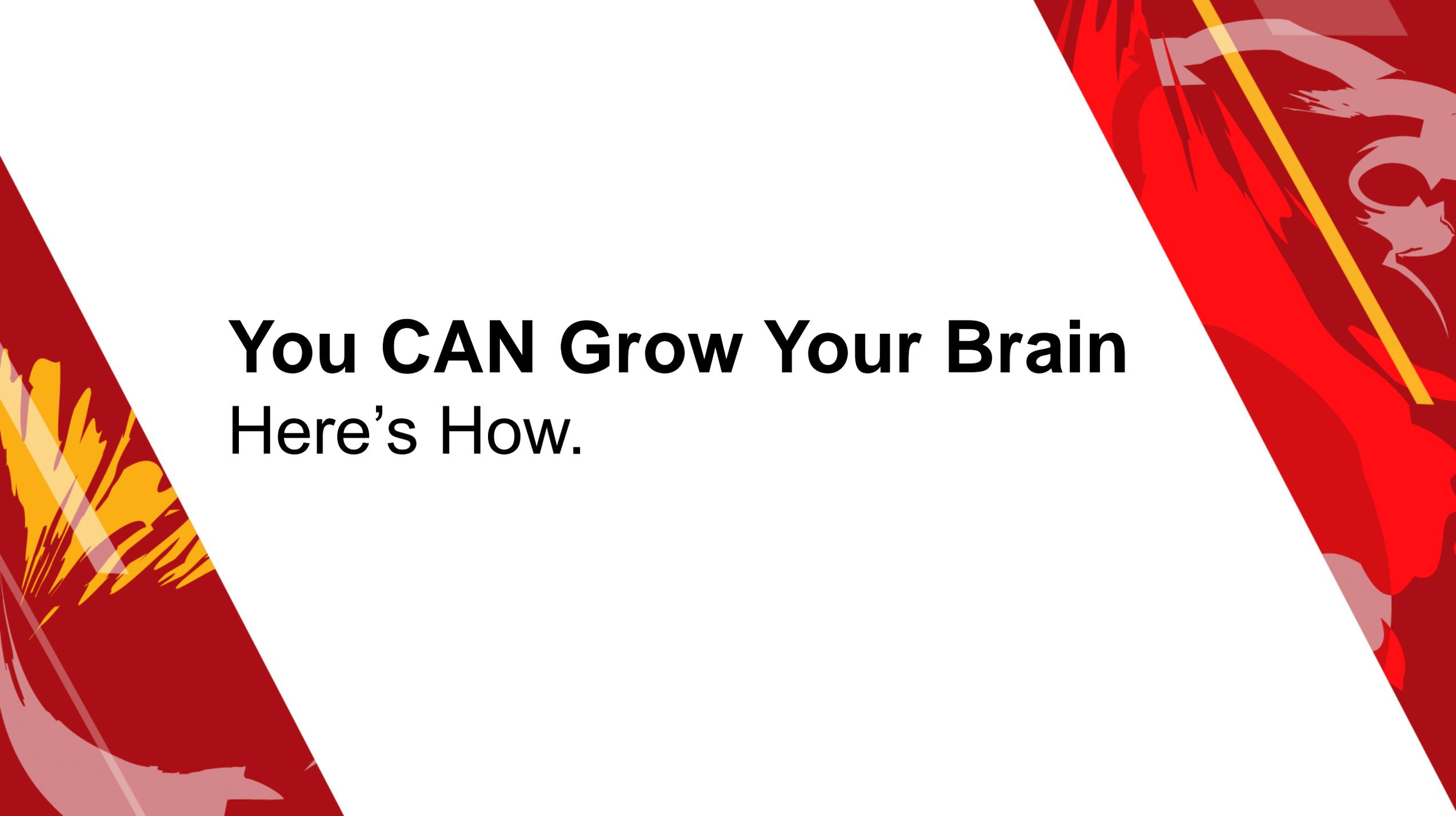


DEFY
CONVENTION



The background features a white central area flanked by two red triangular sections. The left red section contains yellow and orange brushstroke-like patterns. The right red section contains a stylized, semi-transparent figure of a person with long hair, possibly a musician or performer, in shades of red and yellow.

You CAN Grow Your Brain
Here's How.



