



Changing the Brain

Understand your mind to improve your health

Richard Andelin
PEHP – Healthy Utah



What do you put in a toaster?



Say "silk" five times
Now spell "silk"
What do cows drink?



If a red house is made from red bricks and
a blue house is made from blue bricks and
a pink house is made from pink bricks and
a black house is made from black bricks,
what is a green house made from?

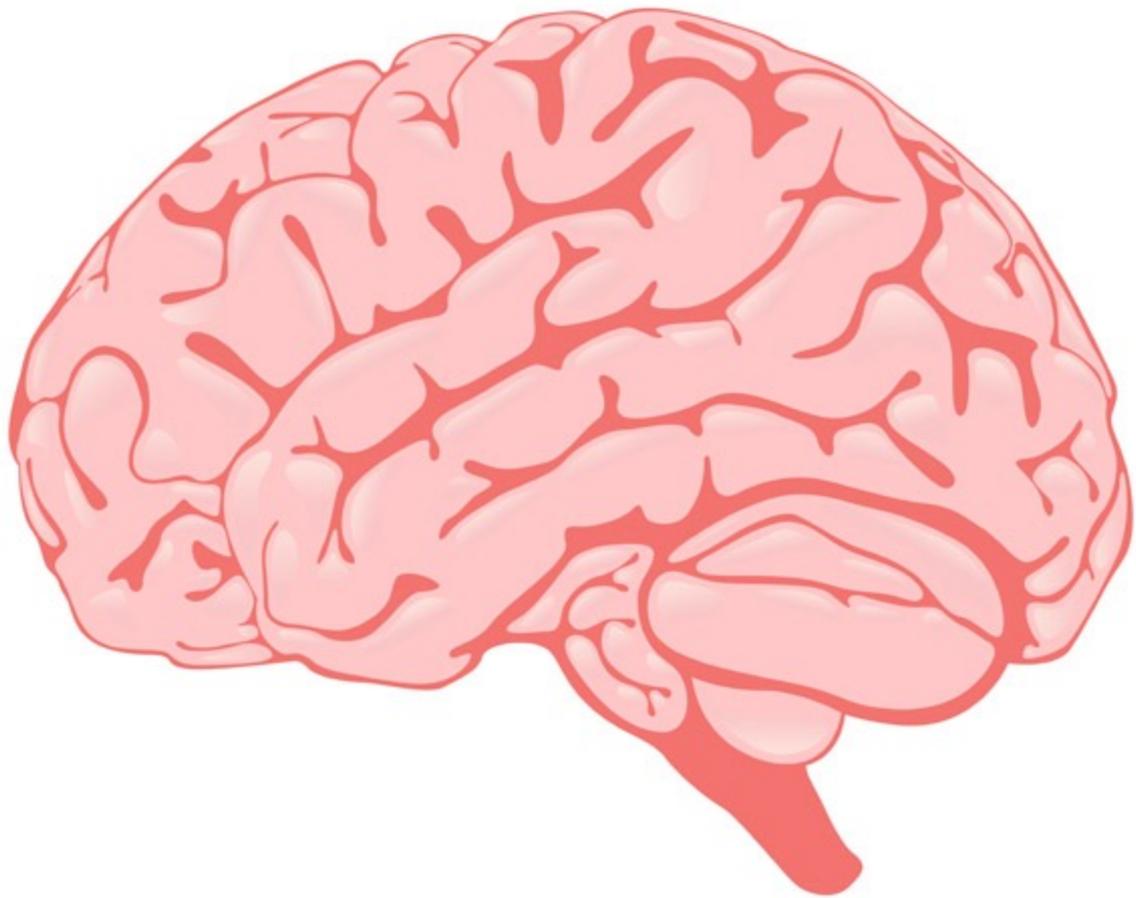




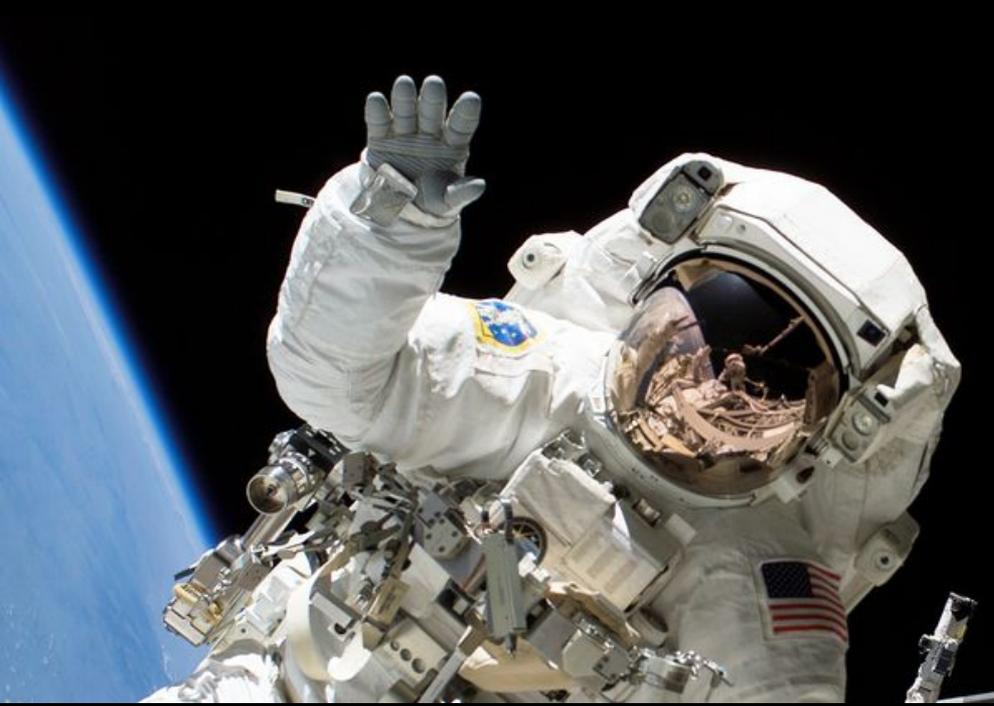
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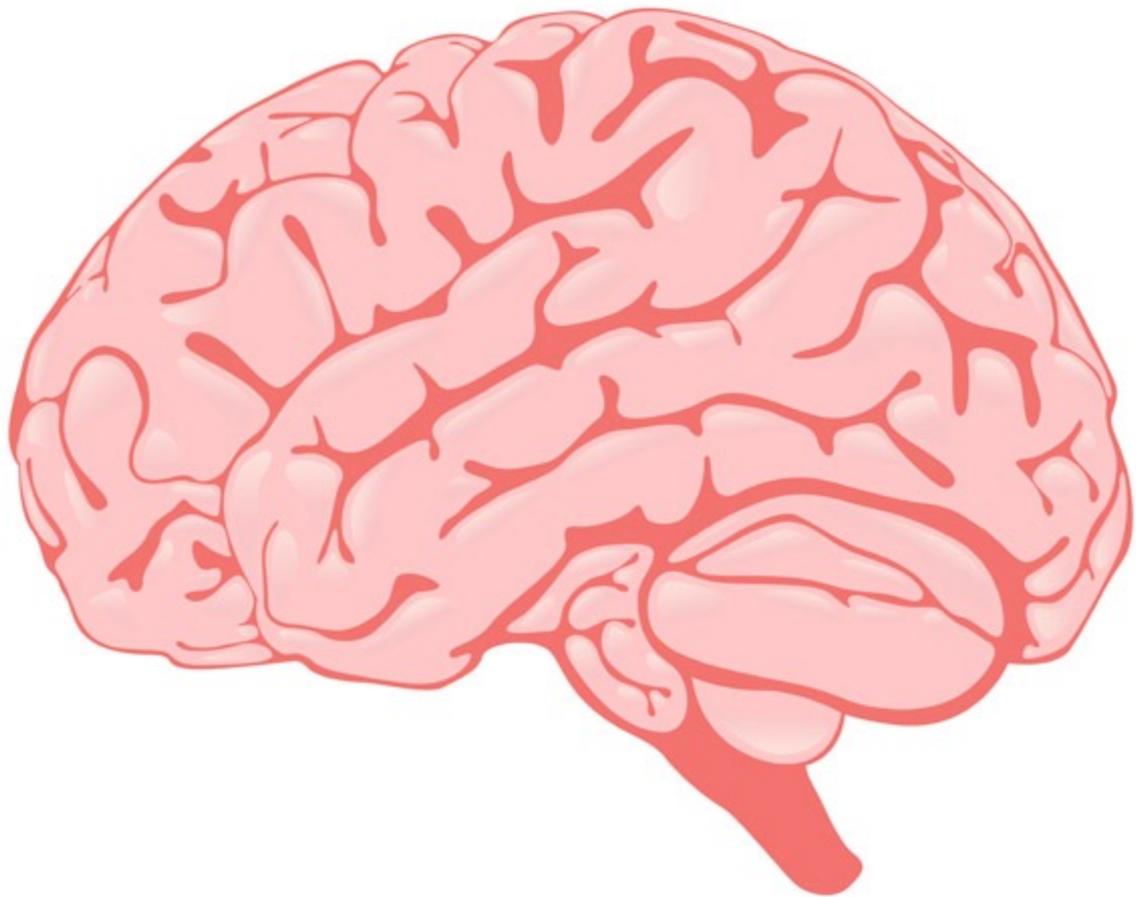












How I lost 54 pounds without dieting or medication in less than 6 weeks!

(and since I haven't gained a single ounce back!)

Everyone in my family tends to gain weight easily. And I'm certainly no exception to that rule!

