

Boosting Your Brain Performance In Three Months

Majid Fotuhi, MD PhD

Medical Director: NeuroGrow Brain Fitness Center

Affiliate Staff: Johns Hopkins



JOHNS HOPKINS



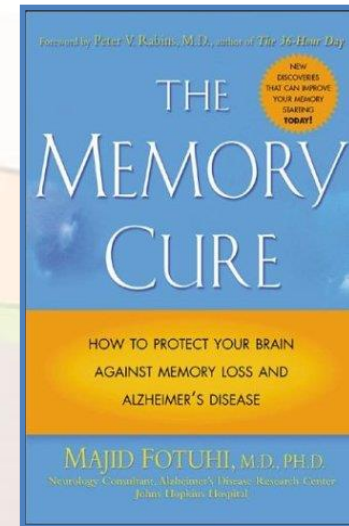
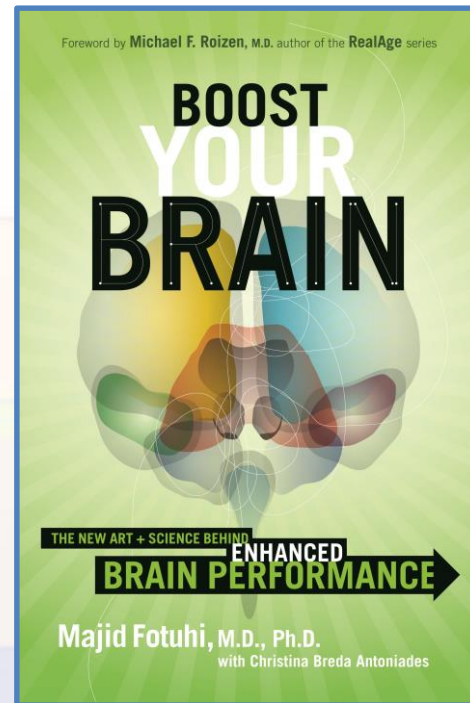
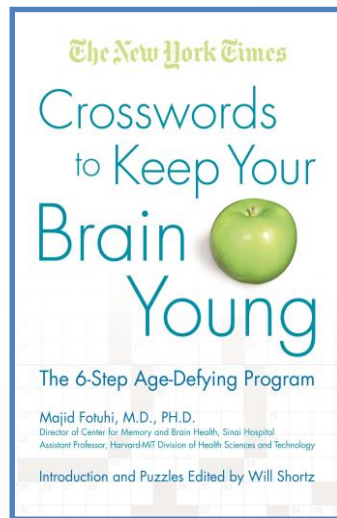
NeuroGrow
BRAIN FITNESS CENTER



Neuroplasticity in the Human Brain:

