

# Your Brain Health Assessment Report

BY DANIEL G . AMEN, MD

## MEDICAL DISCLAIMER

This assessment is the result of years of practice experience and clinical research. The results, by necessity, are of a general nature and should not be viewed as a substitute for an evaluation or treatment by a competent medical specialist. Self-report assessments have advantages and limitations. This assessment is intended as an information and education tool for you and your loved ones, and is not designed to replace your health care provider's professional judgment regarding your health. Always discuss any recommendations with your personal physician. The assessment is not intended to diagnose, treat, or cure any medical condition. Please work with your health care provider for advice about your specific medical condition(s) and treatment(s) for such condition(s).

brainMD

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# About The Brain Health Assessment

A NOTE FROM DR. AMEN

Thank you for taking the time to complete the Brain Health Assessment! You've just taken a BIG step toward optimal wellness and brain health. One of the unique aspects of our work at Amen Clinics is the use of brain SPECT (single photon emission computed tomography) imaging. SPECT measures blood flow and activity in the brain and allows us to provide patients with targeted treatment plans. Sadly, due to time or resources, many people are unable to get a brain scan at one of our clinics.

If that describes you, don't worry. The test you just completed is the next best thing to getting a scan. My colleagues and I developed the Brain Health Assessment to help predict what your brain might look like if you got a scan.

Based on the world's largest database of brain scans related to behavior (160,000 and growing), this quiz helps to determine your Brain Type – we've identified 16 unique Brain Types. Knowing your Brain Type can help you understand more about how you think, act, and interact with others.

Please carefully read through this report, which contains a wealth of information related to your specific Brain Type. In the following pages, you'll find recommendations for the best diet and supplements for your Brain Type, as well as many practical tips for improving your brain health.

Over 2 million people have already taken the Brain Health Assessment, and versions of the test are used by thousands of medical and mental health professionals around the world. We're excited to partner with you on your journey toward better brain health!

In your service,

BY DANIEL G . AMEN, MD P.

*P.S. Since this is based on self-report, if your results seem a bit "off," I often suggest that you have someone who knows you well, and whom you trust, answer the questions for you to see if he or she concurs with your results. Sometimes even the healthiest brains have areas that need improvement! Also, it's a good idea to retake the Brain Health Assessment in 6 months to track your progress!*

# Your Results Are IN!



## WHAT YOUR BRAIN TYPE SAYS ABOUT YOU

Individuals with Brain Type 11 are often take-charge people who won't take no for an answer. They tend to be strong-willed, tenacious, persistent, and sometimes stubborn. (Sound like you?) They also tend to struggle with worry, have trouble sleeping, and like things to be done a certain way.

Brain Type 11 often has increased activity in the front part of the brain, in an area called the anterior cingulate gyrus (ACG). We think of the ACG as the brain's gear shifter. It helps people go from thought to thought or move from action to action. It's involved with being mentally flexible and going with the flow. When the ACG is heightened in activity, usually due to lower levels of serotonin, people can have problems shifting attention which can make them persist, even when it may not be in their best interest to do so.

