Brain Health mission: To help others live brain-healthy lives in every way possible. Brain health is *critical* to overall health and success in life, yet so many people live with brain problems or are at great risk for developing them in the future. There are many startling facts about Alzheimer’s disease, depression, and obesity, and why diseases such as these are different expressions of the same unhealthy lifestyle. A Brain Health Professional uses neuroscience as the point of reference, developed by Dr. Daniel Amen.

Below are the focus areas of what Brain Health entails:

* **Emotional issues** such as anxiety, depression, and bipolar disorder.
* **Behavioral challenges** like addictions, weight control, or anger-management issues.
* **Cognitive problems** such as memory issues, Alzheimer’s Disease, and dementia.
* **Learning challenges** like Attention Deficit Disorder (ADD), also called Attention Deficit Hyperactivity Disorder (ADHD), Scotopic Sensitivity Syndrome, etc.
* It’s about how well your mind-body connection is tied to your social-spiritual health.

Here are the brain health avenues that will be taught/addressed through coaching:

* 9 Principles to Change Your Brain and Your Life
* Brain Behavior Systems: Functions, problems, and solutions
* Subtyping ADD, Anxiety, Depression, Addictions, Obesity and Aggression
* Neuroimaging: How Looking at the Brain Changes Everything
* Amen Clinics Method: Healing in the 4 Circles
* Brain-Directed Supplements
* Boosting Brain Reserve
* Physical Exercise
* Nutrition/Gut-Brain Connections
* The Science of Self-Control
* Killing the Automatic Negative Thoughts (ANTs) and Directing Thoughts
* Innovative Treatments including scotopic sensitivity screening (Irlen Syndrome)
* Decreasing the Risk for Alzheimer’s Disease and Other Forms of Dementia
* Creating Brain-Healthy Communities