My Research & Publications



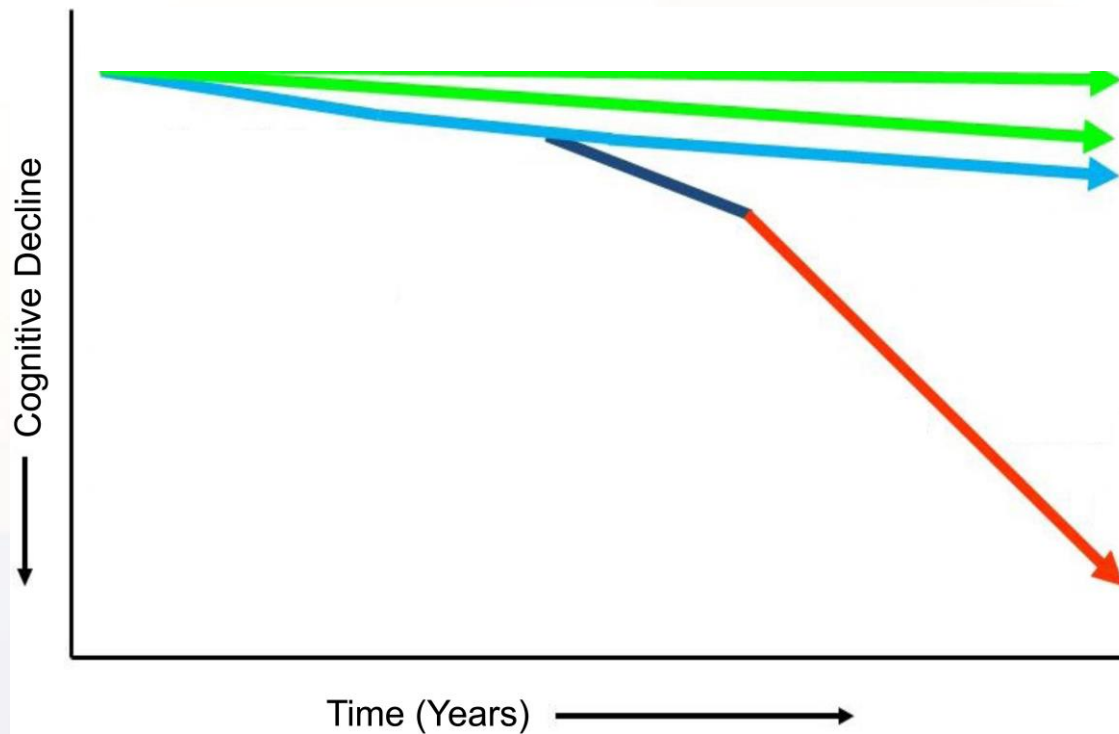




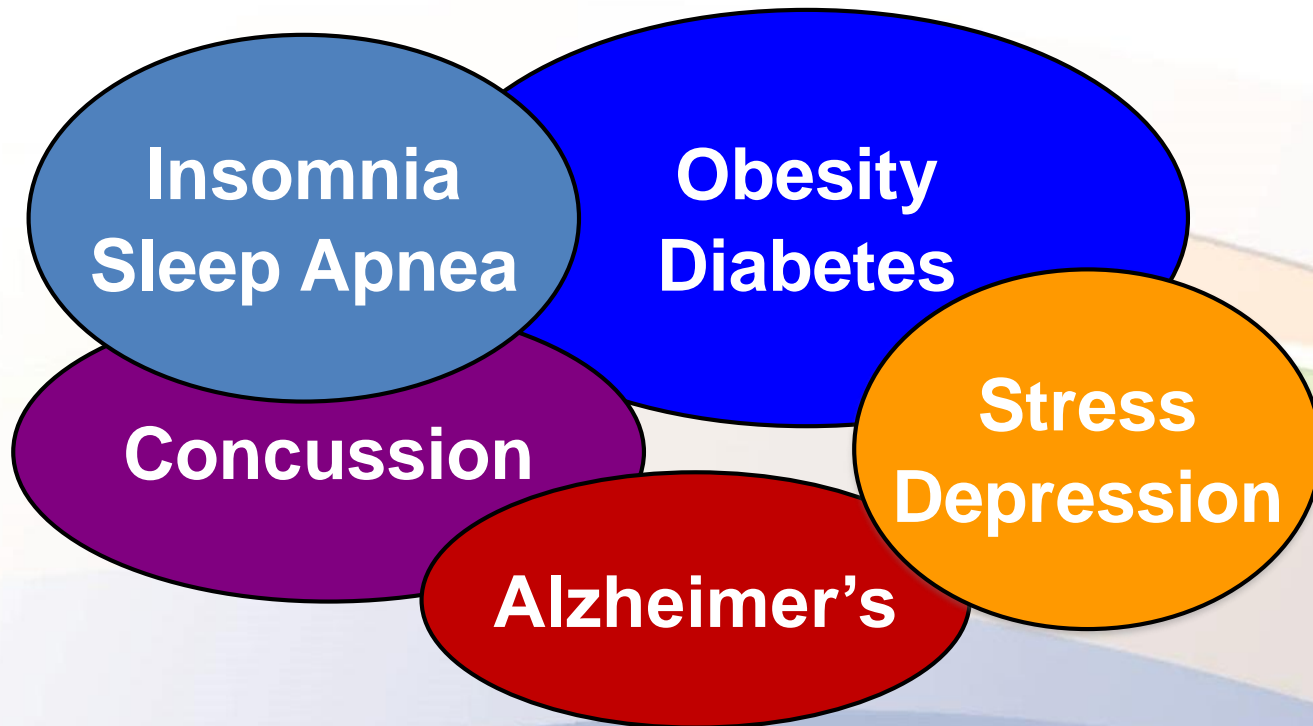
Forbes



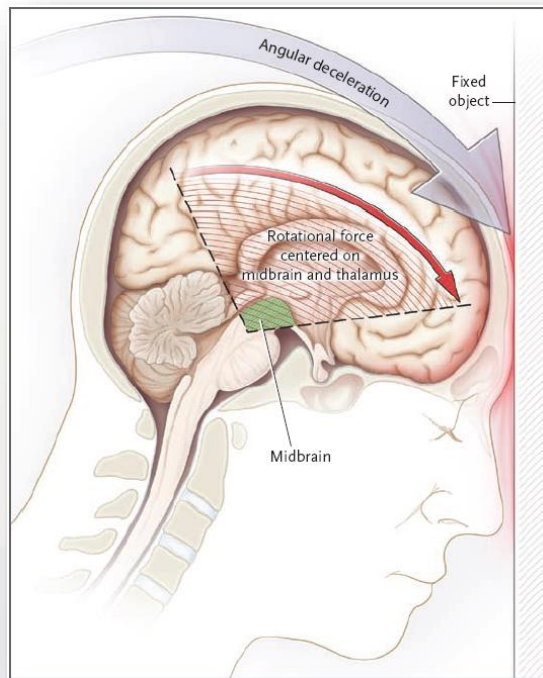
Hippocampus and Cortex Shrink by About 0.5% per Year After Age 50



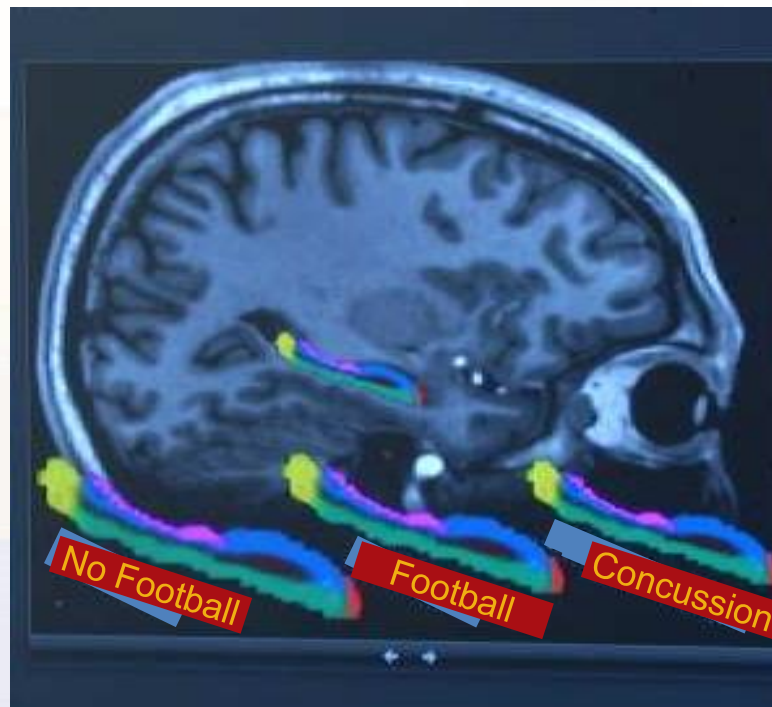