I left my parents' home at the age of 22 and moved into a studio apartment near work. As I was living alone for the first time, I paid close attention to what I was eating. Especially because of the effects of my mother's good cooking, my starting to appear on my 35th? At home, I made light meals along the lines of yogurt, apples and grains. From time

to time, I started trying all the tricks, appetite suppressants, vitamins, diets and medications. Fat came and went and I had some success with some. Sometimes I managed to lose 5-6 pounds, but after having stopped, I would gain back what I had lost, and sometimes even more. The situation never changed.

The situation changed being here when I reached the shocking weight of 174 pounds (I'm 5'7").



...I was healthy before that I looked like this and was doing fine. Today I hardly recognize myself!

BEFORE 317 LBS



AFTER 199 LBS



LOSE UP TO 2 POUNDS BY TOMORROW!

THE OVERNIGHT DIET

THE PROVEN PLAN FOR FAST, PERMANENT WEIGHT LOSS

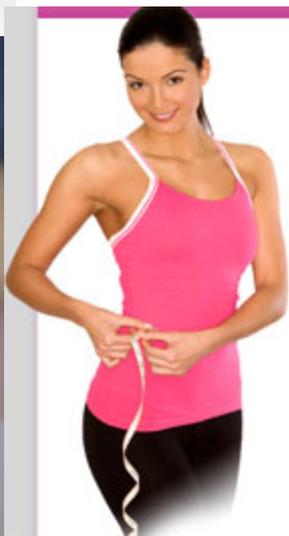
CAROLINE APOVIAN, MD
with FRANCES SHARPE

WASH AWAY FAT AND YEARS OF AGE



With La-Mar Reducing Soap

The new discovery. Results quick and amazing—nothing internal to take. Reduce any part of body desired without affecting other parts. No dieting or exercising. Be as slim as you wish. Acts like magic in reducing double chin, abdomen, ungainly ankles, unbecoming wrists, arms and shoulders, large busts, or any superfluous fat on body. Sold direct to you by mail, post paid, on a money-back guarantee. Price 2/- a cake or three cakes for 4/-; one to three cakes usually accomplish the purpose. Send postal or money order to-day. Surprising results. **LA-MAR LABORATORIES, Ltd., 48, Rupert Street (1101), London. W.1.**



"Join Thousands Who Have Lost Weight Fast"

LOSE WEIGHT IN JUST 72 HOURS!!!

- 100% All-Natural Ingredients
- 72 Hour Detoxing Formula
- 90-Day Money Back Guarantee!

SEE PRICING ▶





I LOST **\$350**

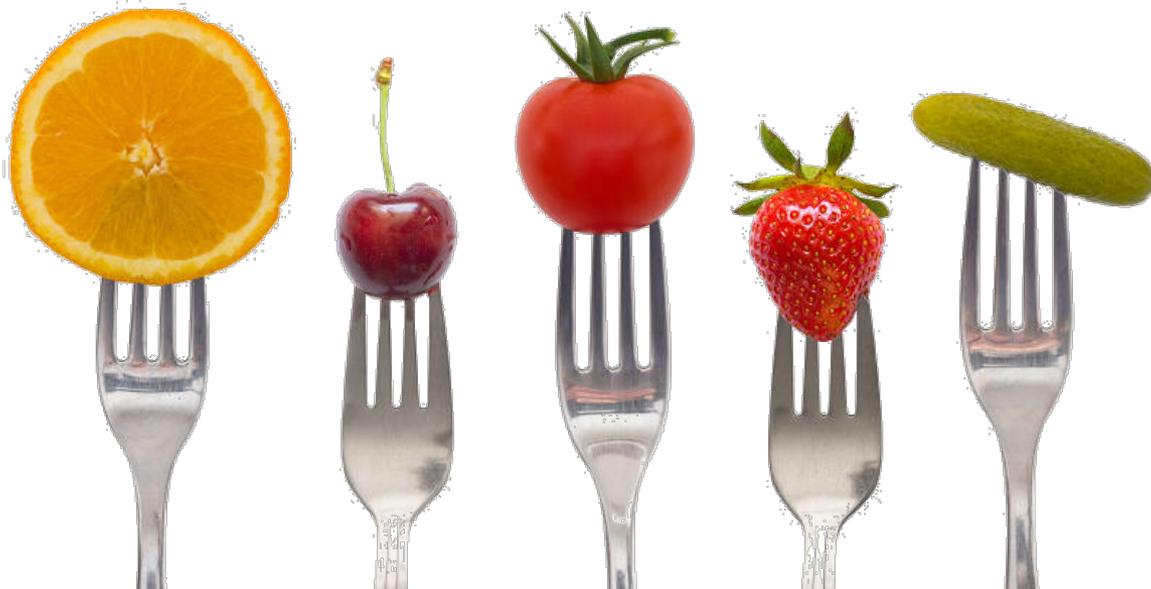
IN TWO WEEKS.

Ask me how!

So what does work?

According to the National Weight Control Registry, which tracks over 10,000 people with an average weight loss of 66 pounds sustained over 4.5 years, here are the common behaviors among those who lose weight and keep it off:

- 98 percent change how they eat.
- 90 percent exercise, on average, about 1 hour per day.
- 78 percent eat breakfast every day.
- 75 percent weigh themselves at least once a week.
- 62 percent watch less than 10 hours of TV per week.