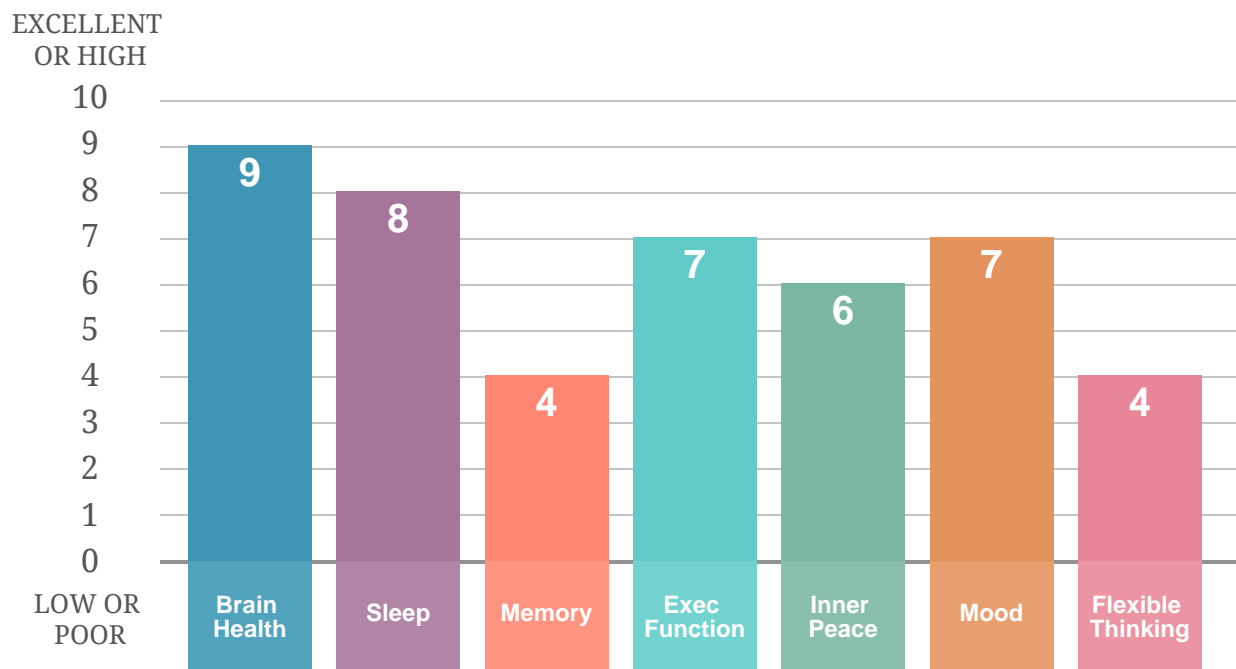
The SPECT scans of individuals with Brain Type 11 often show heightened activity in the anxiety centers of the brain, such as the basal ganglia, insular cortex, and/or amygdala. This is often due to lower levels of the neurotransmitter GABA, which helps calm the brain. People with this brain type tend to be motivated toward a goal. They can feel intense pleasure, but also struggle with feeling anxious or nervous, which causes them to be more cautious and reserved, but also more prepared.

The best strategy to balance Brain Type 11 is to find natural ways to boost serotonin and GABA. Magnesium and theanine can also help, as can optimizing levels of omega-3 fatty acids and vitamin D.

# Your Brain Fit Score is 64.

## WHAT YOUR BRAIN FIT SCORE SAYS ABOUT YOU

It's time to get serious about your brain health! Your score indicates that your brain may be struggling and a brain makeover may change your life.



## YOUR BRAIN FIT SCORE EXPLAINED

Your Brain Fit Score ranges from 0-100. We've generated your unique Brain Fit Score using your responses to the questions in the Brain Health Assessment. Your Brain Fit Score is based on seven categories: *Brain Health*, *Sleep*, *Memory*, *Executive Function*, *Inner Peace*, *Mood*, and *Flexible Thinking*. Like your Brain Type, your Brain Fit Score is variable.

## BRAIN HEALTHY HABITS

Congratulations! You scored high in the Brain Healthy Habits category. Now let's work on keeping your Brain Fit Score on the high side. Here's your Personalized Action Plan...

## SLEEP

Congratulations! You scored high in the Sleep category. Now let's work on keeping your Brain Fit Score on the high side. Here's your Personalized Action Plan...

## MEMORY

According to your answers, your memory needs some attention. But don't worry, there are many things that can help boost your recall.

Work to enhance your memory with exercise, a healthy diet, and quality sleep. Also, spend time at [BrainFitLife](#) where you can do specific exercises to sharpen your memory.

One of the best ways to keep your mind sharp and efficient is with proper nutrition. It's recommended that you take high-quality supplements with memory boosting ingredients, like phosphatidylserine, resveratrol, Acetyl-LCarnitine, and Ginkgo Biloba Extract. Check out your Personalized Action Plan below for a full list of recommended supplements.

## EXECUTIVE FUNCTION

Congratulations! You scored high in the Executive Function category. Now let's work on keeping your Brain Fit Score on the high side. Here's your Personalized Action Plan...

## INNER PEACE

Congratulations! You scored high in the Inner Peace category. Now let's work on keeping your Brain Fit Score on the high side. Here's your Personalized Action Plan...

## MOOD

Congratulations! You scored high in the Mood category. Now let's work on keeping your Brain Fit Score on the high side. Here's your Personalized Action Plan...

## FLEXIBLE THINKING

You scored a little low in the area of Flexible Thinking. The good news is that regardless of your age, your brain has the ability to form new connections and neurons. Your brain is like a muscle – the more you use it, the stronger it gets!