What Causes Shrinkage in the Cortex & Hippocampus?



More Concussion, Smaller Hippocampus

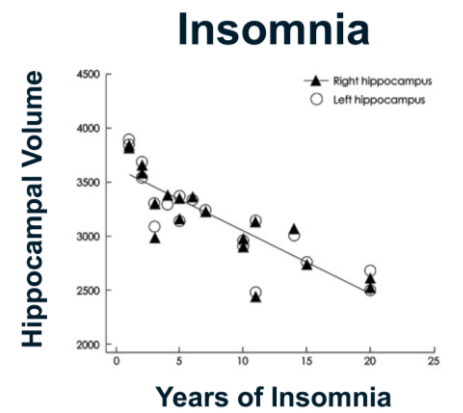
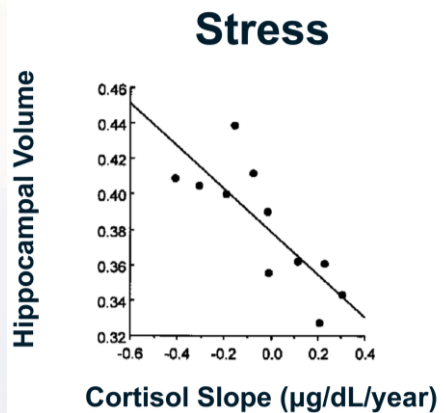
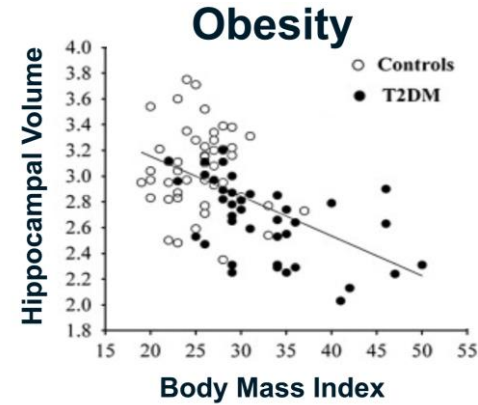
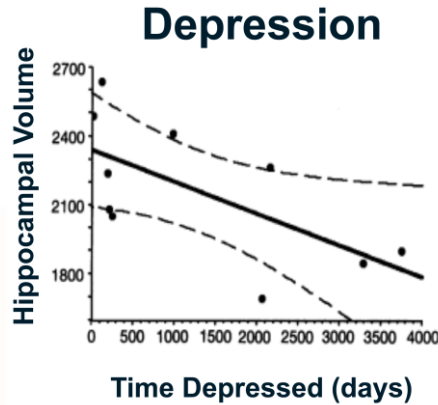