"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."

-John C Maxwell



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The Pilot, Body Guard & Clerk



The Pilot







The Body Guard





ATTENTION: HOME OWNER
2 bedrooms Property has been completely renovated and is currently occupied!! Both tenants are currently on leases and each unit is rented at \$400

EXCELLENT INVESTMENT
2 Family (DUPLEX)- Both units have 2 bedrooms and 1 bath. Property has been completely renovated and is currently occupied!! Both tenants are currently on leases and each unit is rented at \$400 and \$450.

COMMERCIAL LOANS
We will consider applications on the following property types:
• Multi-family construction
• Retail Centres
• Office
• Mixed Use

NO MONEY DOWN
We help home buyers to purchase their home with ZERO money down, call us today to put together a proposal for an offer on your property.

OFFICE AVAILABLE
3 individual enclosed office space cubicles (with desks) at a great location, use of Boardrooms and general facilities. General Parking nearby.
275\$/each
Location: Downtown

LOOKING FOR INVESTORS
Looking for additional investors. Investments are primarily focused in Real Estate Market.

NEED A SMALL LOAN
Do you need a loan? Do you need some cash fast? CALL US QUICKLY

BOOKKEEPING SERVICES
-Accounts Payable
-Accounts Receivable
-Bank Credit Card Reconciliation
Flexible rates starting at \$18 per hour.

CAREERS

GENERAL HELP WANTED
Seeking someone for general help, eg; filing, organizing, errands, answering emails. Must know how to type. \$10 per hour to start
★ ★ ★ ★ ★

WEEKEND RECEPTION
We are seeking a general office assistant for Sunday afternoons between the hours of 11:30am to 5:00pm. \$12/H

NEW AD

GENERAL MANAGER
a non-profit social enterprise is seeking a full-time General Manager with business experience to lead and manage, the focus of the work will be on sales, marketing, \$60,000 per annum

Medical Assistant Training
Online Classes We want you to be successful. Just click the link and learn today.
★ ★ ★

EDUCATION

TUTORS NEEDED
We are looking for: highly motivated and driven who have

SENIOR ADVISOR ASSISTANT
A well-established wealth management firm is seeking an experienced Advisor Assistant. Advise clients on investment strategies. \$150,000 per annum

Sales assistant
We are looking for high energy, sales oriented sales assistant who thrives in a fast paced environment. You must be able to work constantly \$12/H

Medical Assistant Training
Online Classes We want you to be successful. Just click the link and learn today.
★ ★ ★

ENGLISH CLASSES
English as a Second Language / Accent Reduction Instructor
fees are: \$25/hr per hour + \$20/hr per person for two

SERVICES

MAINTENANCE
Maintenance work
- Clean windows
- Blow it clean,
- pruning of trees,
- painting, and other
- installation.

3BR - SINGLE
Single house with 3 bedrooms, Bath, Kitchen, and more.
COMPL

RENTAL
If you are looking for traditional banks, NC

alter?
some don't know

TWO BEDROOM
Beautiful 2 bedroom concept condo with lovely kitchen, room w/ fireplace
L US

HOUSE
2 bed/2 bath condo comes with charming living room. Now only \$150,000
★ ★ ★

RENOVATED
This property is a great investment opportunity for private investors. Students can register for classes and learn based on their specific needs and



The Clerk





HADRIAN'S CYCLEWAY 

Haltwhistle 3 

72





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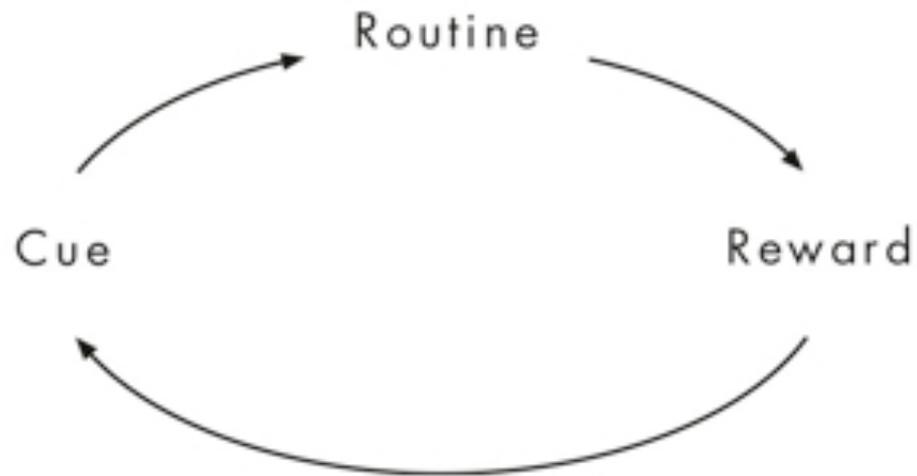


The History of Habits





The Habit Loop



Creating New Habits





Remove *Film* to fight decay!