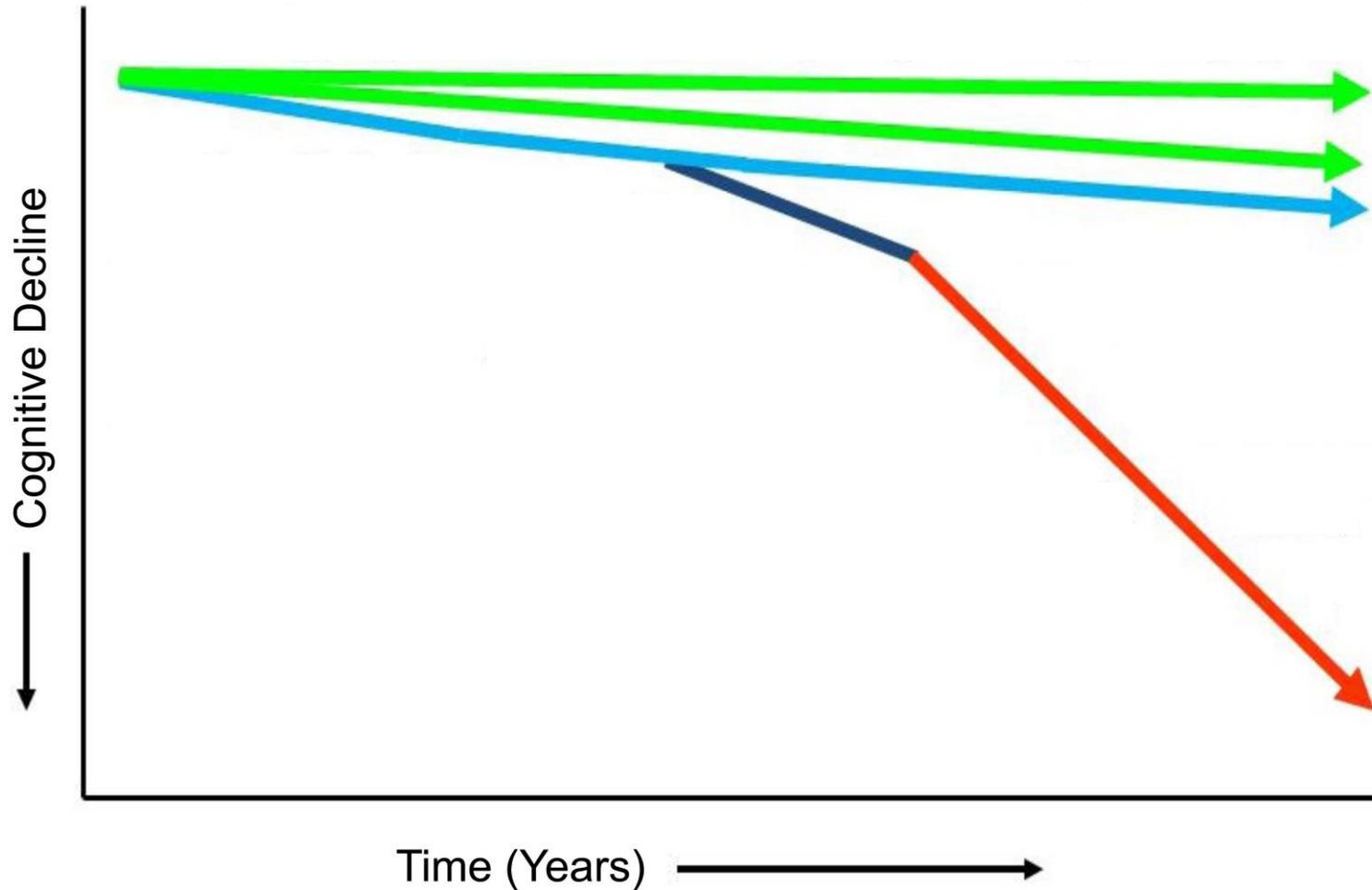
DEFY
CONVENTION 
#YPOEDGE

Neuroplasticity in the Human Brain:

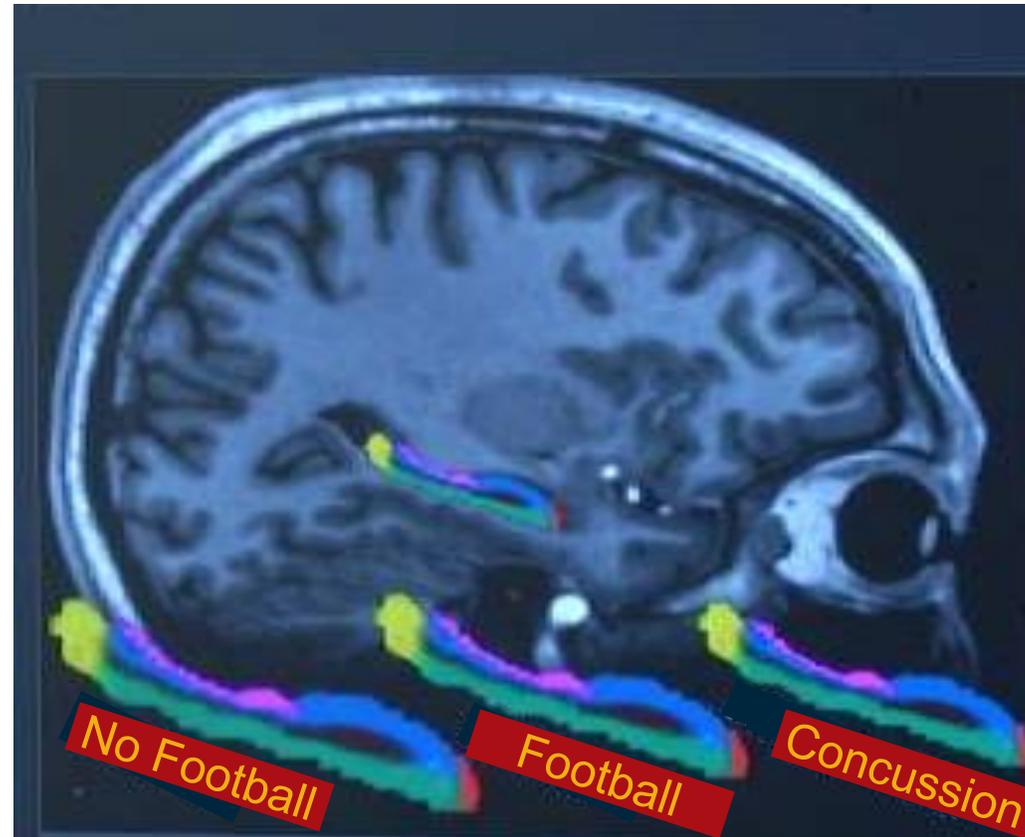
My Research & Publications



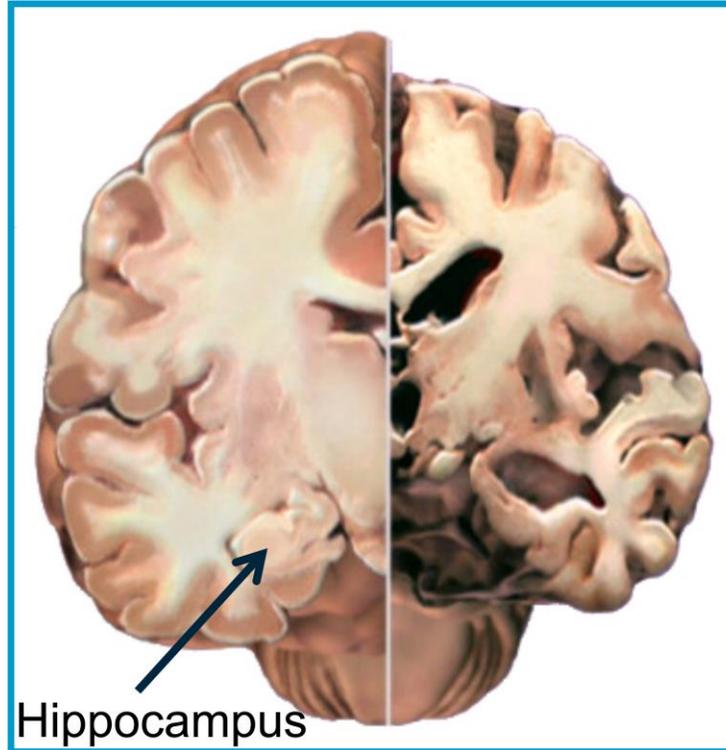
Hippocampus and Cortex Shrink by About 0.5% per Year After Age 50