More American Football and Concussions, Smaller Hippocampus

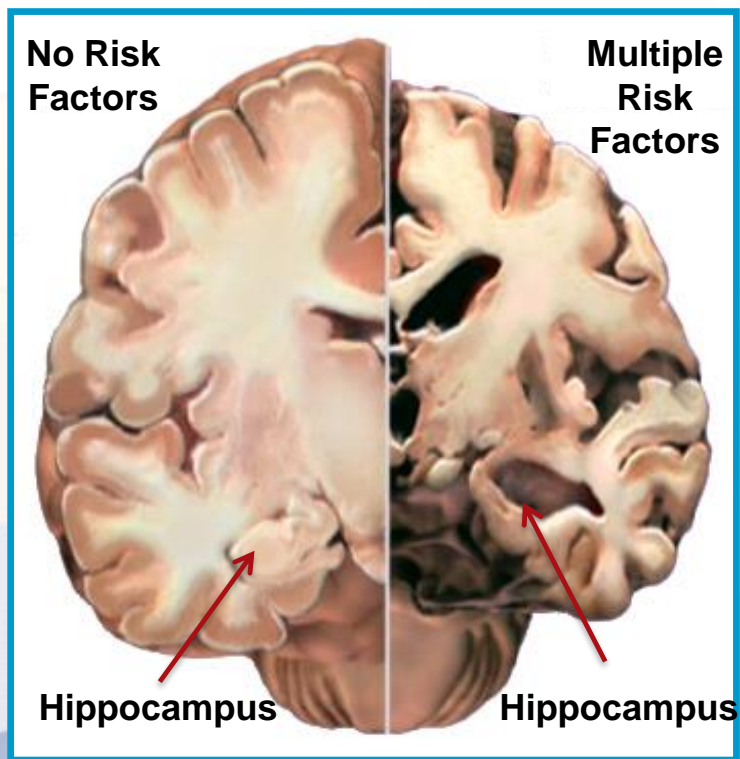


Singh, JAMA Neurology, 2014

More Depression, Obesity, Stress, and Insomnia, Smaller Hippocampus

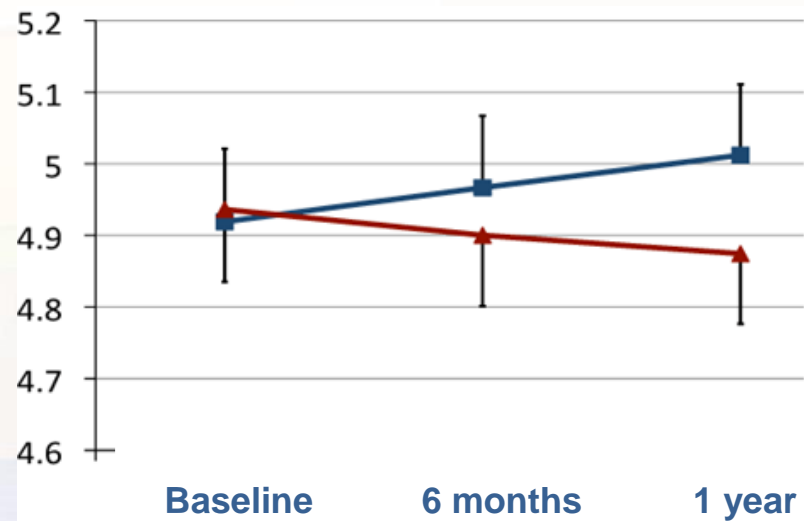


Multiple Risk Factors, Much Smaller Cortex & Hippocampus



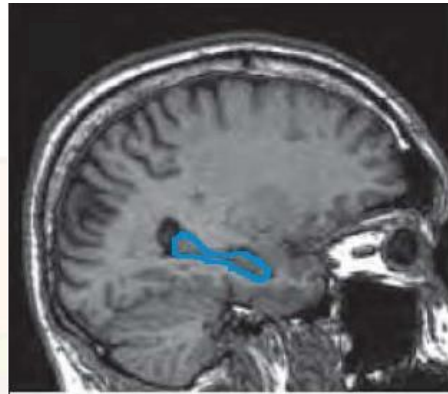
1. Get Fit

Walking 3 Times a Week For One Year Grows Your Hippocampus

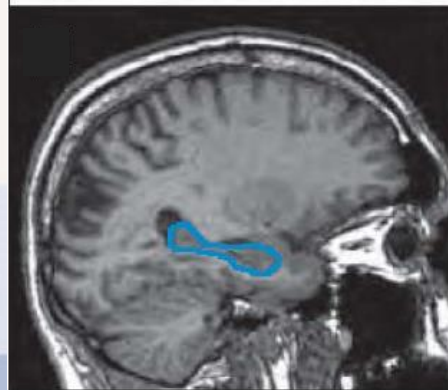


Three Months of Vigorous Exercise, Bigger Hippocampus

Before
Exercise

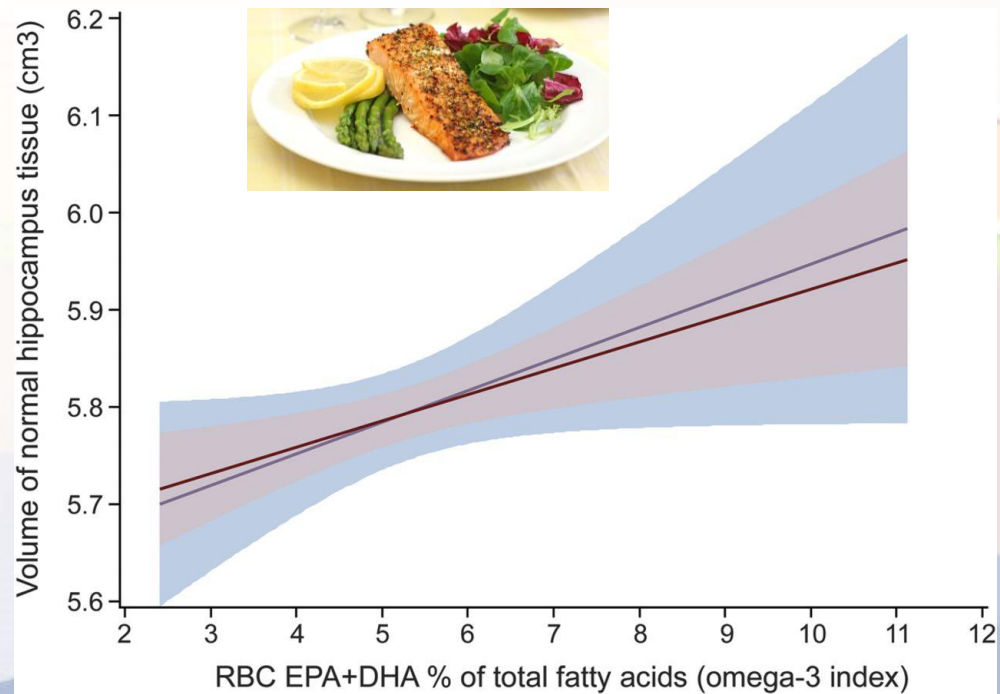


After
Exercise