Film coats all teeth unless removed. It attracts germs and glues them to enamel. A new material has been discovered that removes film thoroughly . . . safely . . . gives higher polish to enamel

BACTERIAL PLAQUE, the medical journals call it—meaning a germ-laden coat. We call it **FILM**. That's what it is—a gelatin-like coating, dull and discolored. You can see how it hides the pearly lustre of teeth with an ugly mask.

But what you can't see is that **FILM** serves as an incubator—nourishing the germs associated with decay and other troubles. **FILM** attracts these germs and glues them tightly to the teeth. There they produce acids that first dissolve enamel, then attack the softer part beneath.

That's why the first step in fighting decay is to remove destructive **FILM**.

Amos 'n' Andy brought to you by Pepsodent every night except Sunday over N.B.C. network

And for this job Pepsodent laboratories have recently made a notable discovery.

A new cleansing and polishing material has been developed. In removing **FILM** it stands unequalled. What's more, this new material is two times softer than the one most commonly in use. Being softer, it is absolutely *safe!* Safe for the softest children's teeth. Gentle to tender gums and tissue.

This new material polishes enamel to higher brilliance. It restores teeth to natural color. In Pepsodent it preserves the beauty of lovely teeth—and safeguards them from toothpastes that may harm.

1. Remove film—

use Pepsodent tooth paste every morning and every night.

2. Eat these foods—

Fighting dental troubles build up natural resistance. That is done by eating certain foods. See the suggestions at the right.



3. See your Dentist—

at least twice a year. He can detect trouble just beginning. He can stop it then at small expense and no discomfort.



USE PEPSODENT TWICE A DAY—SEE YOUR DENTIST AT LEAST TWICE A YEAR
 In using advertisements see page 6

retro-ads.net

To Introduce New Film-Removing Pepsodent

Leaflet ← March 29, 1949

REGULAR PRICE 50¢

2^{25¢} TUBES 33¢

YOU SAVE 17¢

Amazingly Improved!



Another Fine Product of
 Lever Brothers Company

New Film-Fighting Formula for Brightening Teeth... and Cleaning Breath!

What a thrilling difference when you try this new film-removing Pepsodent! It foams wonderfully—actually goes to work *faster* removing the film that makes your teeth look dull... sweeps away discoloring stains that collect in film.

Moreover, Pepsodent's amazing new formula routs "bad

breath" germs that lurk in film, the germs that cause food particles to decay and taint your breath.

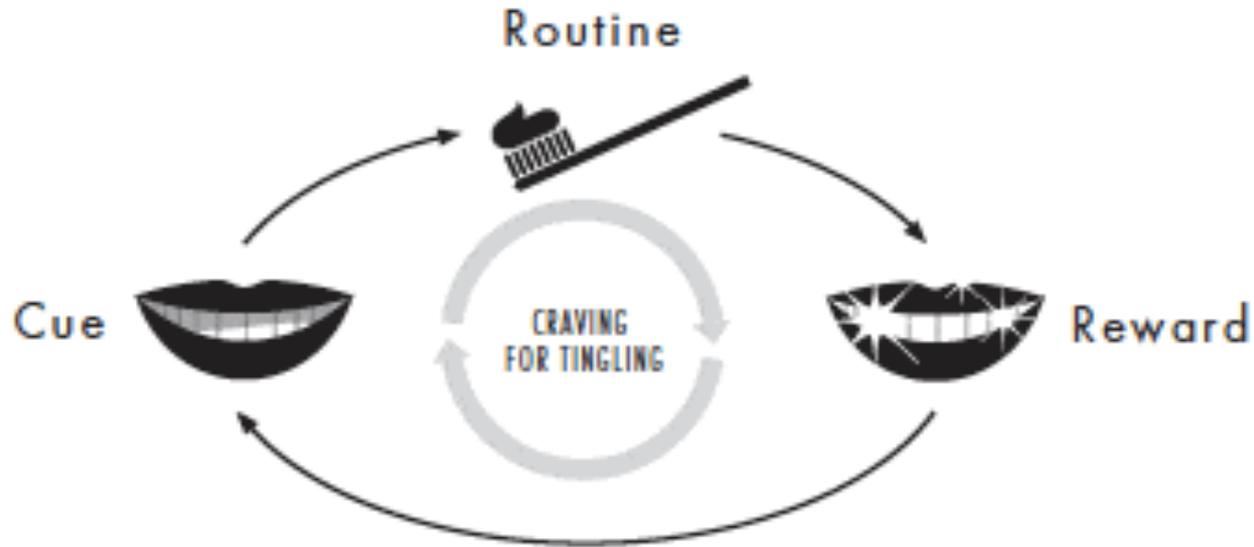
Get new *fast-foaming* Pepsodent with Irium today. See if it doesn't give you brighter teeth; cleaner, fresher breath. Hurry! Act now while this money-saving offer lasts!

Act today!

Pepsodent's twin-pack bargain
 on sale at all drug counters

For limited time only!

