



Becoming Your Authentic Self

Pure Joy, Pure Love, Pure Happiness

04 - Nutrition and Exercise

Relationship with Food

You should eat to live,
not live to eat.

- Socrates

Our Relationship with Self Leads to Our Relationship with Food

Some people *stress* eat. Some people *stress* drink. Some eat fast because they feel they are in competition with others at the dinner table. Still, others have problems eating because of illness, medications or allergies.

Relationship with Exercise

Just as our relationship with *self* affects our relationship with food, it also affects our relationship with exercise. We all know that exercise is good for us. Challenges with time and health issues can make it difficult to have proper exercise.

When You Exercise

- ♥ Feel better
- ♥ Joints and muscles stronger
- ♥ Better sleep
- ♥ Bodies function better.

It is recommended that we exercise for 30 minutes 5 days a week. Keep reading, we're going to be discussing which exercises that are best for you later on.

Diets and Health

Which diet is best for you? With so many diets to choose from and so many of them claiming they helped it can be difficult to know what is best.

Whole foods are a great starting point. Some advantages of whole foods are:

- ♥ Decrease inflammation
- ♥ Help lift mood
- ♥ Improve concentration
- ♥ Better sleep
- ♥ Support immune system

Two of the diets referenced in my practice come from *Dr. Daniel G. Amen* and *Precision Nutrition*. Dr. Amen approaches diet from a brain health perspective while Precision Nutrition presents a practical approach to a healthy diet.

Different Brain Types

Dr. Daniel G. Amen pioneered the use of brain scans to diagnose and treat mental health issues. In his research he identified patterns. He identified different brain types. With his research he has been able to identify diets and exercises that are appropriate for each brain type. Some example scans and brain types are shown.



Classic ADD - Inattentive, distractable, disorganized, hyperactive, restless and impulsive.



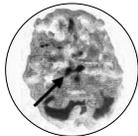
Inattentive ADD - Inattentive, easily distracted, disorganized, and often described as space cadets, daydreamers, and couch potatoes. Not hyperactive.



Overfocussed ADD - Inattentive, trouble shifting attention, frequently get stuck in loops of negative thoughts or behaviors, obsessive, excessive worrying, inflexible, frequent oppositional and argumentative behavior. May or may not be hyperactive.



Temporal Lobe ADD - Inattentive, easily distracted, disorganized, irritable, short fuse, dark thoughts, mood instability, and may struggle with learning disabilities. May or may not be hyperactive.



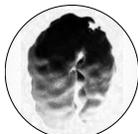
Limbic ADD - Inattentive, easily distracted, disorganized, chronic low-grade sadness or negativity, "glass half-empty syndrome," low energy, tends to be more isolated socially, and frequent feelings of hopelessness and worthlessness. May or may not be hyperactive.



Ring of Fire ADD - Inattentive, easily distracted, irritable, overly sensitive, cyclic moodiness, and oppositional. May or may not be hyperactive.



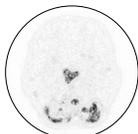
Anxious ADD - Inattentive, easily distracted, disorganized, anxious, tense, nervous, predicts the worst, gets anxious with timed tests, social anxiety. Often has physical stress symptoms such as headaches and gastrointestinal symptoms. May or may not be hyperactive.



Trauma - symptoms vary depending upon areas of brain damaged due to trauma.



Pure Anxiety - Anxious, tense, nervous, predicts the worst, self medicates to calm.



Pure Depression - Depression, feeling hopeless, low energy, poor appetite, insomnia.



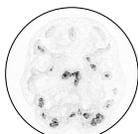
Mixed Anxiety and Depression - Anxious, poor appetite, tense, depression, insomnia, nervous, low energy, feeling hopeless, predicts the worst.



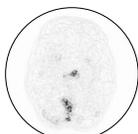
Overfocussed Anxiety and Depression - Overfocussed, worrying, oppositional, holds grudges.



Temporal Lobe Anxiety and Depression - Temper problems, irritability, memory problems, learning disabilities, mood swings.



