

Life System :The Brain

*Presented courtesy of CIHS
and AI EM Healing/ Circle
of Truth*

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Goals For Efficient Brain Function

- **Adaptability and Balance**
 - **Adaptability** generally means being able to shift brain wave patterns or brain activities when we need to or when something is just not working.
 - **Balance** generally means stability and homeostasis - being **able to bounce back to a state of balance from negative events** and to 'bend like the willow, not break like the oak'. Studies show that people whose brains demonstrate brain wave balance are healthier and happier than those who are not.
 - We want our brain to be both adaptable - able to adjust to whatever we are wanting to do - and self balancing - able to go with the flow and restore homeostasis.

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Brain Wave Frequency

- Brain waves are generated by the building blocks of your brain -- the individual cells called neurons.
- Brain waves are measured in cycles per second (Hertz; Hz is the short form). We also talk about the "frequency" of brain wave activity.
- The lower the number of Hz, the slower the brain activity or the slower the frequency of the activity.

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Life System Brain Screen

The screenshot displays the 'Life System Brain Screen' software interface. It features a central 'Brain Wave Tuning' section with a list of wave types and their associated states: BETA (Alert State), ALPHA (Relaxation/Calm), THETA (Tranquil/Intuitive), and DELTA (Deep Rest State). Below this is a 'Test Potential' section with input fields for Left Frontal, Right Frontal, Left Central, Right Central, Left Occipital, and Right Occipital. There is also an 'Apply Feedback' section with a 'Start' button and a 'Check Down To Select Wave Function At Left' section with a list of wave functions. A 'Brain Profile' window is also visible in the foreground, showing a list of wave functions and their associated states.

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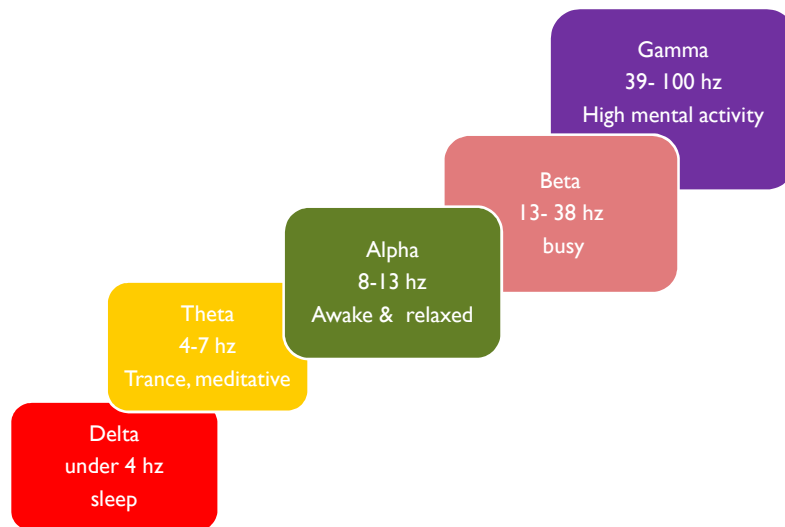
Brain Wave Tuning

- Delta waves (below 4 hz): dream / sleep
- - Theta waves (4-7 hz): trance / visualization
- - Alpha waves (8-13 hz): alert / calm
- - Beta waves (13-38 hz): busy brain

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Various Brain Wave Cycles D-Tab-G



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Situationally Appropriate Brain Behaviour

- We don't ever produce only "one" brain wave type. It is an issue of predominance.
- Our overall brain activity is a mix of all the frequencies at the same time, some in greater quantities, strength and tendencies or patterns than others.
- **Balance** is the key. We don't want to regularly produce too much or too little of any brainwave frequency.

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Part 1: Q & A

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Brain Balance: Left to Right



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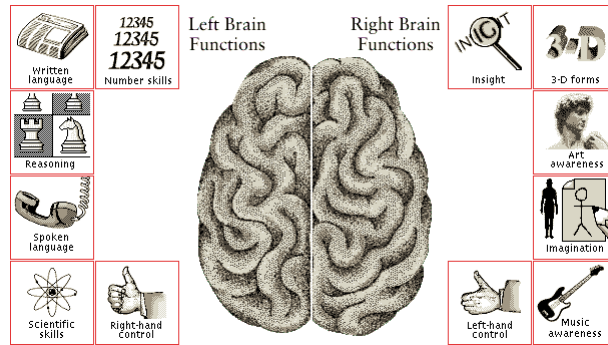
Right / Left Brain Balance

- Both hemispheres are wired and required to
- analyze sensory data,
 - perform memory functions,
 - learn new information,
 - form thoughts and
 - make decisions.

