

FORGET-ME-NOT SPOTLIGHT

Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer's Awareness

The Brain Bible

By John Arden, PhD

SUCCESSFUL AGING! What does that mean? How does brain health fit into it? How does that help me age well? Will I be healthier and have a better quality of life because of “successful aging”? These are some questions that may be answered in this book.

Dr. Arden is one of the leading experts on brain health. He tells it straight: “There is no single remedy for maintaining sharp-mindedness into old age. But there are a lot of things you can do that, over the course of time, will work wonders. It’s not about adding one activity or breaking one habit – it’s about making many small, simple changes in your everyday routine.”

The changes he is talking about are:

EDUCATION – read and keep your brain active

DIET – What you eat and drink directly affects your brain health

EXERCISE – Starting a fitness routine is simpler than you think

RELATIONSHIPS – The love of friends and family has a strong healing power

SLEEP – Get enough but not too much sleep

This book is broken down into three parts: The good News About Your Brain, The Brain Bible Program and Putting It all Together. The first part is an overview of what adults can do to sharpen our brain and the latest research behind why you want to have a healthy brain.

In the second part, he goes into depth discussing the Brain Bible Program – the five areas that everyone can change to have a healthy brain. In each area, he gives examples of patients that have come to see him because of constant fatigue, brain dullness or fuzziness, irritability, etc. and how he helped them become vibrant, healthy adults. He explains why each of these areas are important as a part of the Brain Bible Program and how to implement the suggestions. Also, in each area, he has a questionnaire of 10 questions to ask yourself. If you answer “yes” to any of the questions, your brain is not as healthy as it should/could be!!! At the end of each chapter, he gives suggestions of what you can do in each area to develop a healthy brain.

The third part is Putting It All Together. Chapter 8 deals with how to moderate your stress and practice relaxation techniques. Chapter 9 is how to put all the information to work for you. Dr. Arden shows you how to get started with suggestions on how to incorporate these 5 areas in

each day and a Brain Bible Activity Log to write down your accomplishments for each day of the week.

Everyone wants to age happily and healthily in body and mind and this book can give you a great start to a healthy brain.

This resource is available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.