

AS SEEN IN

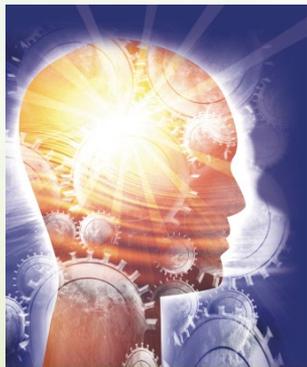
natural

awakenings

HEALTHY LIVING HEALTHY PLANET

news briefs

Free Educational Evening Talks: Brain Health



Transformational Medicine is continuing its free monthly educational events, held the third Wednesday of each month. This month, the topic will be brain health, with discussions about staying happy and sharp through the ages, on November 17 from 6 to 7 p.m. Please RSVP to reserve a seat, as space is limited.

As we age, we may lose things or become forgetful. We retrace our steps, find the sunglasses or keys we set down and then go on to the next thing. Losing brain function is not normal, nor does it have to happen. Staying healthy by eating clean, chemical-free foods, drinking clean water and moving in fun ways, as well as keeping our minds focused on positive things, all contribute to better health. Still, we lose words or cannot place where we left something—or we get depressed or anxious about the world beyond our control. What can help?



Zach & DeeAnn Saber

Making sure one is getting clean nutrition, often enough, minus sugars and artificial sweeteners, make a big difference in how one feels and thinks. Making sure we are not exposed to molds, pesticides, fertilizers and other environmental toxins also makes a huge difference in

brain health. The blood-brain barrier can break down and be impacted by all of the above, as well as by heavy metals. The amount of chemicals in personal care products, or in our laundry detergent or what we put in our yard all make an impact on our overall health.

Brain chemistry can actually be measured by a simple morning urine test. This test can see what 20 different brain markers look like in an individual, which can then guide what needs supporting or what needs to be turned down. Neurotransmitters are chemical messengers that regulate many physical and emotional processes, such as movement, stress responses, cognition, energy, cravings and pain. It can be quite a relief for folks to know that their anxiety or depression can be treated naturally.

Location: Transformational Medicine, 2028 E. Prince Rd., Tucson. For more information and to RSVP, call 520-209-1755. See ad, page 3.