



12<sup>TH</sup> ANNUAL OHIO

*Employee  
Health &  
Wellness*  
CONFERENCE

# Workshop J

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*Wellness Programming* – **Chronic Stress,  
Depression, Anxiety and Other Mental  
Health Issues ... Healing the Human Brain**

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**1:30 p.m. to 2:45 p.m.**

## Biographical Information

**Scott Warrick, JD, MLHR, CEQC, SCP**  
**Scott Warrick's Consulting, Coaching & Training Services**  
**1147 Matterhorn Drive, Reynoldsburg, Ohio 43068**  
**(614) 738-8317      [scott@scottwarrick.com](mailto:scott@scottwarrick.com)**  
**[www.ScottWarrick.com](http://www.ScottWarrick.com)**  
**Link Up With Scott On LinkedIn**

Scott Warrick is an employment attorney and HR professional who combines the areas of law and human resources to assist organizations in "Solving Employee Problems BEFORE They Happen."

Scott uses his unique background of law & human resources to help organizations get where they want to go, which includes coaching and training managers and employees in his own unique, practical, entertaining and humorous style.

Scott Trains Managers and Employees ON-SITE in over 50 topics

Scott Warrick specializes in working with organizations to prevent employment law problems from happening while improving employee relations.

Scott's academic background and awards include:

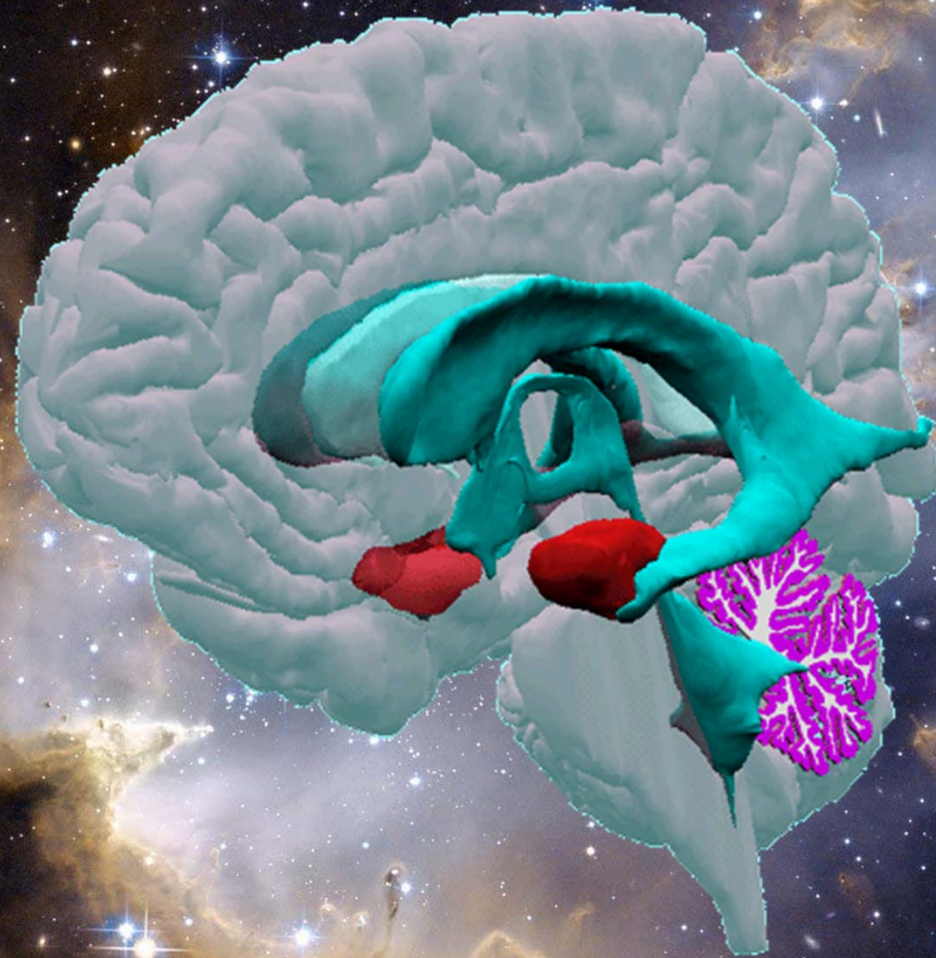
- Capital University College of Law (Class Valedictorian (1<sup>st</sup> out of 233))
- Master of Labor & Human Resources and B.A. in Organizational Communication: The Ohio State University
- The Human Resource Association of Central Ohio's Linda Kerns Award for Outstanding Creativity in the Field of Human Resource Management and the Ohio State Human Resource Council's David Prize for Creativity in Human Resource Management