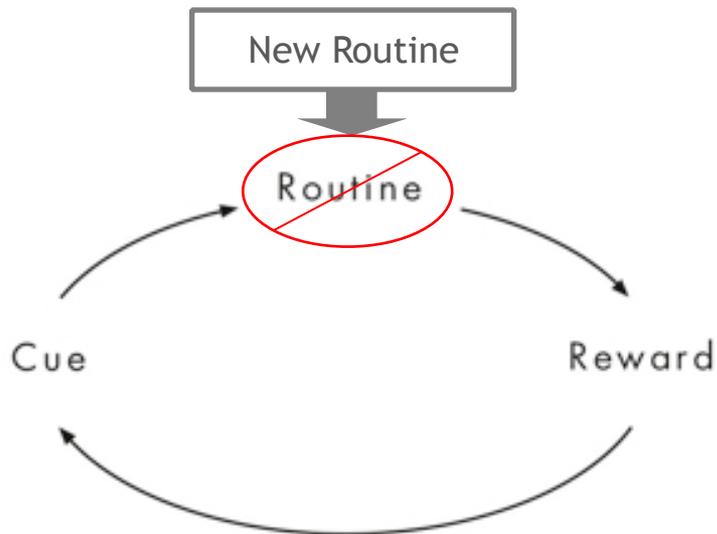
This information is not new...



THE REAL PEPSODENT HABIT LOOP

Changing Habits

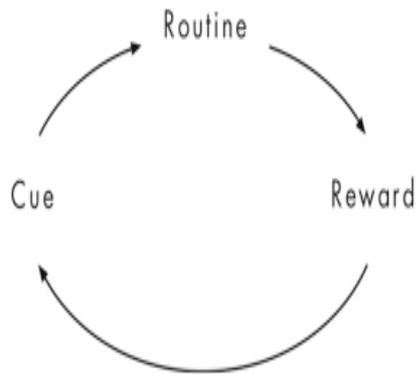
A Systematic Approach



Keep the cue
Provide the same reward
