

Introduction

Good morning! Welcome to the Big Brain Radio Show. I am Dr. D and this is Dr. Z and we are the Big Brain Radio Show.

We have a great show for you today. For many of you that were listening last week you heard about the metaphysical brain and Dr. Demartini and his fantastic insights and the universal laws of our metaphysical perception of life and how it relates to the Big Brain lifestyle. Do not forget we are going to be having Dr. Demartini is going to have one of his highly sought out Breakthrough Experiences here in Minneapolis on December 10-11th and we will be talking more about that later.

If you have been listening to us talk you know our brains take our sensory input, which is our touch, taste, feel, etc. and store those for long term repetitious or spontaneous actions, and as Dr. Demartini so actively pointed out much of what we continue to experience in our perception of life is created by our brains inability to see the big picture.

Today we are going to be talking about the brain itself. I had the pleasure of spending the day with Dr. Daniel Amen, the author of the book Change

Your Brain, Change your Life and his new book, How to Make a Good Brain Great. So, we are going to be talking about him and an explanation of how our brain actually works, and what are some of the things we can physically find out about our brain that will allow us to feed it, fix it, forgive it, promote it and heal it.

We are going to talk about the 9 principles of brain principled care that will change your life.

We are going to talk about the different parts of your brain.

We are going to talk about the different hemispheres and what people think is right and wrong. What the right does and what the left does.

We are going to talk about what you can do to change your brain and change your life.

We are going to tell you how to eat right. Exercise right. Coordinate your brain right. How sex is good for the brain. How music is good for the brain.

How to supercharge the neurons in your brain with brain specific supplements.

This is going to be an overview because in the future weeks we are going to have Dr. Amen on live so you can hear his presentation.

How does Dr. Amen know so much about the brain? Dr. Amen does a special scan of the brain that is called a SPECT scan. It is not an anatomical like MRI's, etc. It shows the psychology of the brain and how it is at rest and at work. His work is considered controversial by psychiatrists who still use the 1850 standard of symptom clusters to determine which drugs they will use. By comparing over 30,000 spect scans to frank pathologies he has used the same approach that we have used in the Big Brain neurological program where we have through specific standardized neurological testing have compared the ranges of responses to treatment to compared to frank pathology. Although there are many books out there about the brain and the different problems these are the only two systems I know that will give you an evaluation of whether these treatments work.

What are things that damage the brain?

Head injuries – drugs – genetics – nutrition

Spect scan

Parts of the brain

Brain in the News

Children

Adults

ADHD

ADD

Depression

Anxiety

Parietal