***Chronic Stress, Depression, Anxiety  
& Other Mental Health Issues ...  
Healing the Human Brain***

***by***

***Scott Warrick, JD, MLHR, CEQC, SCP***

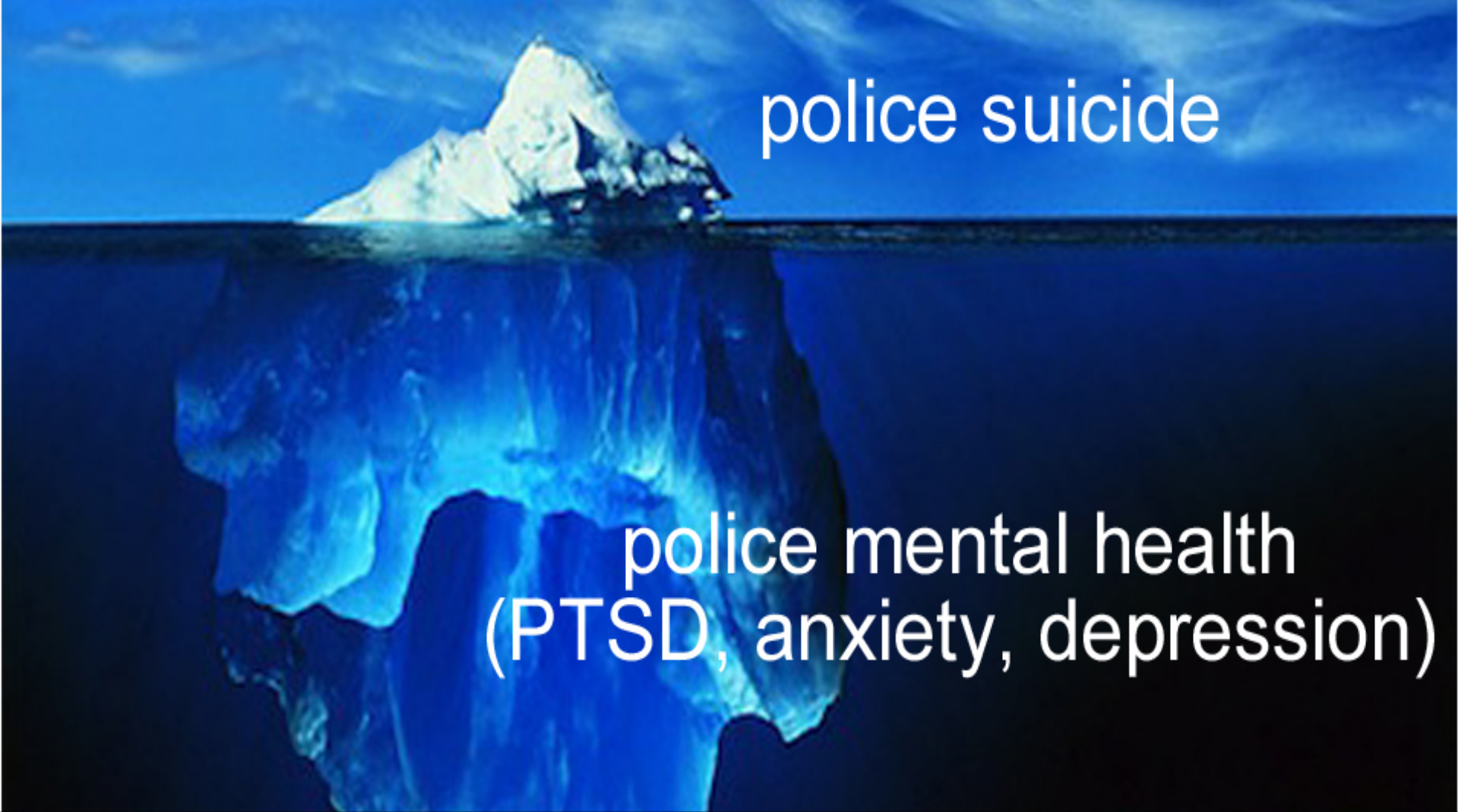
***[www.scottwarrick.com](http://www.scottwarrick.com)***



