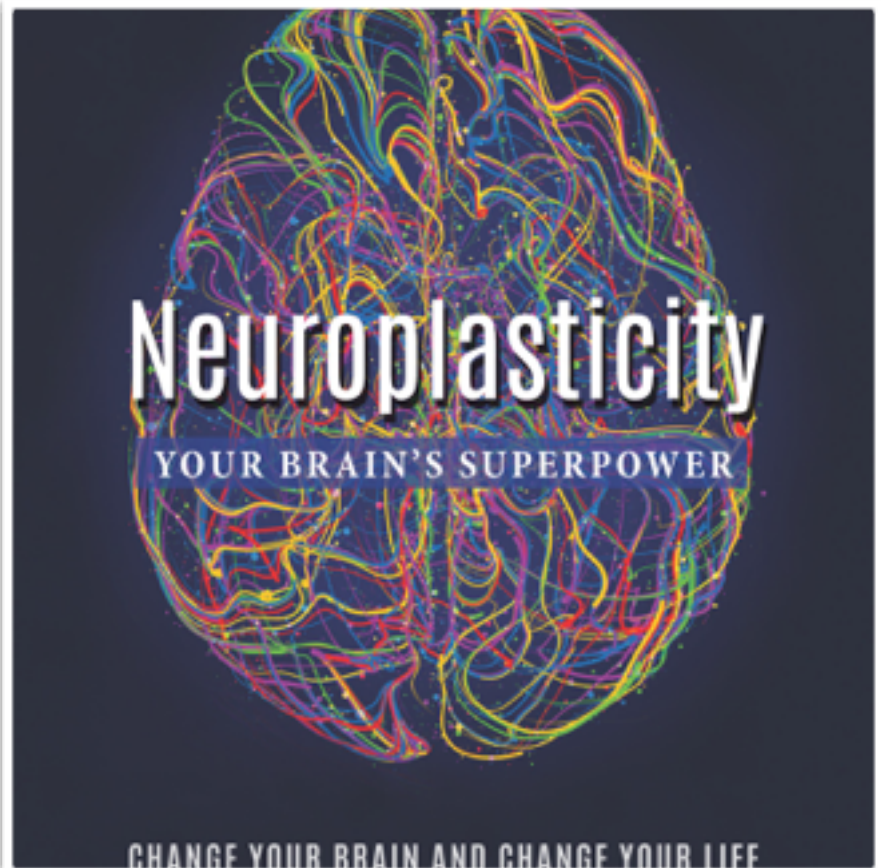
<https://play.google.com/store/apps/details?id=com.brain.brainfit>

<https://itunes.apple.com/us/app/dr-douyons-brainfit/id1418617350?mt=8>.

Neuroplasticity: Your Brain's Superpower (Tips)

- Exercise is the most powerful promoter of neuroplasticity.
- Our diets impact the structure and function of our brains.
- Meditation causes our brains to create new neurons and makes new connections.
- Constantly learning new things creates new neurons and makes new connections. It's important that we never stop learning.
- Inactivity kills brain cells.
- Alcohol causes significant dysfunction to neurons and other cells within our brains; it causes our brains to atrophy.
- Chronic stress kills neurons, especially in the hippocampus, the part of the brain that plays a major role in short term memory.
- Every we experience we have, every conversation we participate in, and every thought we think has the potential to change our brains.

IF WE CAN CHANGE OUR BRAINS WE CAN CHANGE OUR LIVES



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