More American Football and Concussions, Smaller Hippocampus



Singh, JAMA Neurology, 2014



Sleep Apnea

Obesity

Insomnia

Stress

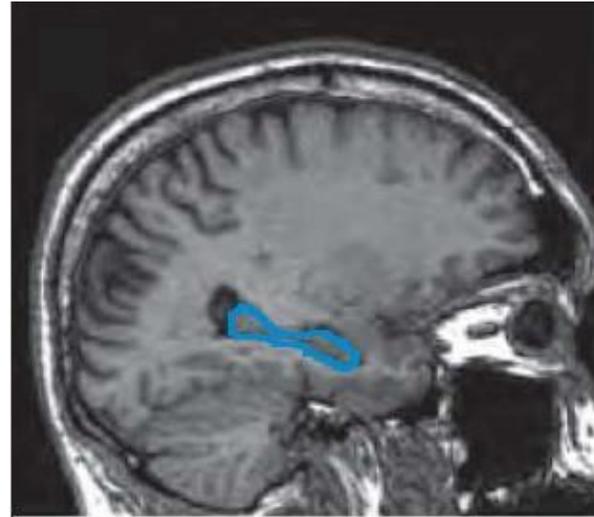
Depression

Concussion

Alzheimer's Disease

Three Months of Vigorous Exercise, Bigger Hippocampus

Before
Exercise

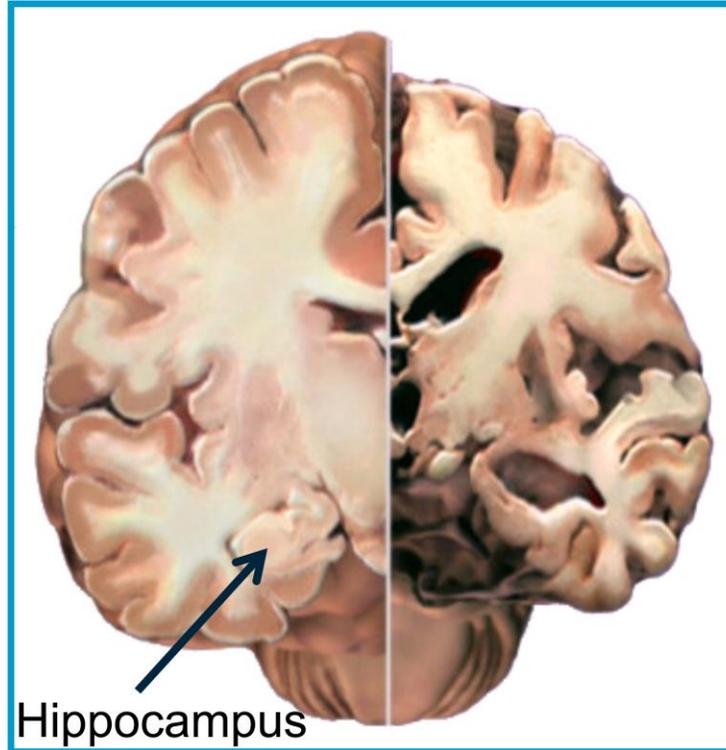


After
Exercise



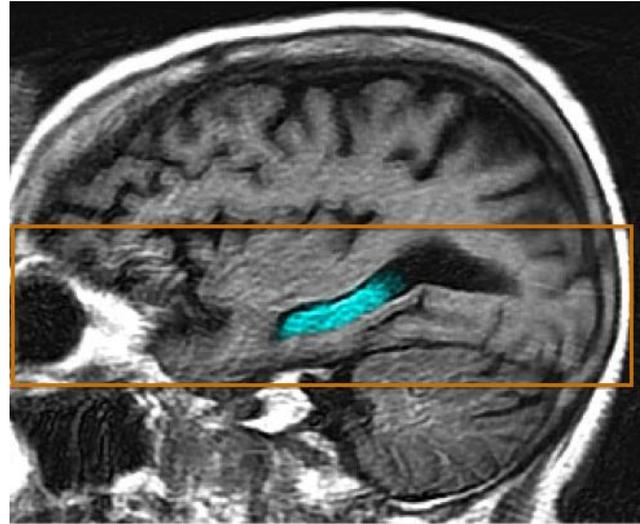
Arch Gen Psychiatry, 2010

Exercise
Mediterranean Diet
Omega-3 Supplements
Learning Something New
Sleeping Well
Meditation
Having a Purpose in Life