Change the routine



Creating New Habits



Link the new to the old
Start small
Celebrate your success





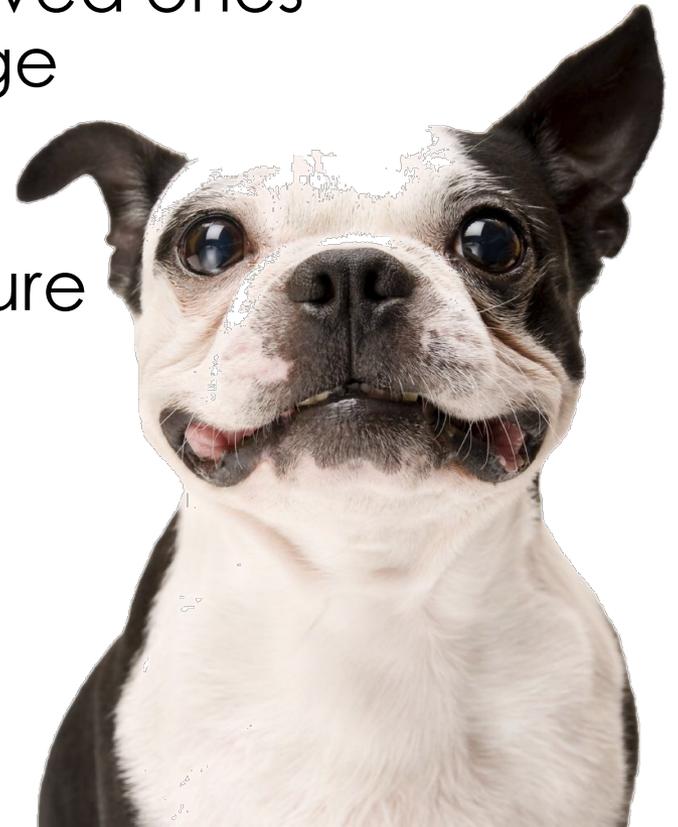
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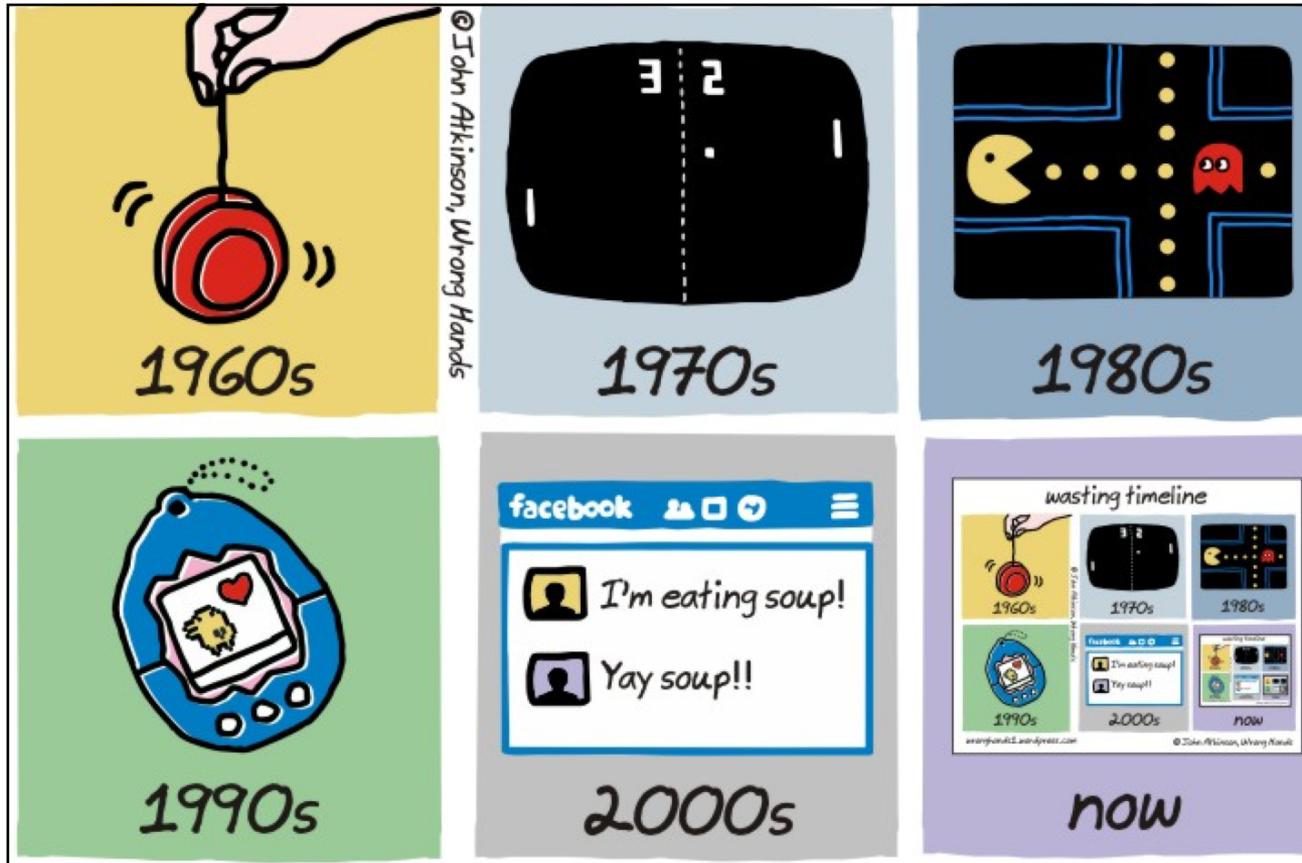