*How Important Is Your Brain?*



**30% Of All Active Duty Police  
Officers Suffer From PTSD**



police suicide

police mental health  
(PTSD, anxiety, depression)

**In America, Police Officers Are More Likely  
To Kill Themselves Than Get Killed  
In The Line Of Duty**



*There Are More Connections In  
Your Brain Than There Are  
Stars In The Sky.*

# ***BRAIN FACTS***

*Your brain is involved in  
**EVERYTHING** you do.*

It determines **HOW** you think, feel,  
act and interact with others.

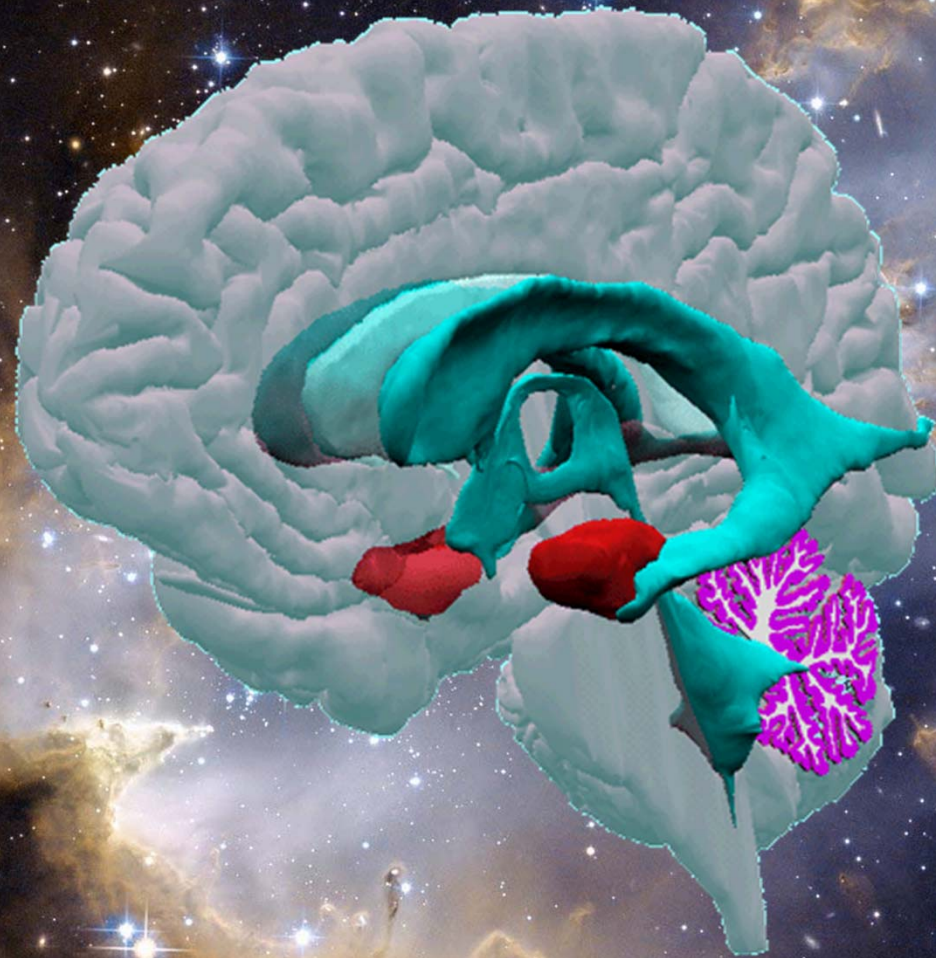
It determines **WHO** you are as a  
parent, friend, child and human.