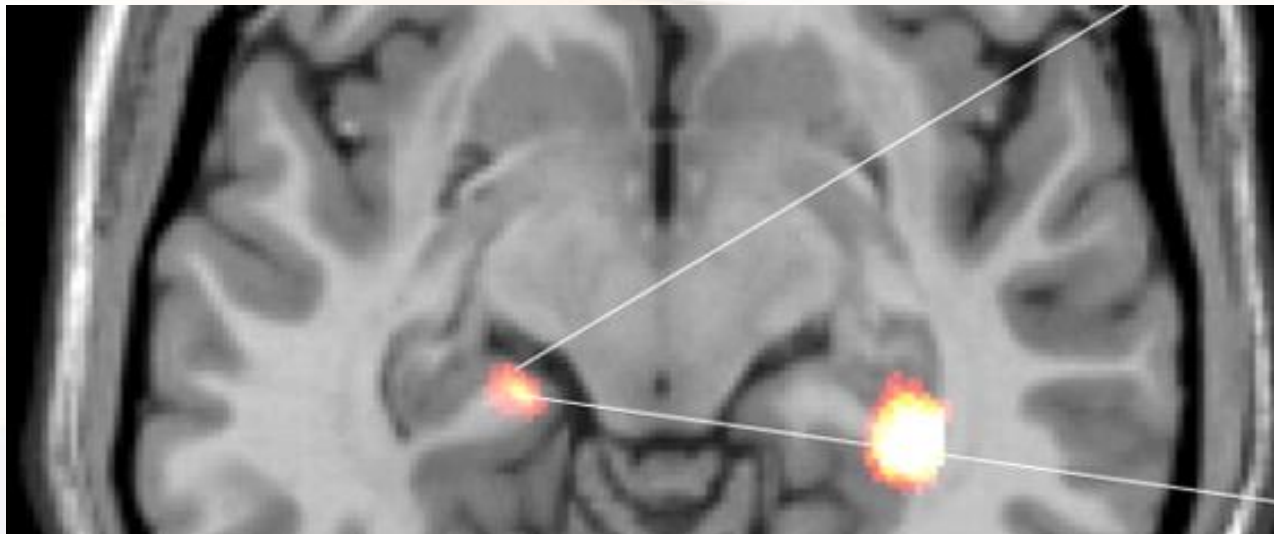
2. Eat a Mediterranean Diet

Take Omega-3 Supplements

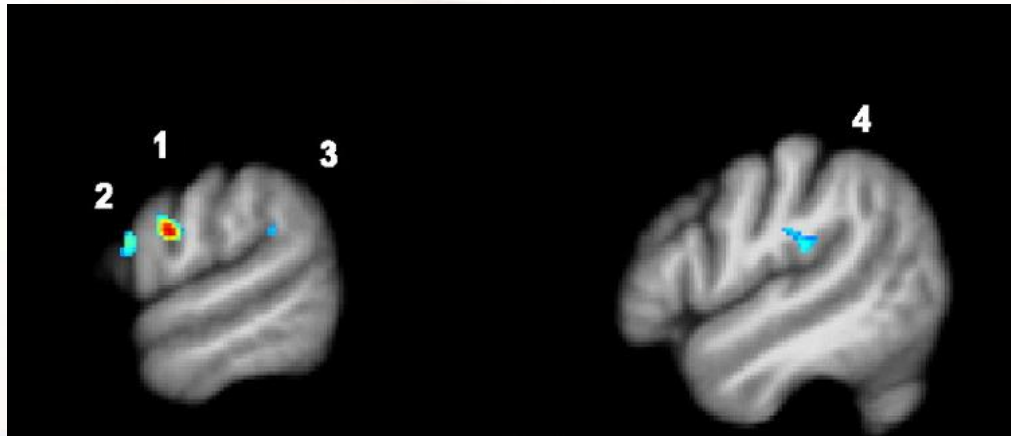


3. Learn Something New

Learn a New Language



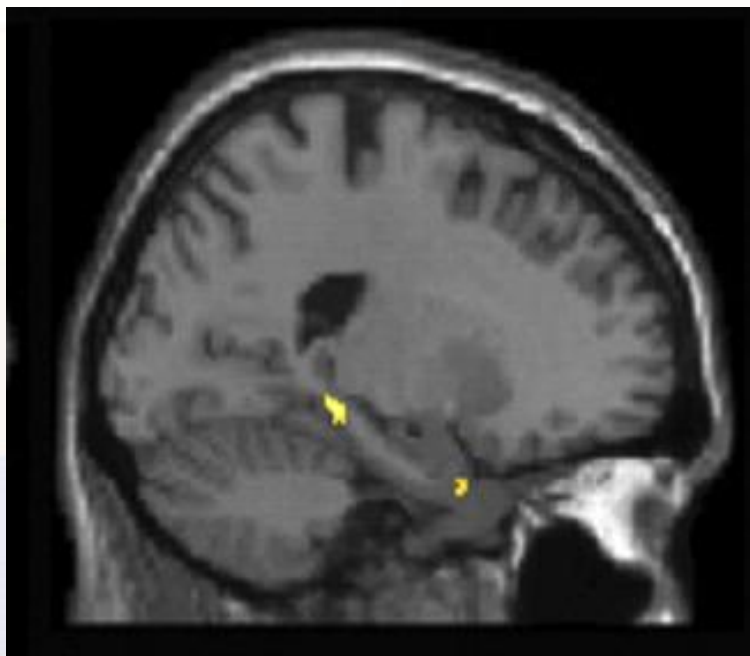
Learning to Play Golf Grows Your Cortex



Bezzola, Landina 2009

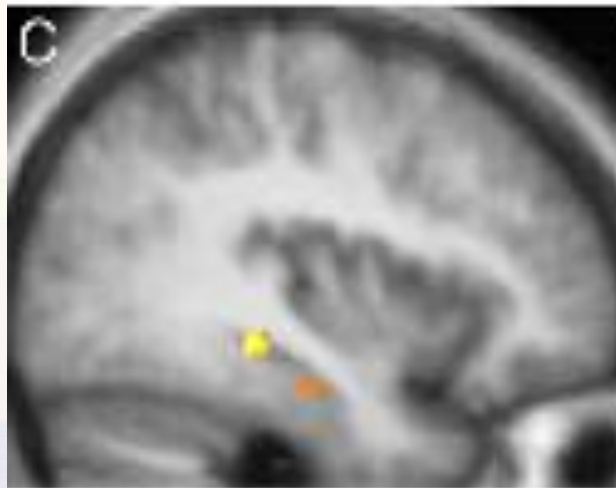
4. Sleep Well

Treat Your Sleep Apnea

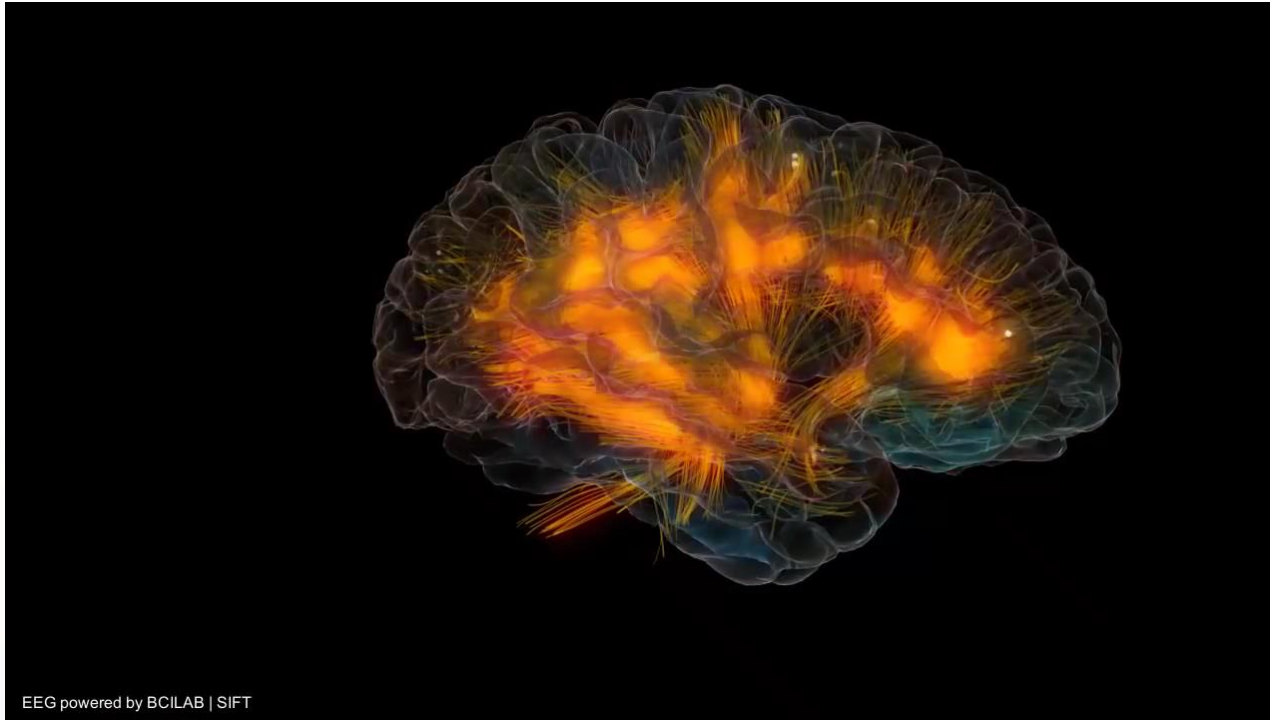


5. Meditate

Lower Your Stress, Be Happy



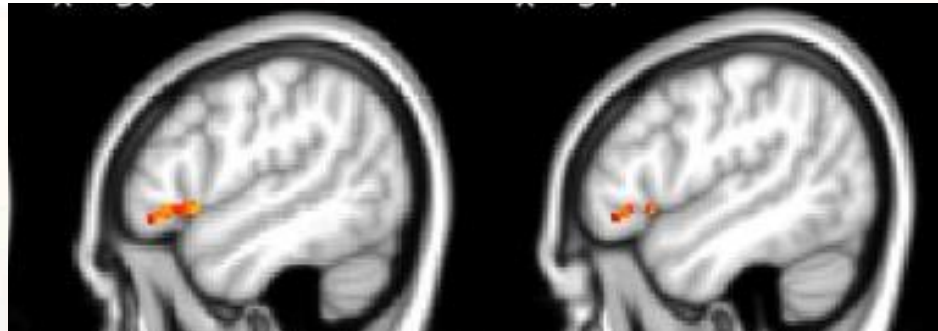
Neuronal Pathways Use Electricity to Communicate with Each Other.
These pathways can be degraded or upgraded.



