

Natural Healing Express Weekly

Column 219 Secrets of Longevity – An 8 week program –Boost Brain Power-Happy New Year

Well, here we are at the end of our series based upon Dr. Mao Shing Ni's "Secrets of Longevity". For a quick recap, let's list the first seven steps and include this week's topic. CUT AND PASTE ALERT

SECRETS OF LONGEVITY

1. Detox the Body
2. Sleep for Restoration
3. Create Energy and Stamina
4. Reduce Stress and Elevate Mood
5. Build Immunity
6. Eat Like a Centenarian
7. Get A Healthy Heart
8. Boosting Brain Power

As we chat about our final step, boosting brain power, it is easy to name some of the mental decline that comes with again. Many of us can recite age related brain issues – senility, Alzheimer's and memory loss come to mind.

In Chinese medicine, it is believed that the health of your brain depends on the health of your kidneys and heart. The kidney network stores your life essence and performs multiple jobs, regulating aspects of your brain function from memory to the hormonal system. The heart network is responsible for delivering nutrients to the brain and eliminating waste products.

So, what are some good things that can help with Brain Function?

1. Keeping the Brain Young – At Natural Healing Express, we utilize Spirulina which is a microalgae that is a super nutrient. It is easy to digest, contains high protein, and contains hundreds of trace minerals.
2. Herbal Brain Boost – We use Ginkgo to boost circulation, helping to improve memory and cognitive functions. Ginkgo has been quite effect in helping symptoms of senility, dementia, anxiety, forgetfulness, lack of concentration and ADD. Ginkgo can also help strengthen learning, thinking, retention and recall. We use a great tincture called Focus Formula.
3. Organized Home- When you are organized and at home, you are organized in your mind. Designate a special place for all your items. If you take something out of its place, put it back when you are finished using it. Choose a place where you collect mail and pay bills. Having

organization not only helps you remember where you placed things, it frees up precious memory space for other uses.

4. Work out your Brain – Use it or lose it is the process here. If you believe you are starting to forget or misplace little items (such as keys) start conducting some mental exercises, such as doing crosswords, Sudoku, memory games, knitting or some other efficient mental hobby. Sharpness breeds sharpness.
5. Stimulate your Brain with Massage – Have a great masseuse massage the “brain points” in and on your skull, then utilize reflexology to massage the pressure points on both your hands and feet. You would be shocked to see how much this helps.

Well, this concludes our 8 weeks series. I hope you have enjoyed it. As we progress into a new year, I wish you and yours ALL the Best! Happy New Year!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