# ***BRAIN FACTS***

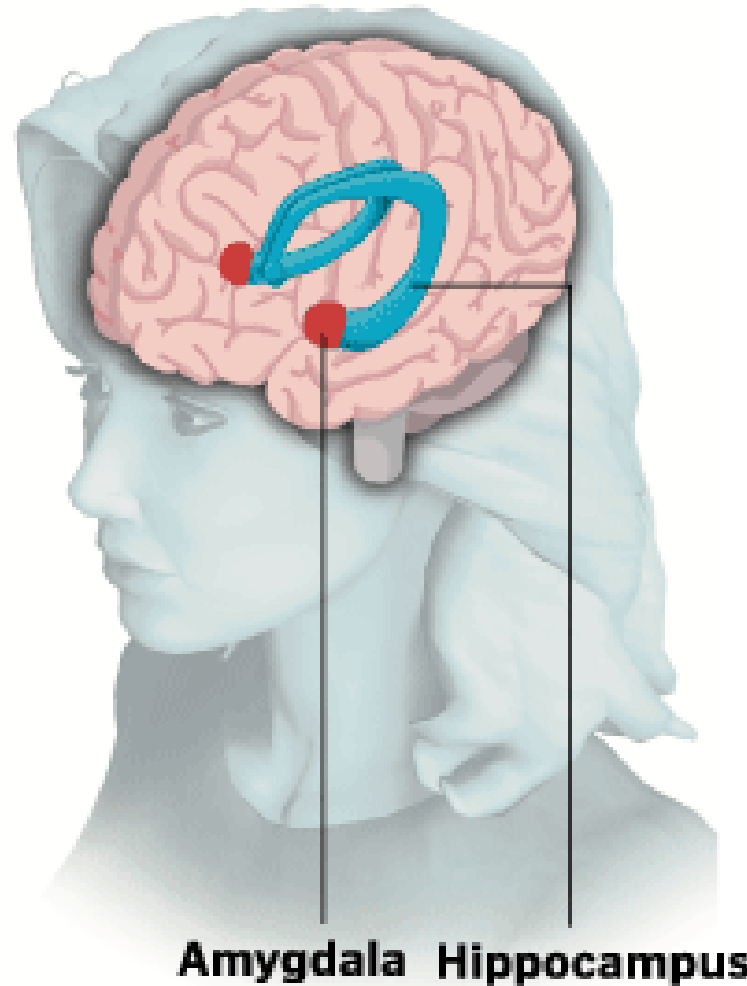
Your brain comprises about 2% of your body's weight, but it uses **20%-30%** of the calories you burn.

The brain is **very** fragile. It has the consistency of “soft butter.”