In addition to playing brain games, like those at [BrainFitLife](#), supportive supplements like GABA can help you keep calm and collected. Check out your Personalized Action Plan below for a full list of recommended supplements.

# Your Action Plan

## A BETTER BRAIN STARTS NOW.

Improving your brain health is the most important thing you can do for overall health and happiness.

Remember, small changes yield big results (especially when it comes to your brain health!), so start right where you're at. You can dive in headfirst or start a little slower with one change per week.

### REDUCE STRESS



Chronic stress releases hormones that can kill brain cells. Incorporate hypnosis, meditation, and other stressreducing activities.

### PHYSICAL WORKOUTS



Strengthen your body to boost your thinking, memory and focus, and reduce the risk for age-related cognitive decline. Walking, lifting weights, coordination/balance exercises are good options.

### SET GOALS & TRACK PROGRESS



Define what motivates you to want to change and refer to it everyday. One of the best ways to do this is to journal your progress. It will keep you on track and headed in the right direction.

### MENTAL WORKOUTS



Your brain is like a muscle. The more you use it, the stronger it gets! New learning and brain games can help.

[START TRAINING >>>](#)

### STRENGTHEN YOUR MIND



Explore and utilize the powerful resources of meditation, hypnosis and music audio recordings, as well as exercises to help you maintain control over your thoughts and focus on the positive aspects of your life.

### BUILD A COMMUNITY



Spend time with people who inspire, encourage and challenge you. Doing so will create a stronger social support network that will elevate your own personal success!



## BRAIN HEALTHY NUTRITION

Your brain is the most energy-hungry organ in your body, using 25% of the calories you consume. One of the quickest ways to achieve better brain function is learning the right foods to choose and which foods to lose. Eat right so you can think right!



### Dietary Recommendations:

Your Type 11 brain needs a diet that is lower in protein and higher in complex carbohydrates. This type of diet will boost serotonin and GABA levels naturally.

- Proteins: Protein-rich foods provide amino acids our body needs to create neurotransmitters such as serotonin (to boost mood, motivation, and positive thinking) and dopamine (to maintain focus, increase learning, and manage emotional reactions).
  - Regularity of smaller amounts of protein creates provides satiety, balanced blood sugar, and can help stabilize moods. Each day, aim for about 0.5 grams of protein for every kg of body weight per day for your brain type.
- Carbohydrates: Focus on low-glycemic, high-fiber, and organic sources.
  - Prebiotic fibers: leeks, onions, raw garlic, sunchoke, raw chicory root, raw asparagus, raw dandelion greens.
    - Vegetables: 6-8 servings per day
    - Whole fruits: 1-2 servings per day
  - Gluten-free whole grains: 1 serving per day (wild/brown rice, quinoa, buckwheat, millet, amaranth, gluten-free whole oats, and teff)

- Drink at least half of your body weight (lbs) in ounces of filtered water each day.
- Try the delicious, brain-healthy recipes and follow the eating and lifestyle tips from [Tana Amen.](#)

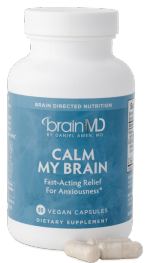
## BRAIN SUPPORTING SUPPLEMENTS

The addition of brain-directed supplements will support your physical and mental energy levels, making it easier for you to follow a brain-healthy program every day.

**Dr. Amen recommends the following supplements for Brain Type 11:**



**Serotonin Mood Support:** Designed to boost your brain's production of serotonin, this powerful formula can increase calm, decrease anxiousness, and promote positive mood.\*



**Calm My Brain:** This breakthrough formula provides fast-acting relief from stress and anxiousness in as little as 40 minutes! Plus, sharper mental focus and improved quality of sleep.\*



**NeuroVite Plus Multivitamin:** Advanced daily multivitamin with added brain-boosters that fills nutrients gaps in your diet.



**Omega-3 Power:** Ultra-concentrated omega-3 EPA + DHA without the fishy aftertaste. Supports mood, memory, heart health, cognitive function & more.\*

To see these and additional supplements Dr. Amen recommends, click below to visit your brain type page on BrainMD.

GET MY SUPPLEMENTS

# That's A Wrap!

Thanks again for completing your Brain Health Assessment and for caring about your brain health. Please remember that we at BrainMD, Amen Clinics, and BrainFitLife are always here to support you.

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