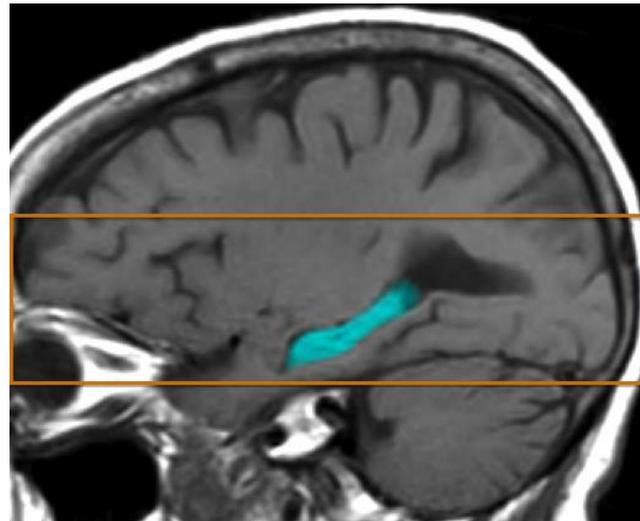


Sleep Apnea
Obesity
Insomnia
Stress
Depression
Concussion
Alzheimer's Disease

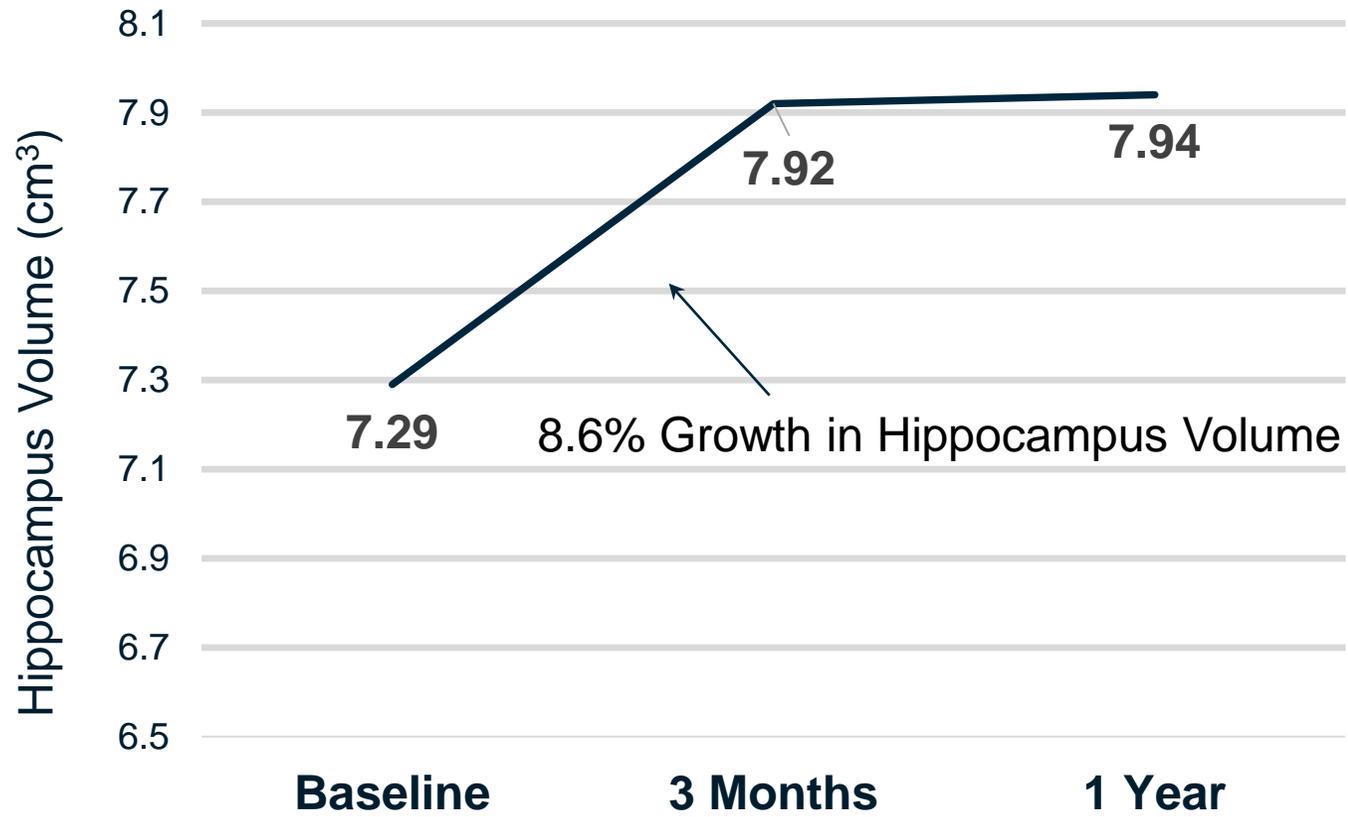
Before
Program



After
Program



Sustained Benefits One Year Later



Published in The Journal of Prevention of Alzheimer's Disease

The Journal of Prevention of Alzheimer's Disease - JPAD©

A Personalized 12-week “Brain Fitness Program” for Improving Cognitive Function and Increasing the Volume of Hippocampus in Elderly with Mild Cognitive Impairment

