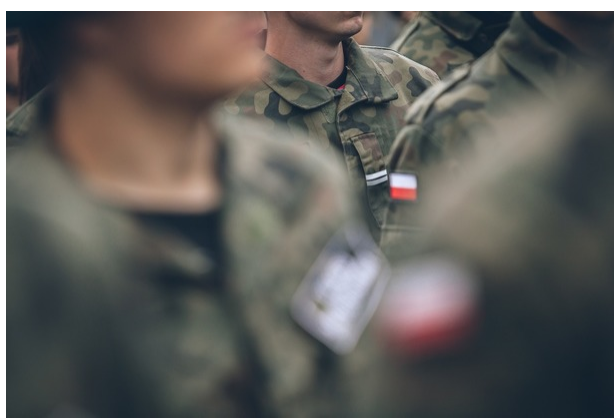




Harnessing Virtual Reality to Improve Behavioral and Physical Health Care

The use of Virtual Reality (VR) in health care has been researched for more than 30 years, but only recently have new technologies made VR accessible and affordable for widespread adoption in the field. [Dr. Walter Greenleaf](#), a research neuroscientist and medical product developer working at Stanford University, says Virtual Reality can transform the way health providers treat brain disorders.

[Read More and Watch Video](#)



Military Mental Health: The Invisible Wounds of War

Poor mental health is highly prevalent among military veterans, including conditions such as anxiety, depression, post-traumatic stress disorder (PTSD) as well as other mental illnesses. Learn how a former Navy SEAL battled sleep deprivation, excruciating pain and a very stressed central nervous system and how a science-based brain program helped him live a healthier and better life.

[Read More and Watch Video](#)



Can Kirtan Kriya Meditation Improve Memory and Cognitive Function in Older Adults?

Research shows that Kirtan Kriya meditation, a mind-body exercise could improve memory and cognitive function in older adults. Learn more about what experts are saying.

[Read More and Watch Video](#)



Brain Facts

Brain experts agree that although our knowledge of the brain has increased drastically in recent years, there is more to learn. Here our top fascinating brain facts of the month:

1. What does it mean to be knocked unconscious? According to [brainfacts.org](#), there are several things that could cause a disruption in consciousness. For instance, you can lose consciousness if both hemispheres of the brain are turned off at once — though if only one is affected, the other can pick up some of the slack.

2. Did you know that the most important brain area to become fully “wired up” in adulthood is the prefrontal cortex— the front portion of the frontal lobe? This area of the brain is responsible for many of our higher-level cognitive abilities such as planning, solving problems and making decisions.

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Brain Food Spotlight

Eating nuts may offer you many health benefits. However, there are only a few that researchers deem to be a must-have for brain health.

Find out what nuts may provide you with some brain boosting benefits.

[Read More](#)



Share information with the BrainFutures community!

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

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

Mission

BrainFutures accelerates adoption of effective applications of brain science advances to maximize human potential.

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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