<http://neuroscape.ucsf.edu/technology/#glass-brain>

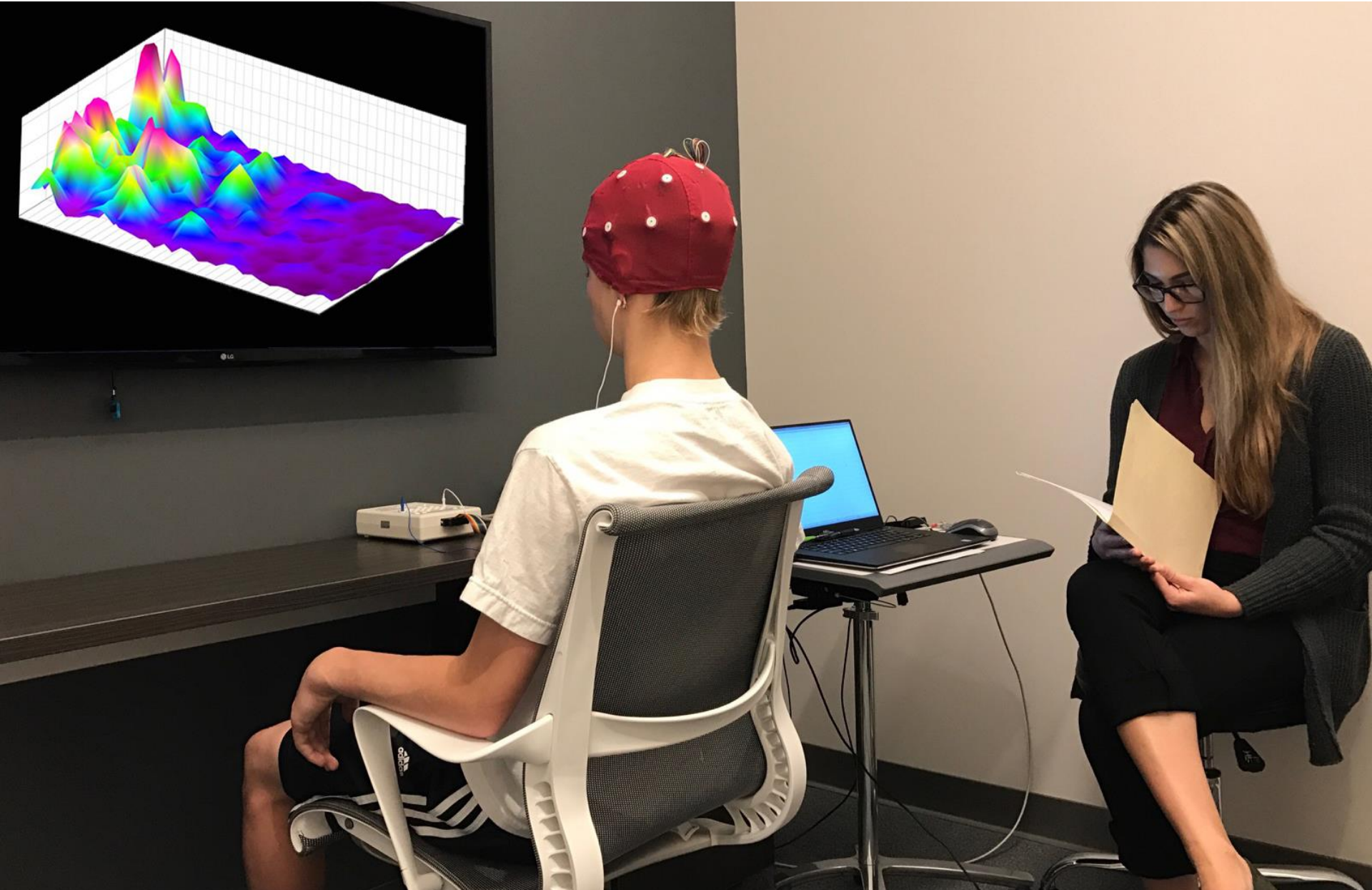
5. Try Neurofeedback

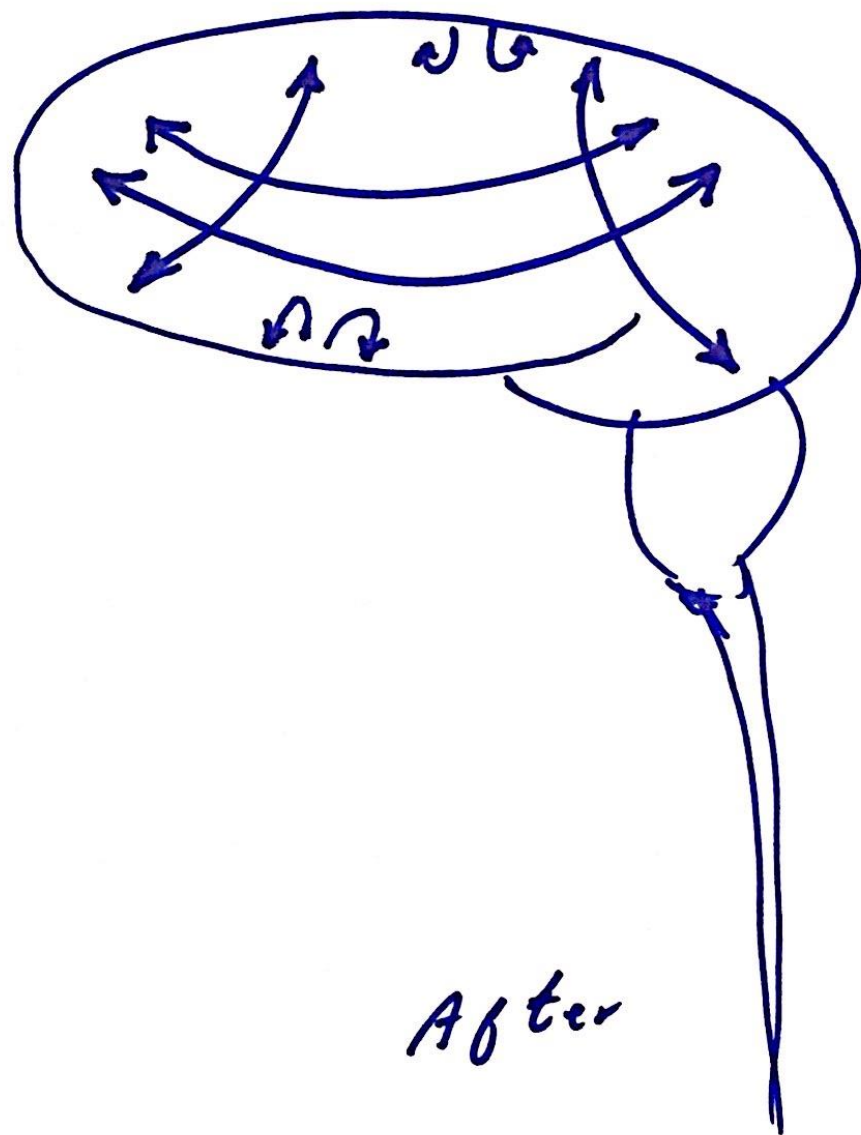
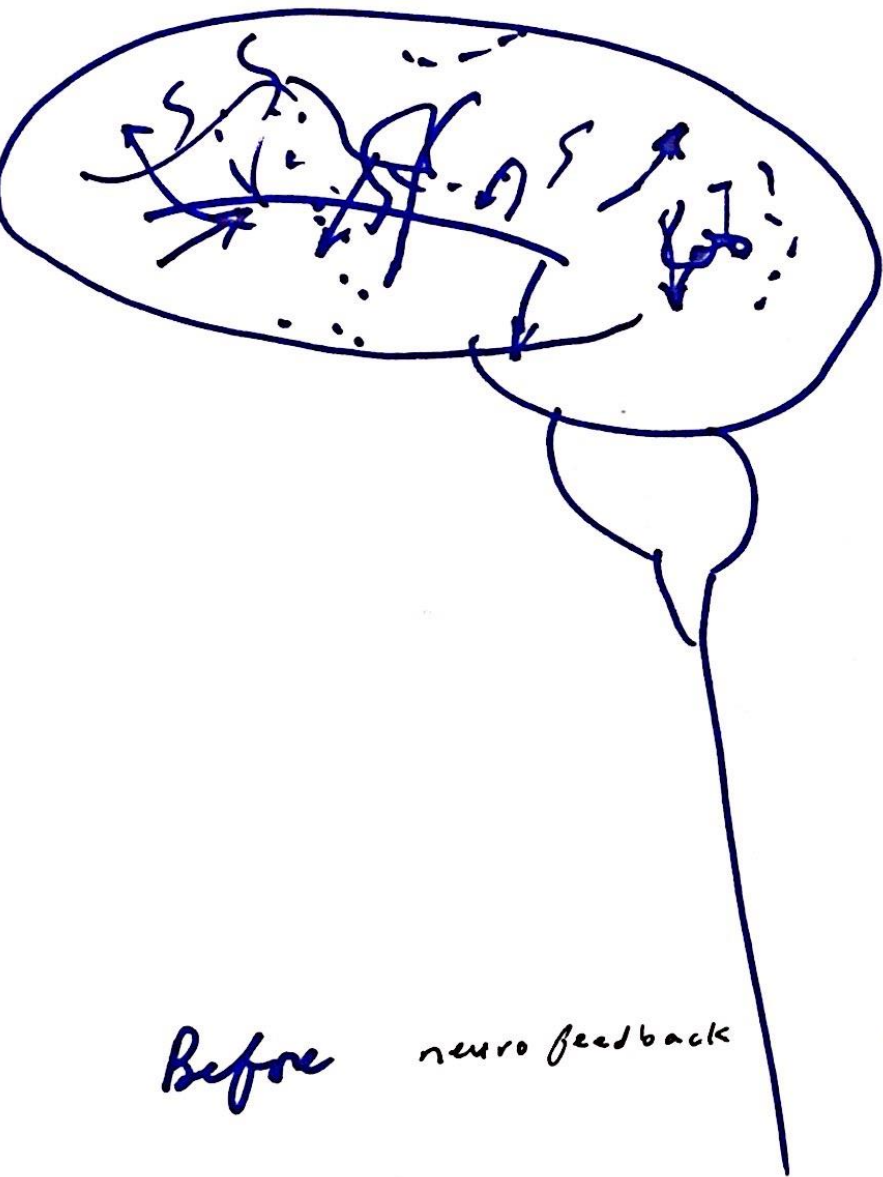
EEG Biofeedback Therapy Grows Your Cortex