M. Fotuhi^{1,2}, B. Lubinski^{1,3}, N. Hausterman^{1,4}, T. Riloff¹, M. Hadadi⁵, C.A. Raji⁶

TIME

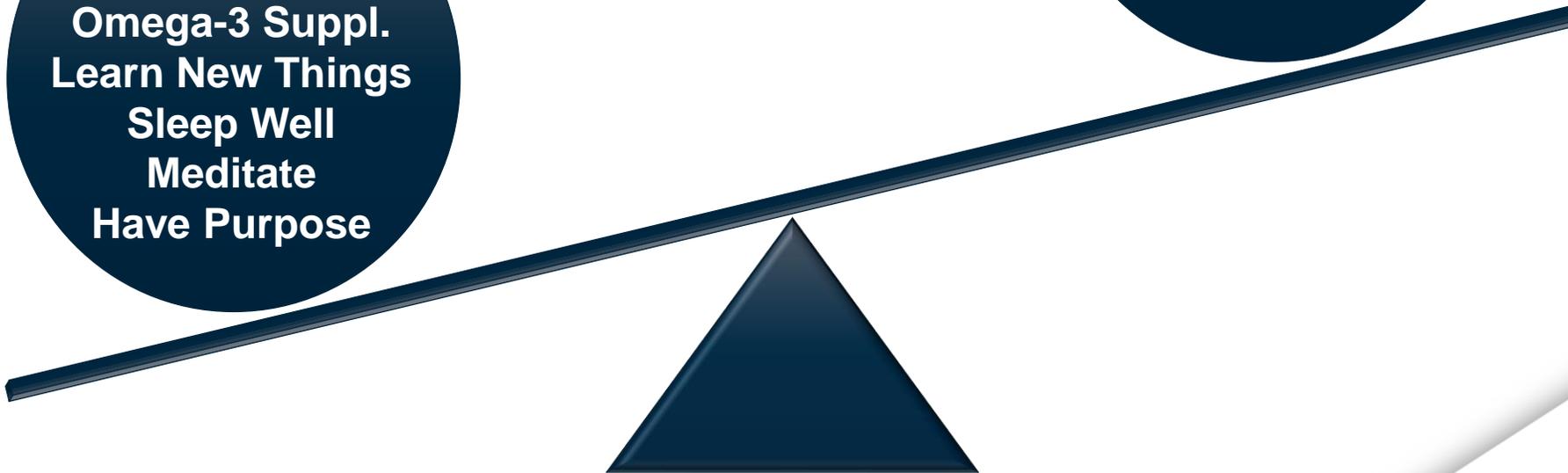


Defy Aging



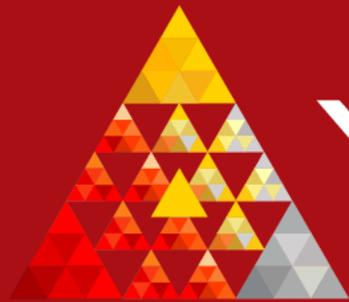
**Get Fit
Medit Diet
Omega-3 Suppl.
Learn New Things
Sleep Well
Meditate
Have Purpose**

**Diabetes
Obesity
Sleep Apnea
Head Trauma
Depression
Stress
Alzheimer's**



**You CAN
Defy Aging**





YPO EDGE

Singapore 2018