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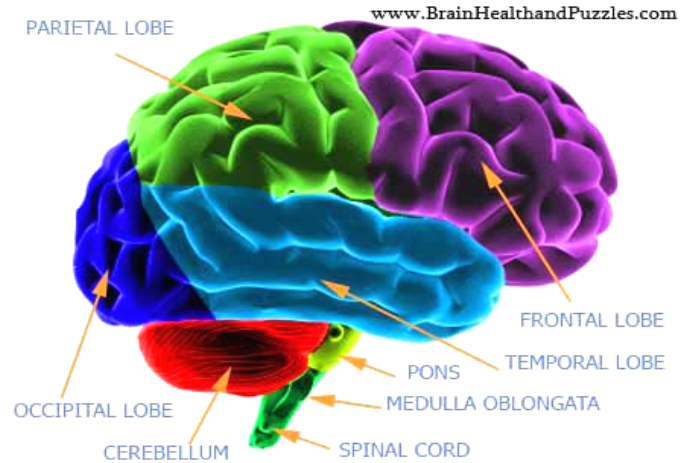
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Specialized Functions Left and Right Brain



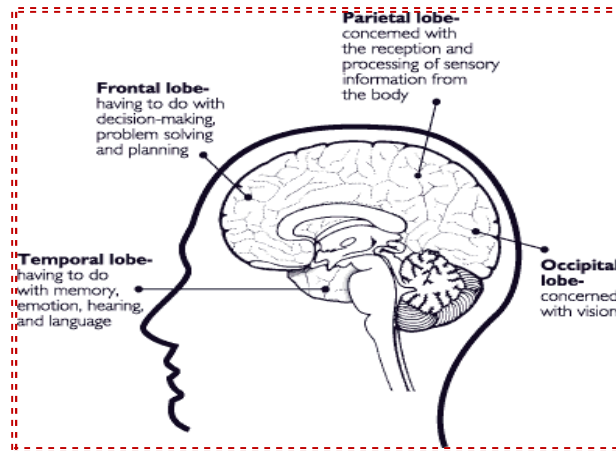
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Basic Components of the Brain



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4 Basic Brain Lobes

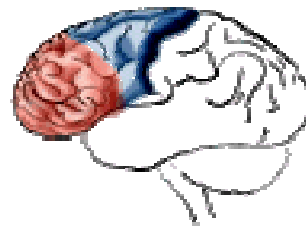
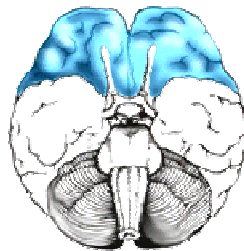


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Frontal Lobe: processes...

- **How we interact with our surroundings.**
- **Our judgments on daily routines.**
- **Our emotional responses.**
- **Our expressive language.**
- **Assigns meaning to words we choose.**
- **Memory for habits and motor activities**

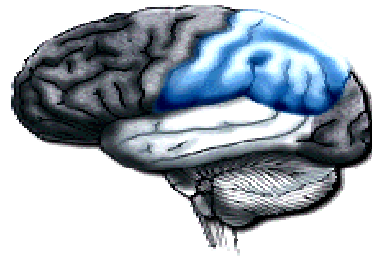


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Parietal Lobe Functions

- **Parietal Lobe:**
 - Location for visual attention.
 - Location for touch perception.
 - Goal directed voluntary movements.
 - Manipulation of objects.
 - Integration of different senses that allows for understanding a single concept.