A Few More Tips

- Get a dog
- Spend more time with loved ones
- Learn a second language
- Natural light
- Sleep
- Save money for your future
- No multitasking



Multi-slacking



Brain Food

“you are what you eat”

Omega 3 Fatty Acids	fish, walnuts, flax, krill, chia, kiwi, butternut
Turmeric	curry spice
Antioxidants	berries, Broccoli, garlic, green tea, tomatoes
Vitamin E	nuts, leafy greens, tofu, avocados
Protein	lean meat, fish, soy beans, eggs, dairy, nuts
Luteolin	celery, carrots, peppers
Cholin	broccoli, cauliflower
Water	



Exercise + The Brain

- ↑ Blood + Oxygen
- ↑ Serotonin
- ↑ Dopamine
- ↑ Nor-epinephrine



Exercise + The Brain

Study's show:

- 1 hr, 3 x week
- Bigger hippocampus

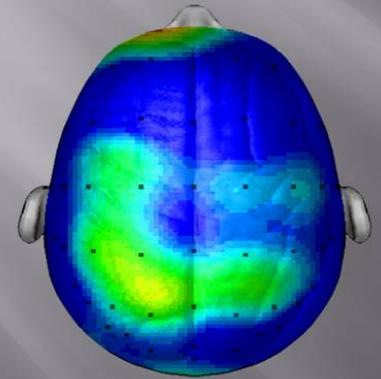
Journal of Workplace Health Management

- Exercise during work day
- 23% more productive

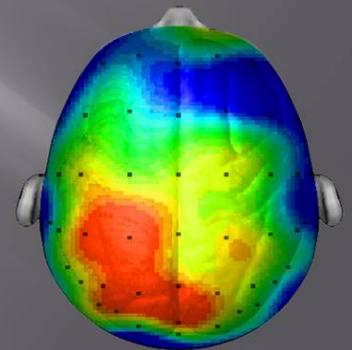
Brain and Cognition

- 20 minutes of exercise
- Better on cognitive test

BRAIN AFTER SITTING QUIETLY



BRAIN AFTER 20 MINUTE WALK



Meditation + The Brain

- ↑ Focus
- ↑ Memory
- ↑ Creativity
- ↓ Anxiety
- ↓ Stress

Resources

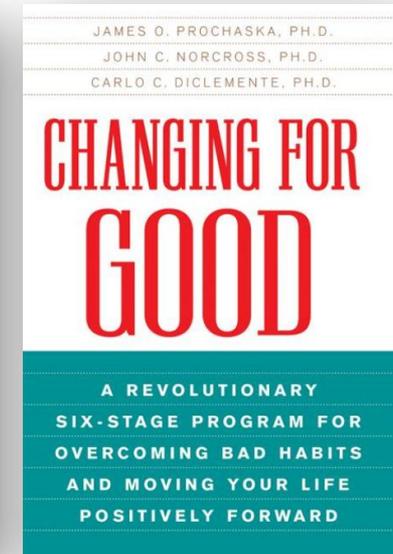
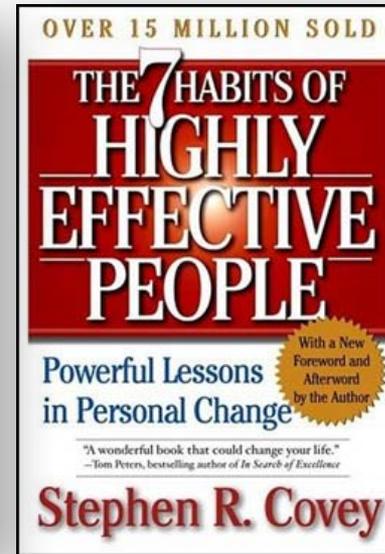
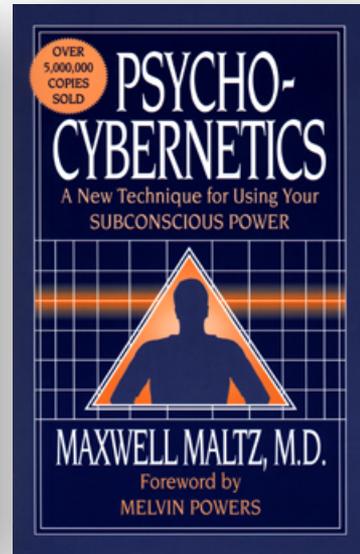
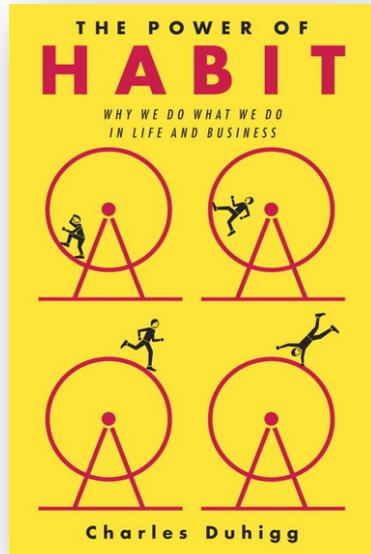
The screenshot shows the homepage of stickK.com. At the top, there is a navigation bar with links for Home, How it works, About stickK, Contact Us, FAQ, Login, and Sign Up Now!. Below the navigation bar is a large banner with the text "I commit to" and a "start Now!" button. The banner also features a calendar grid with numbers 1 through 21 and images of people engaged in various activities like studying, working, and exercising. Below the banner, there are four steps: "1 Select your goal", "2 Set the stakes", "3 Get a referee", and "4 Add friends for support". The main content area is divided into three columns: "Who's stickKing?" with user profiles, "In the news" with logos of TIME, BBC NEWS, FT, and NBC, and "The numbers" with statistics like "\$12,061,252 dollars on the line" and "183,769 commitments created".

stickk.com

The screenshot shows the homepage of lift.do. At the top right, there is a "SIGN IN" button. The main headline reads "Build better habits. Change your life." Below this are three buttons for "iPhone", "Android", and "Web". A quote from Alyson, Meditate is featured: "I use Lift to start my day off right. Having a strong practice in meditation allows me to cut away the stuff that's not essential and really hone in on what matters." Below the quote, there is a section titled "Lift helps you achieve your goals big or small" with "Three easy steps": "Set Goals", "See Your Progress", and "Get Support". The "Set Goals" section shows a list of goals like "Call mom/dad" and "Inbox Zero". The "See Your Progress" section shows a bar chart for "FREQUENCY PER WEEK" with a green checkmark icon. The "Get Support" section shows a user profile for Alicia Liu and a notification "checked in for the 74th time".

lift.do

Resources



KEEP YOUR THOUGHTS POSITIVE
BECAUSE YOUR THOUGHTS BECOME
YOUR WORDS.

KEEP YOUR WORDS POSITIVE
BECAUSE YOUR WORDS BECOME
YOUR BEHAVIOR.

KEEP YOUR BEHAVIOR POSITIVE
BECAUSE YOUR BEHAVIOR BECOMES
YOUR HABITS.

KEEP YOUR HABITS POSITIVE
BECAUSE YOUR HABITS BECOME
YOUR VALUES.

KEEP YOUR VALUES POSITIVE
BECAUSE YOUR VALUES BECOME
YOUR DESTINY.

~ MAHATMA GANDHI

