

## Natural Healing Express Column Volume 3

### Bio-Individuality – Learning Your Brain Type

Hello. I hope everyone is adjusting well to our end of summer, beginning of fall 20 degree weather fluctuations. This week, please take special care to nurture yourself at the first sign of disharmony. A little old fashioned chicken soup and some down time or “me time” is hardly ever a risk and sometimes just what a body needs to press forward into our harvest season.

Last week we attempted to describe Bio-Individuality and listed several of the components which make up this unique package, the whole of YOU! Today, I will discuss one very important component in building knowledge of your personal Bio-Individuality, which is how to learn and understand your specific brain type.

To begin, we ask our clients to take a “brain quiz” primarily derived by Dr. Amen. We have these available at Natural Healing Express, 204 W Main, Lena, IL 61048. Even though this sounds a bit like the dreaded word homework, we try to make it as fun and easy as possible and it usually takes only a few minutes to complete.

The Brain quiz consists of 101 questions, mostly regarding behavior and feelings, and asks one to rate the number of times which they occur. For example, question number 25 involves “blurts out answers before questions have been completed”, then asks a person to rate themselves (from zero to four) with zero representing NEVER through four representing VERY FREQUENTLY on the number of times this behavior or feeling occurs. The fun part begins when you trade quizzes with your partner or friend. They are asked to rate you on the same set of questions, and you rate them on their quiz.

Sometimes this method results in fodder for further discussions yet generally provides balanced input, especially if the spirit of gaining knowledge is maintained. If you do not have a partner or friend that would like to take the Brain quiz along with you, we simply double the results of self-scoring.

Once the brain quiz is complete, one of our staff members will assist you in scoring your quiz which generally provides predisposition to a specific brain type from one of the following: Anterior Cingulate Gyrus, Prefrontal Cortex, Deep Limbic, Temporal Lobe, and Basal Ganglia.

The functions of those brain types in layman’s terms are as follows:

Anterior Cingulate Gyrus = Brain’s Gear Shifter

Prefrontal Cortex = Boss in Your Head, Supervising your Life

Deep Limbic = Mood and Bonding Center

Temporal Lobe = Memory and Mood Stability

Basal Ganglia = Anxiety Center

Once a predisposition to a certain type is determined, a program for “feeding” the brain according to the specific type can begin. For example, it is strongly suggested for those folks demonstrating predisposition in the Basal Ganglia area to concentrate more of their diet in consuming lean protein while eating very little carbs. Also, BG’s are asked to limit alcohol and caffeine.

A fantastic supplement for BG’s is a neurotransmitter called GABA. By “feeding” the brain we mean balancing nutritional consumption based on your Bio-Individuality which includes nutrients and supplements specific for your type in an effort to maximize wellness.

As always, we look forward to your questions and comments. To schedule an appointment for the brain quiz including further recommendations please contact us at Natural Healing Express 815 990 8732, [Susan@naturalhealingexpress.com](mailto:Susan@naturalhealingexpress.com) or stop by.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com)

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