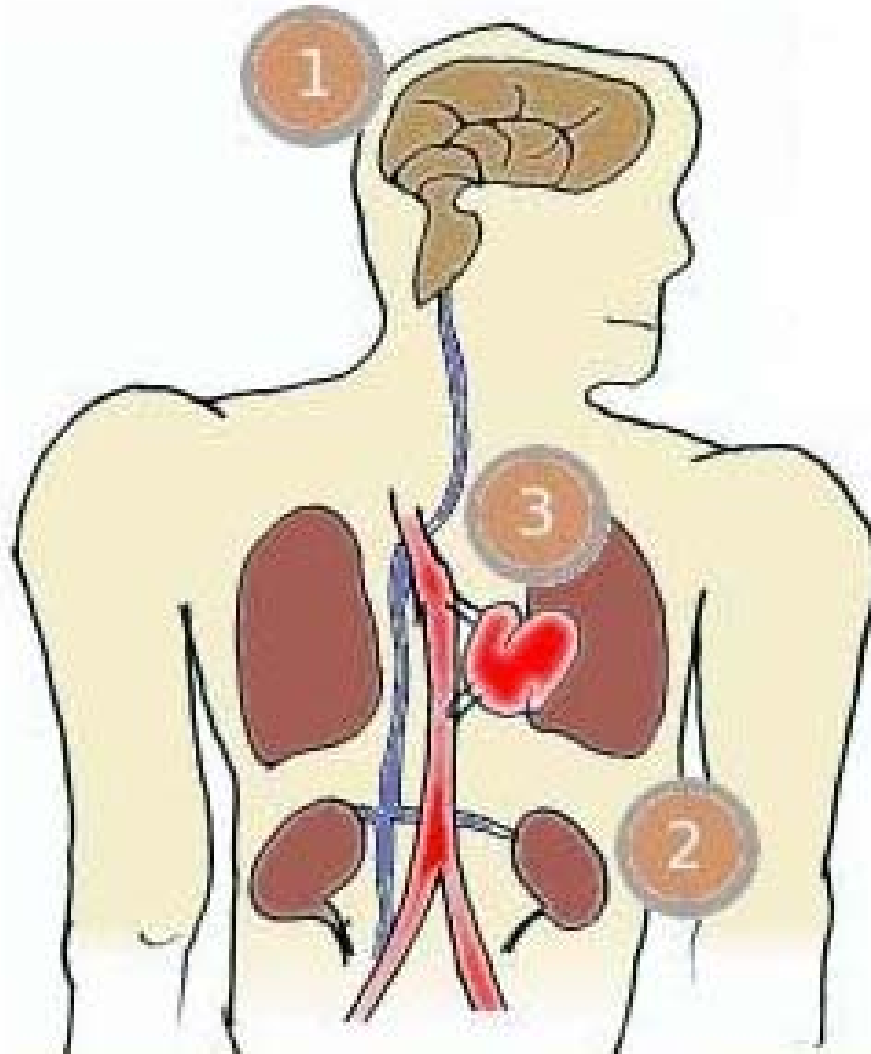


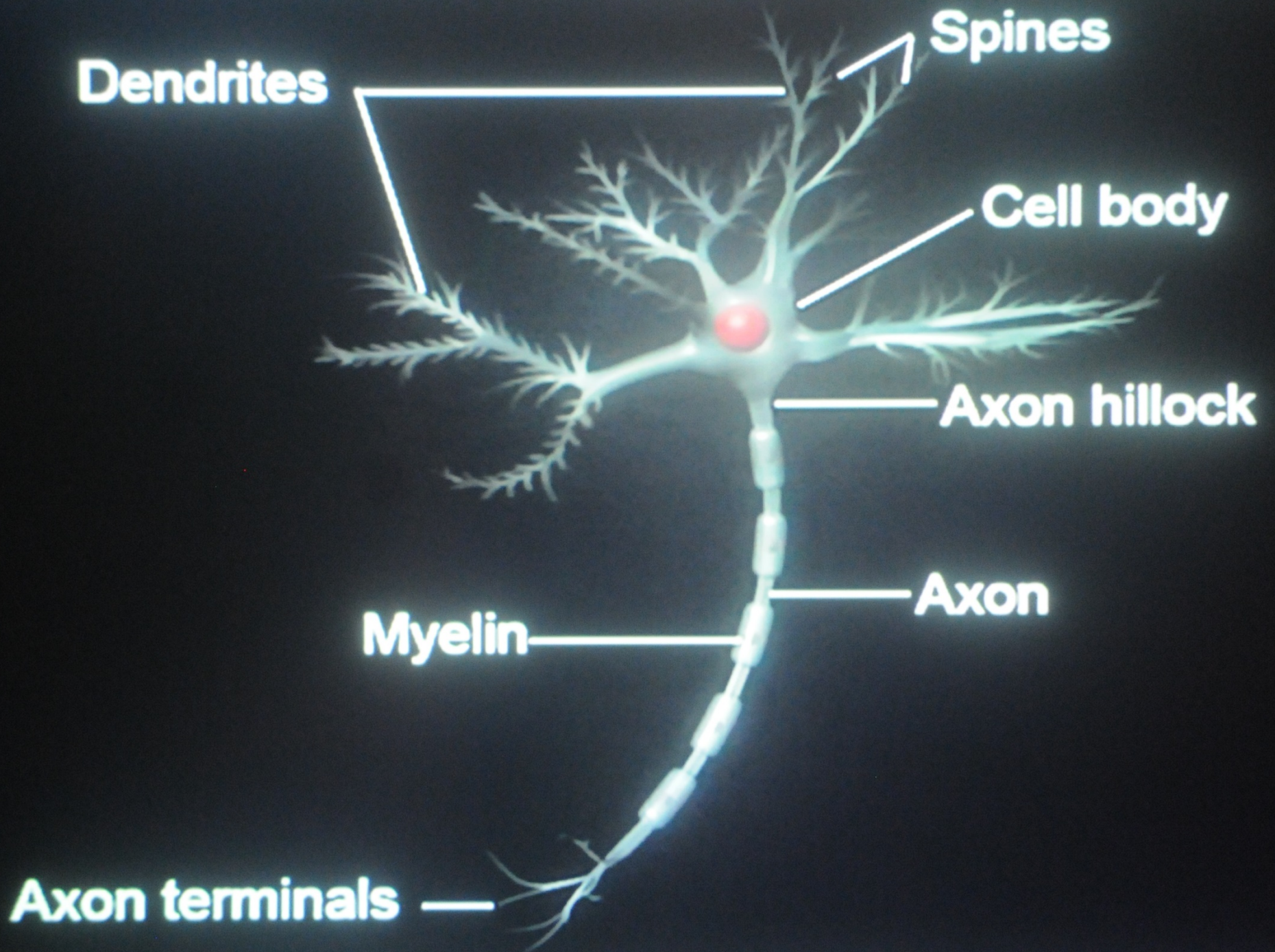
*Can You Damage Your Brain?*