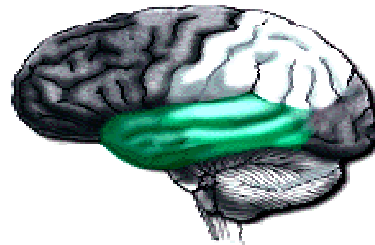


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Temporal Lobe Functions

- **The Temporal Lobe:**
 - Hearing
 - Memory
 - Visual perceptions.
 - Categorizing of objects.



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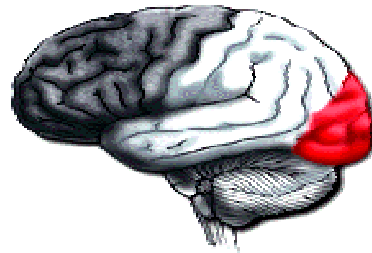
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Occipital Lobe Functions

Occipital Lobe –
Region in the back of the brain which processes visual information.

Mainly responsible for visual reception,

Helps in the visual recognition of shapes and colors.



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Access the 4 Main Lobes Through The Life System Sarcodes Panel

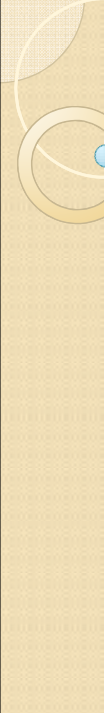
Organ Specific Sarcodes

Brain Sarcodes:


- Visual Cortex
- Brain Cortex
- Cerebellum
- Frontal Lobe
- Parietal Lobe
- Occipital Lobe
- Temporal Lobe
- Basal Ganglia
- Hypothalamus
- Pituitary Gland
- Pineal Gland
- Brain Stem
- Spinal Cord
- Nerve Tissue
- Synapse
- Neurotransmitter
- Myelin Sheath
- Axon
- Dendrite
- Glial Cell
- Blood Vessel
- Blood Brain Barrier
- Cerebrospinal Fluid
- Meninges
- Skull
- Brain Injury
- Stroke
- Alzheimer's Disease
- Parkinson's Disease
- Multiple Sclerosis
- Epilepsy
- Depression
- Anxiety
- Schizophrenia
- Autism
- ADHD
- OCD
- Tourette Syndrome
- Bipolar Disorder
- Major Depressive Disorder
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Attention Deficit Hyperactivity Disorder
- Conduct Disorder
- Oppositional Defiant Disorder
- Borderline Personality Disorder
- Narcissistic Personality Disorder
- Antisocial Personality Disorder
- Schizoid Personality Disorder
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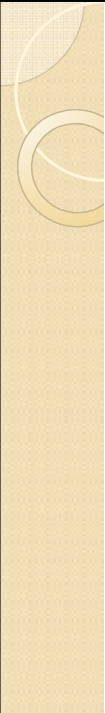


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Part 2: Q & A

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Neurotransmitters: Regulation of Brain Lobe Function

- Dopamine: regulates the frontal lobe
- Acetylcholine: regulates the parietal lobe
- Gaba: regulates the temporal lobe
- Serotonin: regulates occipital lobe

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Dopamine: Frontal Lobe

- Higher levels and forms of thought, reasoning, future projection and planning, perception, motivation, pleasure
- Dopamine spurs cells to convert food and stored fat into useable fuel for the brain
- Deficiency shows as anxiety, self criticism, procrastination, difficulty maintaining relationships
- Signs: crave sugar, belly weight gain, overeat when stressed, little to no sex drive, procrastinate frequently, feel fatigued even after full nights sleep
- Rx: Requires the amino acids phenylalanine and tyrosine (turkey, chicken, ricotta cheese) as building blocks for dopamine

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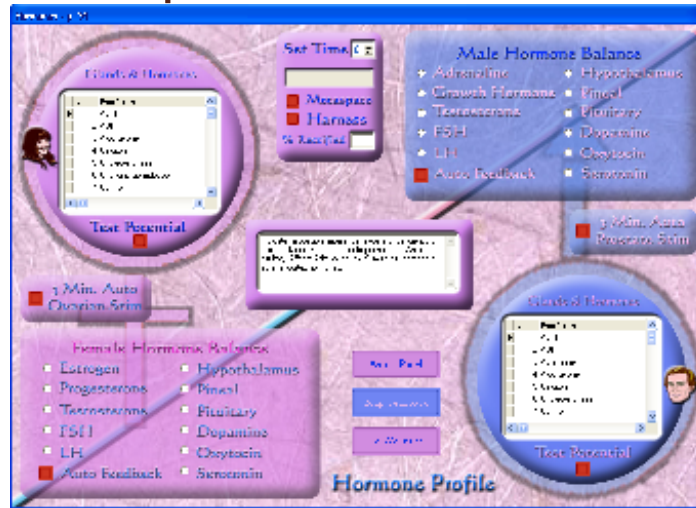
Life System Sarcodes Panel Dopamine - Frontal Lobe



