

"1 BRAIN 1 BODY"™

The Official Newsletter of "The Inle BrainFit Institute"™

Important Dates

* Grand Opening

* January 2018

* Release of The Inle BrainFit App

* June 30th, 2018

* Release of E-book "Neuroplasticity: Your Brain's Superpower"

* September 17th, 2018

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Future Topics

- Neurology Research
- Neuroplasticity
- Diet/Exercise Tips
- Trending Neurology Topics



Controlling Our Destiny

What if our neurological health is within our control? It used to be thought that we lived with the brains and all its neurons and connections that we were born with. We used to think that our neuroverse™, all the existing cells and connections in our brains, only changed with the degeneration of disease and the degradation of old age. We used to think that we could only lose neurons and their connections. We now know differently. We know that our brains are influenced by everything around us, some of which are negative neuroinfluences™ and lead to the death and destructions of nerve cells and others which are positive neuroinfluences™ and cause the birth of new neurons and the sprouting of new connections. We know that our brains are capable of undergoing a





Services Provided

- Traditional Therapeutic Model.
- Individualized programmed exercise regimen based on your neurological/medical needs.
- Access to onsite fitness facility for indirect supervision and guidance of exercise program
- Personal training sessions for direct supervision, instruction, and assistance with exercise regimen
- Nutrition counseling and dietary implementation to maximize brain health
- Botox Therapy for chronic migraines, movement disorders, and spasticity
- Virtual Reality Therapy (TBA)

tremendous amount of change throughout one's life. We also know that the power to implement those changes lies within us.

5 Elements of Neurological Health™

The Neuroverse™ is capable of tremendous change. It is influenced positively and or negatively by everything around it, everything we encounter, and think up. It is constantly evolving, making new networks, creating new neurons, and growing more connections. The Neuroverse™ is a dynamic place.

Everything we do has either a positive or negative impact on our brains. Everything we do has the power to change the microstructure of our brains, thereby affecting our neurological health. That is why it is so important to give the brain what it needs.

The 5 Elements of Neurological Health™ are a guideline to giving our brains the best opportunity to function optimally. A healthy diet, full of vegetables, some fruits, healthy fats, while minimizing carbohydrates helps the brain to perform optimally. Regular exercise, which includes aerobic activity combined with complex motor movements, (i.e., tennis, dancing) is a powerful promoter of neuroplasticity, the brain's ability to create new neurons and make new connections. Strong social bonds with friends, family, and colleagues helps to minimize the stressors that negatively impact our brains, as well as helps us endure tough times. Sleep helps our brains heal, helps remove toxins, and helps solidify the new things that we have learned. Continuously learning keeps our brains young, our minds fresh with new ideas, and inspires the birth of new neurons. Everything mentioned above, as well as other things like exposure to new stimuli, meditation, and relaxation techniques, flood our brains with chemicals that boost neuroplasticity.

The 5 Elements of Neurological Health™ helps us keep our brains, helps resist neurological disease, and helps us heal an injured brain.





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