Brain Mapping measure your brainwaves

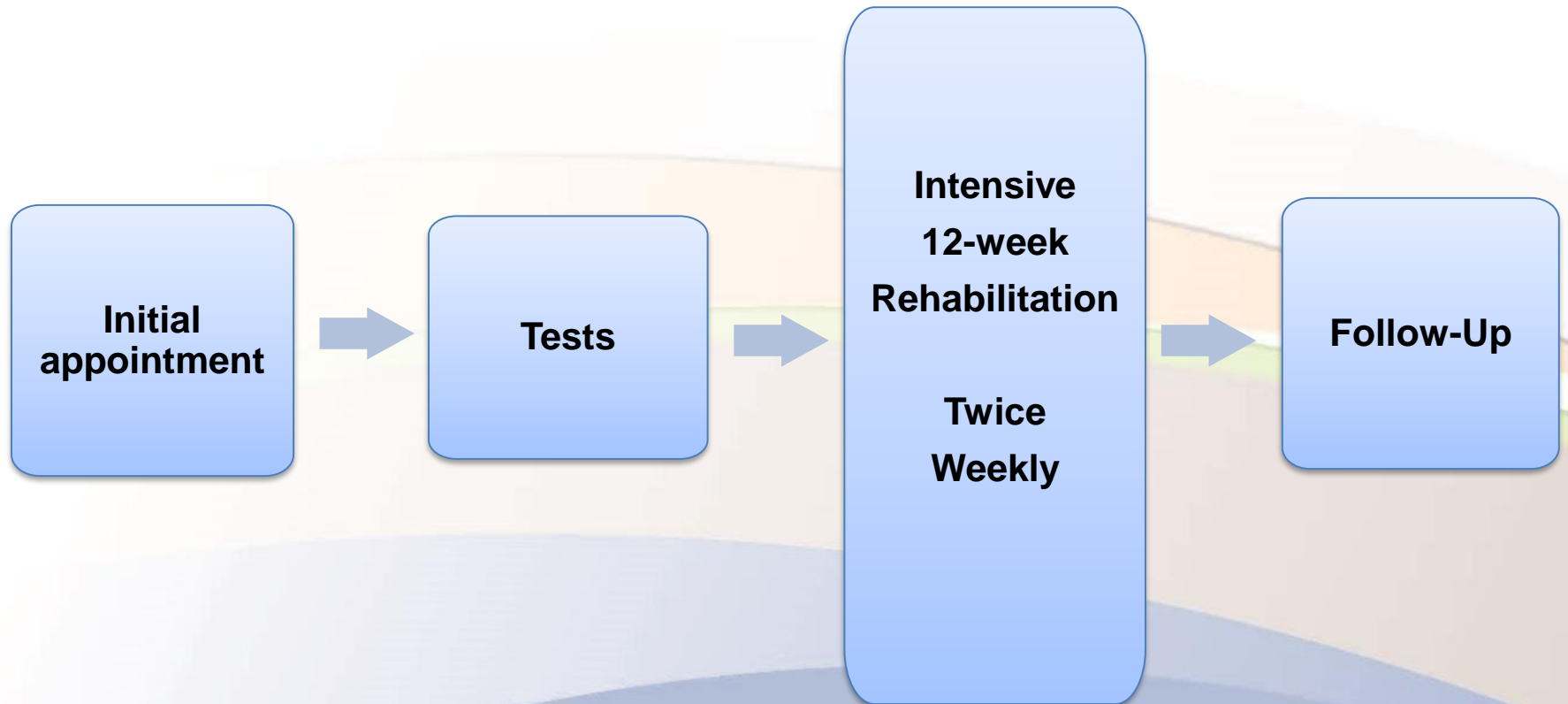
Neurofeedback optimizes them





Brain Fitness Program

“Physical Therapy for Your Brain”