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Life System Hormone Panel Dopamine and Serotonin



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Life System Vitamin Panel Dopamine- Phenylalanine- Tyrosine



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Acetylcholine: The Parietal Lobe

- Processes sensory information, learning, memory and awareness
- Controls brain's processing speed and mental processes, sharpens memory and keeps physical movements precise
- Deficiency shows as forgetfulness, difficulty prioritizing, inability to relate to others.
- Signs: crave fatty foods, need to write things down or forget them, loss of muscle tone, dry mouth or skin, socially withdrawn, often feel agitated
- Rx: 3 servings of healthy fats daily from eggs, olive oil, avocados, fish or nuts daily . These provide B vitamin choline, which is converted into acetylcholine
- Correction leads to increased clarity and creativity, improved empathy

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Life System Sarcodes Panel Acetylcholine - Parietal Lobe

The screenshot shows the 'Life System Sarcodes Panel' software interface. It features a central globe with various organ systems listed in colored panels. A yellow box highlights the 'Brain' section, which includes 'Parietal Lobe' and 'Occipital Lobe'. Other sections include 'Adrenal', 'Circulation', 'Digestive', 'Immune', 'Involuntary', 'Lungs', 'Memory', 'Metabolic', 'Mucous Membr.', 'Muscles', 'Nervous System', 'Respiratory', and 'Senses'. A 'Set Time' field is visible in the bottom right corner.

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Life System Sports Injury Panel Acetylcholine

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Life System Vitamin Panel Acetylcholine - Vit B- Choline

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Gaba: Temporal Lobe

- Perception, attention, speech and emotions
- Gaba is the brains natural calming agent, regulates nervous system
- Low levels can show as nervousness, unease, shakiness, anxiety that can trigger binge eating, headaches, IBS, muscle aches, leads to elevation stress, which can lead to higher levels of cortisol
- Signs: need a lot of food to feel full, repetition eating, back pain or muscle tension, increased worry, confrontation avoidance, feel nervous and jumpy, information over share, easily embarrassed
- Rx: 2 servings daily of complex carbohydrates, oatmeal, beans, brown rice, lentils. This provides body with the amino acid glutamine which the body converts into Gaba.
- Decreased stress and anxiety, increase calm and dependability

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Life System Sarcode Panel GABA Temporal Lobe Connection



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Life System Vitamin Panel GABA – Glutamine Precursor



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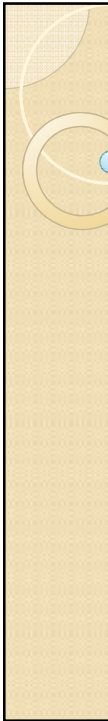
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Serotonin: Occipital Lobe

- Regulates sight, associated with mood, ambition, decision making and experiencing pleasure
- Brain's antidepressant, regulates sleep patterns, mood and appetite
- Low levels leave brain tired, feeling the need to shut down and recharge. This releases ghrelin, an appetite stimulating hormone that leads to carb and salt cravings in order to increase energy levels.
- Signs: crave carbs and salt, tend to overeat even if not very hungry, hard to stay asleep, drain yourself by giving too much to others, obsess over little things, feel emotions intensely
- Rx: 2 servings daily of lean protein daily (soy, poultry, tuna) which provide extra tryptophan, the amino acid needed to produce serotonin during sleep cycle.
- Restores rationality, confidence and increases feelings of happiness.