Cyclic Anxiety and Depression - Severe PMS, mood cycles like bipolar, signs of pure anxiety and pure depression.



Unfocused Anxiety and Depression - Sadness, anxiety, low energy, cognitive problems.

Brain Based Diets

Brain Type	Diet Recommendations
Over Anxious	Higher carbs, lower protein
Over Focused	Higher carbs, lower protein
Classic ADD	Higher protein, lower carbs
Ring of Fire ADD	Needs a balance of carbs and proteins

Brain Based Exercises

Different activities exercise different parts of the brain. To keep your brain and body healthy, it's important to have a range of activities that exercise different parts of your body and brain.

Part of brain	Activities that exercise this part of the brain
Prefrontal Cortex	Games like Scrabble, Boggle, Crossword puzzles
Temporal Lobe	Memory games
Parietal Lobe	Math games, Juggling
Cerebellum	Yoga, Tai chi, dancing, skating [balance and movement]

Other Tests to Help with Health

The quizzes provided by Amen Clinics are a great starting point. With over 80,000 brain scans and several decades of research, a lot can be identified with his quizzes. As a doctor, I use these quizzes as one of the starting points when working with patients.

Sometimes we need to look a little deeper.

Genetic Testing

With genetic testing we can identify different traits from the genetic markers in your DNA. Traits that show up in DNA markers include:

- Discover how your body type metabolizes supplements and medications.
- Genetic reasons weight loss may be difficult.
- How well your liver detoxifies.
- Your methylation process which relates to heart health, anxiety, depression.

We can identify characteristics about you through genetic testing that previous generations only guess at. Information from genetic testing helps determine lifestyle changes and treatments to improve your health. As much as we learn from your DNA, there are still some traditional medical tests that we rely on.

Hormones

If your hormone levels are off, this can affect:

- ♥ Weight
- ♥ Libido
- ♥ Mood Swings
- ♥ Brain Clarity
- ♥ Sleep
- ♥ Skin and Hair

Your hormones can shift over time naturally or due to environmental factors. I work with patients to balance hormone levels out as needed.

Allergies

Allergy testing complements the genetic testing. When allergies are identified, inflammation sources are removed through lifestyle changes. When inflammation is reduced, the body functions better. Pain and irritation reduce or disappear.

Gut Health

Is your gut working the way it should? Some gut related issues include:

- ♥ Acid Reflux
- ♥ Celiac Disease
- ♥ Crohn's Disease
- ♥ Irritable Bowel Syndrome
- ♥ Leaky Gut
- ♥ Sluggish Liver

If you are experiencing gut issues, identifying and addressing these can make a huge improvement in your health.

Additional Resources

Please take the free quizzes from the Amen clinic. This is a great place to identify your brain type. Once you know your brain type, you can adjust your diet, exercise and in some cases add supplements to help. If you find out you have ADD, or you have concerns beyond what the quizzes show, please setup an appointment with me. I have been working with ADD and brain health patients for several years now and enjoy helping them. I have brain health patients that are recovering cognitive ability. Some recover childhood memories that were lost for decades. I have spent over a decade helping patients navigate hormone, gut and allergy issues.

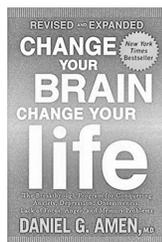
Links to Amen Clinic Quizzes

The following links can be found by going to <https://www.amenclinics.com/> under the [Resource] tab.

<https://brainhealthassessment.com/>
<https://memoryrescue.com/assessment>
<https://addtypetest.com/>

Discover your brain type.
Early signs and risk quiz for memory loss.
ADD Type Test.

Additional Reading



Change Your Brain, Change Your Life (Revised and Expanded): *The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems* by Daniel G. Amen M.D. | 2015

Reach out to Dr. Jennifer Burns, NMD



I created *Burns Integrative Wellness Center* so I would have greater freedom in helping patients like you. I stay current with medical research and combine leading treatments with decades of medical experience. Give us a call. My staff and I look forward to helping you with *Becoming Your Authentic Self*.

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