# Why Do I Forget Things When I Am Stressed?



# *FIGHT OR FLIGHT*

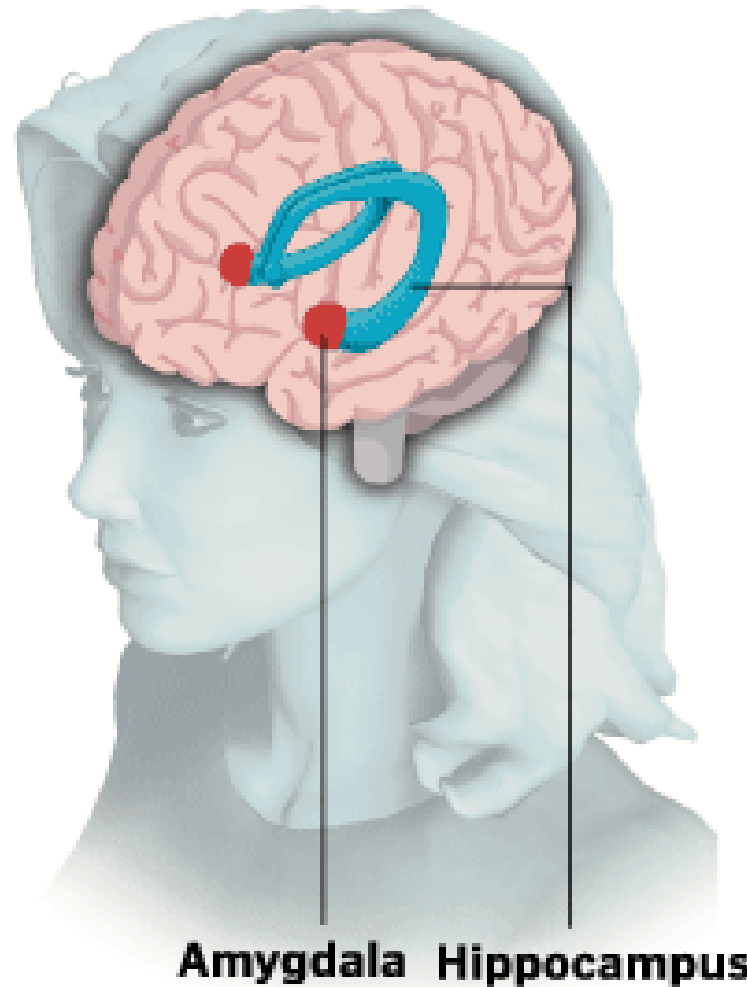




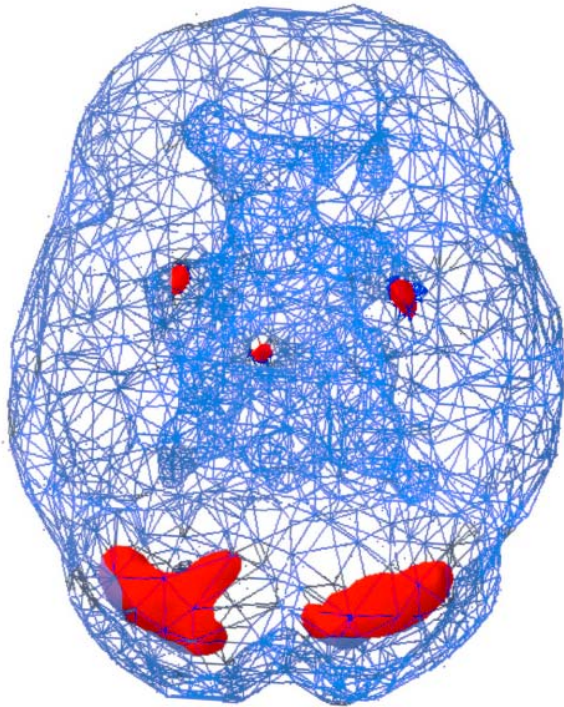