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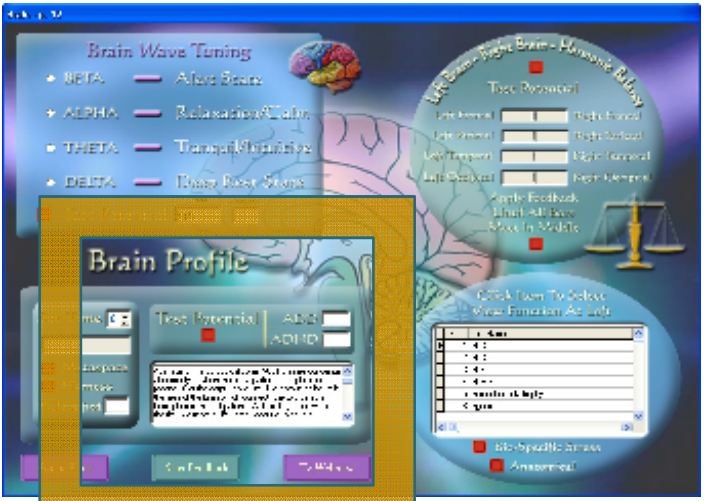
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 Part 3: Q & A

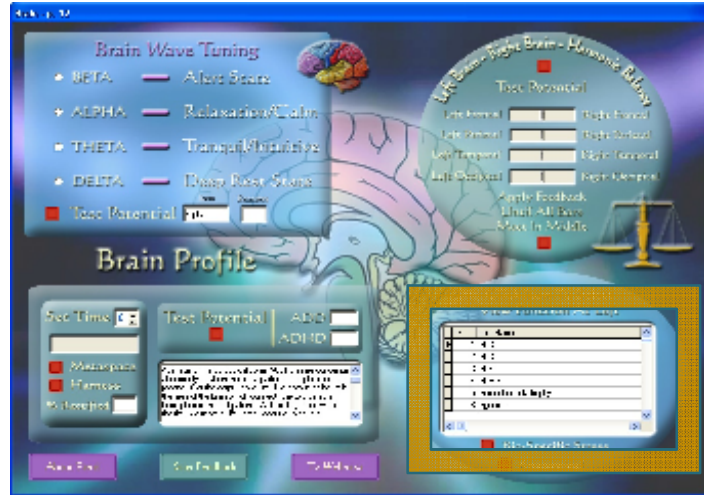
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Life System Brain Screen ADD - ADHD



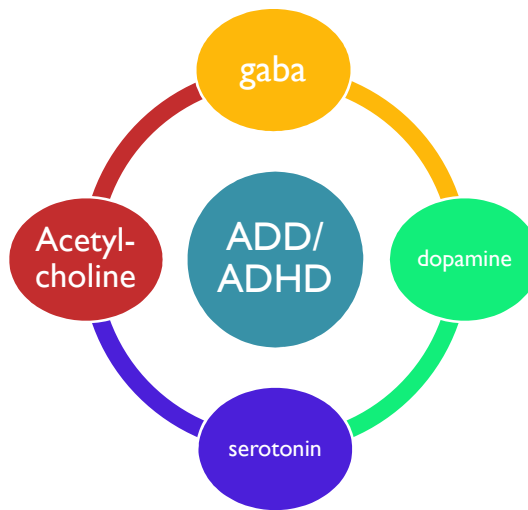
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Life System Brain Screen ADD - ADHD



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ADD / ADHD



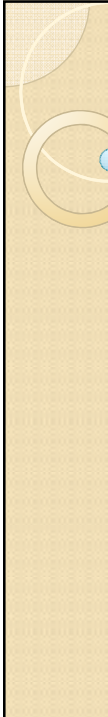
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ADD / ADHD


- Fluctuating levels and deficiencies of each of the 4 major neurotransmitters
- Focus on present and persistent symptom set manifest to determine most appropriate course of energetic rebalancing
- If on medication, please remember to ...

On Life System Sarcodes Panel... Run Brain Detox



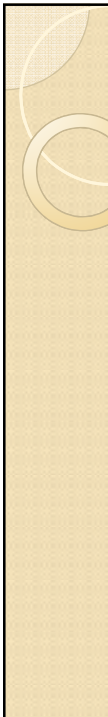


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Part 4: Q & A

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Thank you,
and we hope you
had a fun and
productive time !

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