BRAIN FUTURES

Light Up Your Mind

Welcome to the first edition of the BrainFutures newsletter!

The level of innovation occurring in the field of brain health and fitness is generationally significant. We are excited to share evidence-based news and resources about ways to improve brain health through all stages of life.

For frequent updates, please follow us on social media:

We want to hear from you: what brain health topics would you like us to explore?

Thank you,

Karen Alexander, Program Director
kalexander@brainfutures.org

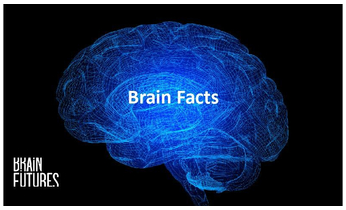
BrainFutures Attends the AspenBrainLab

In July, members of the BrainFutures team attended the AspenBrainLab in Colorado. The one-day session featuried 12 thought leaders who shared their insights on the latest

"You can grow your biceps, you can grow your brain."

Majid Fotuhi, MD, Ph.D.
Medical Director NeuroGrow Brain Fitness Center

Watch Full Video



Brain Facts

Brain experts agree that although our knowledge of the brain has increased drastically in recent years, there is more to learn. You can catch a new #BrainFact every Friday on our Twitter:

1. Your brain generates enough electricity to power a 25 watt lightbulb.

2. There are no pain receptors in the brain. While your brain detects and processes pain in

research into the brain.

The afternoon session took the audience on a deep dive into Alzheimer's disease with lectures from George Vradenburg on new Alzheimer's therapies, Dr. Dale Bredesen on how we can end the disease and Dr. Mark Hyman on the need to re-think treatment for dementia.

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Exercise and Aging: You're Never Too Old to Benefit

Do you think you're too old to exercise? According to Dr. John Ratey, Harvard psychiatrist and author of *Go Wild and Spark: The Revolutionary New Science of Exercise and the Brain*, it's never too late to get in shape. At our 2017 BrainFutures conference, Dr. Ratey noted that you can help slow the aging process and prevent chronic diseases by exercising regularly and eating healthy.

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A Futuristic Look at Assessing Learning

tandem with your spinal cord, you actually can't feel someone poking at your brain tissue — which is why surgeons are able to perform brain surgery while you're awake.

3. Every time you recall a memory or have a new thought, you create a connection in the brain. Your brain is literally made of memories, and memories constantly remake your brain.

Read More

Brain Food Spotlight

Did you know that avocados are an excellent source of brain vitamins? Your brain needs the C, E, K, and B complex vitamins to maintain functionality. This creamy, nutrient-dense brain food is also high in healthy omega-3's which help reduce your risk of memory loss and depression.

Share information with the BrainFutures community!

In coming weeks, we will be highlighting news and resources from the BrainFutures community.

"How do we enhance cognition?" Dr. Adam Gazzaley, who spoke at our 2017 BrainFutures Conference, is working relentlessly to find out. Gazzaley has identified key areas where he feels our education system is lacking, including poor initial assessments, lack of personalization, and a one-size-fits-all unimodal approach.

Read More and Watch Video

Please submit information that you'd like us to share across our network to **info@brainfutures.org**

Our Mission

BrainFutures works to accelerate access to effective neuroplasticity-based brain health practices to improve human outcomes.

Our Vision

Science-based brain health practices will be widely accessible to people of all ages, enabling improvements in learning, enhancement of cognitive performance, prevention of debilitating brain conditions and effective treatment of mental health and substance use conditions.

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