# *SOCIAL EPIGENETICS*



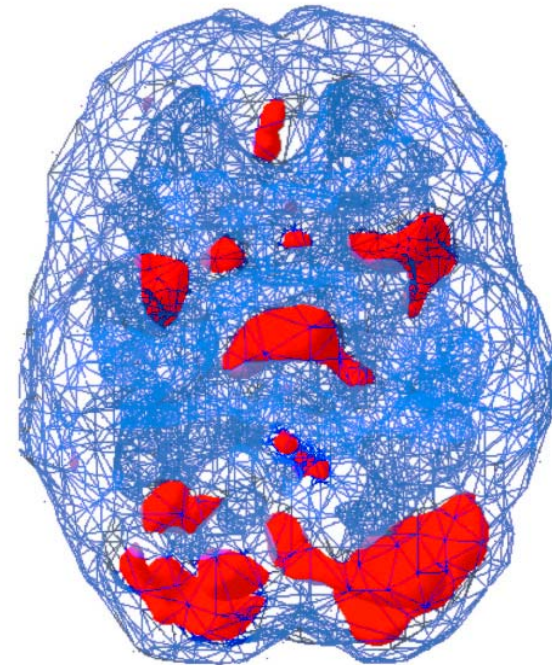
# Why Do I Forget Things When I Am Stressed?