Brain Fitness Program: Twice Weekly (90-minute) Treatments

Neurofeedback



Cognitive Skills Training



Brain Coaching & Meditation



Nutrition Counseling



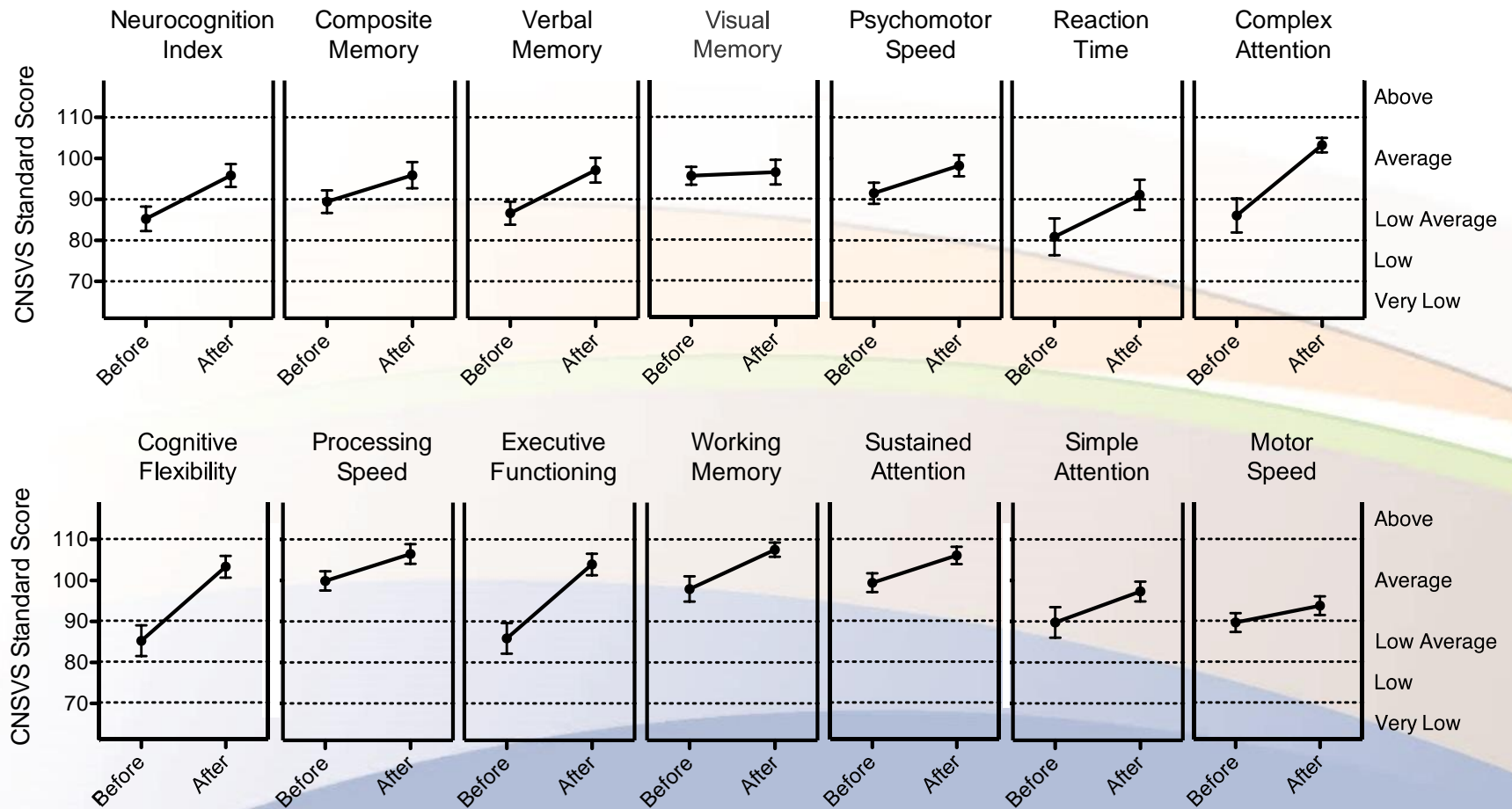
Exercise Training



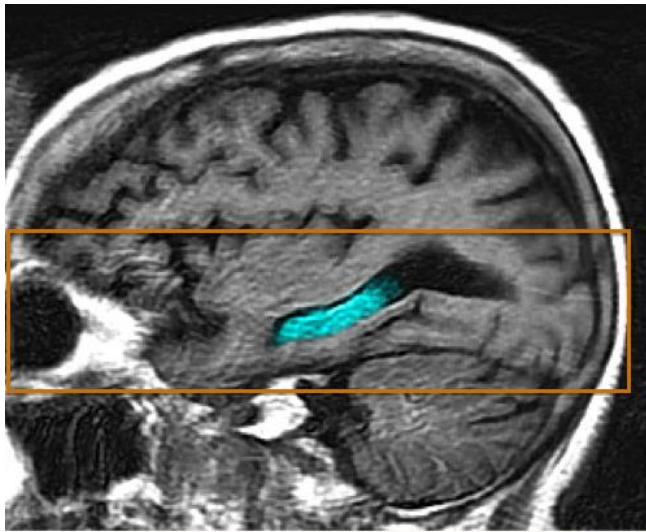
Weekly Monitoring



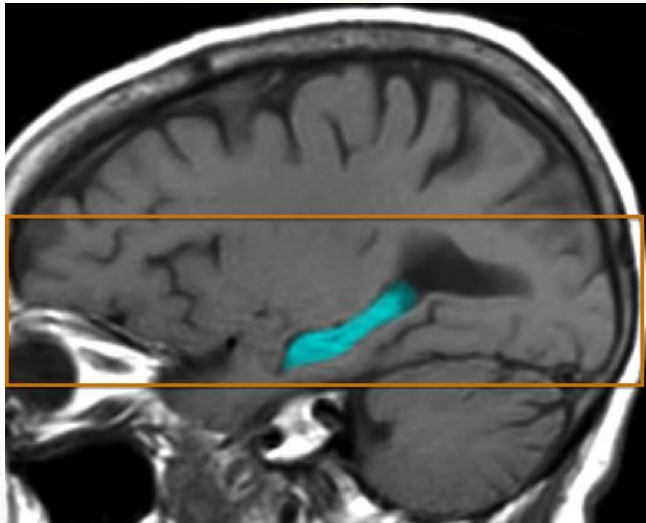
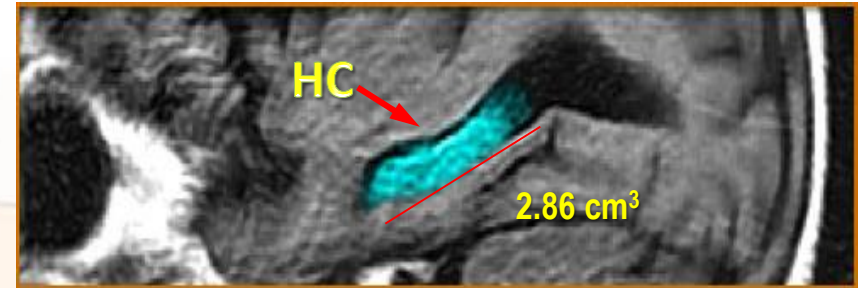
Significant Improvement in Brain Performance



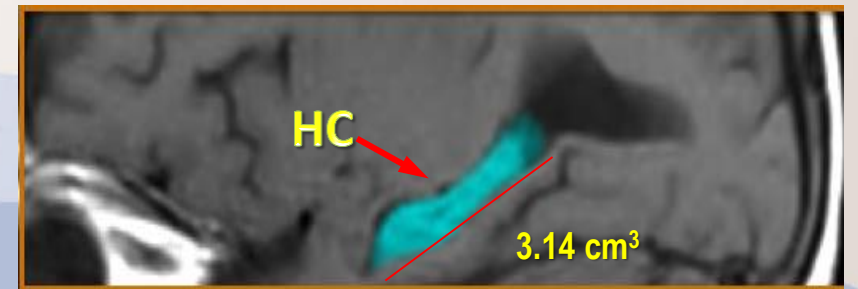
MRI Results



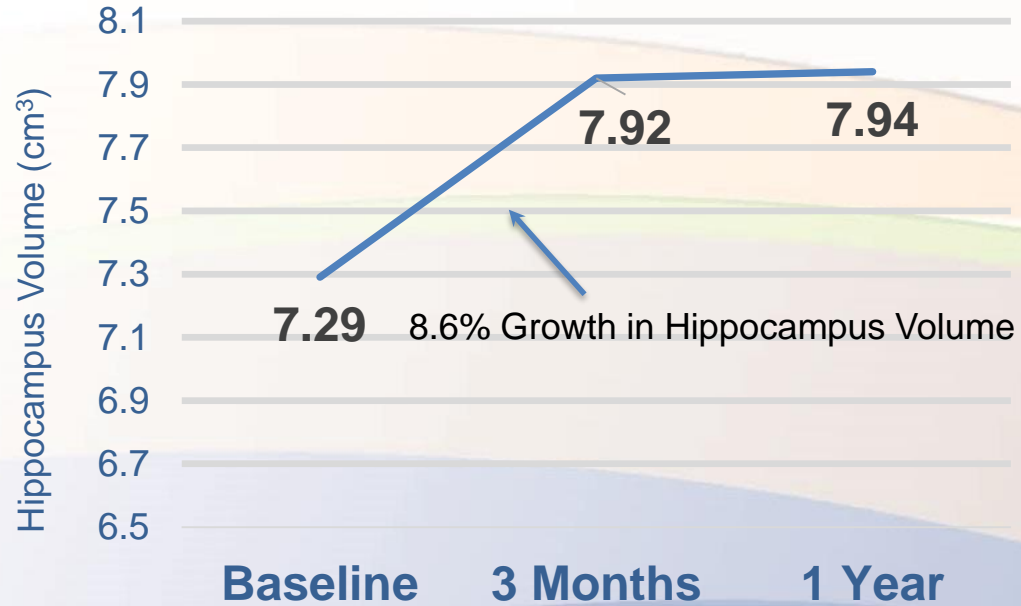
Before



After



Sustained Benefits One Year Later



You Can Boost Your Brain Performance and The Size of Your Hippocampus & Cortex

When You Start Early in Life





Diabetes
Hypertension
Obesity
Sleep Apnea
Head Trauma
Genes
Stress



Brain-healthy Diet
Physical Fitness
Cognitive Stimulation
Meditation & Sleep
Neurofeedback



THANK YOU



INFO@NEUROGROW.COM
703.462.9296