# Damaged Goods



**“Normal”  
Healthy Brain**

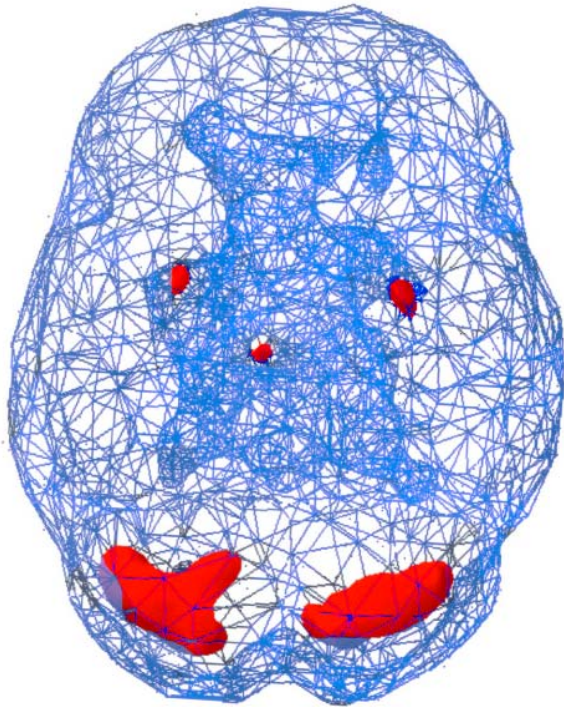


**Brain With  
Depression, OCD,  
& Panic Attacks =  
PTSD**

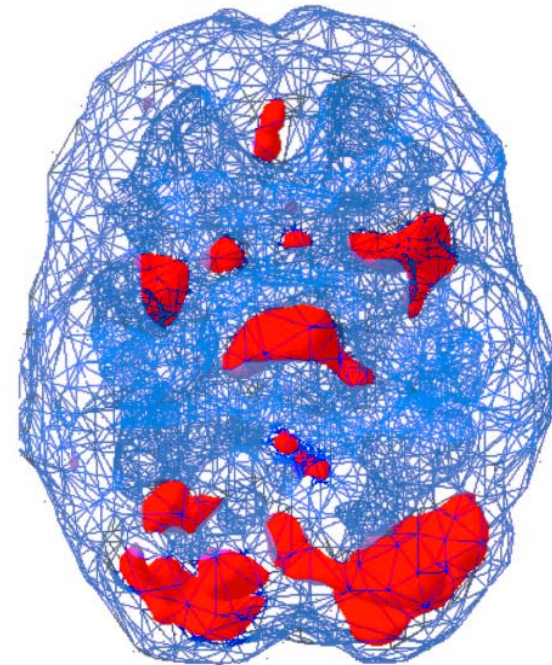




# Damaged Goods

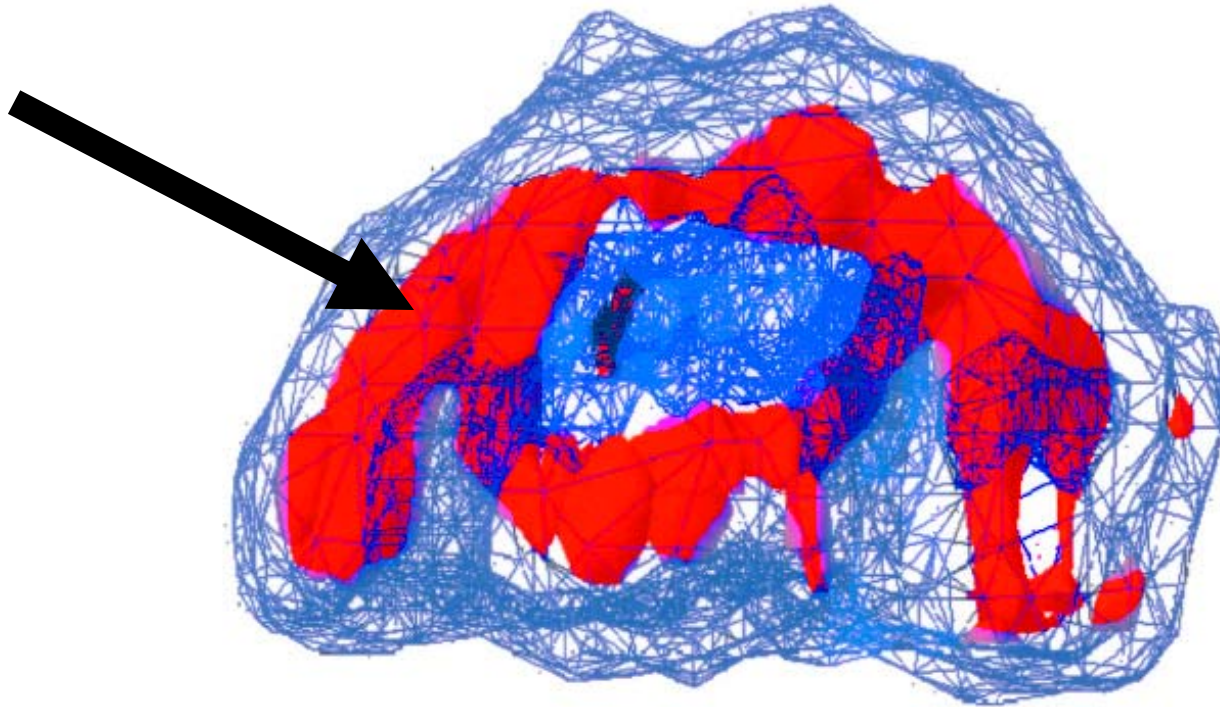


**“Normal”  
Healthy Brain**



**Brain With  
Depression, OCD,  
& Panic Attacks =  
PTSD**

# **VIOLENCE: 37 Year Old Attorney**

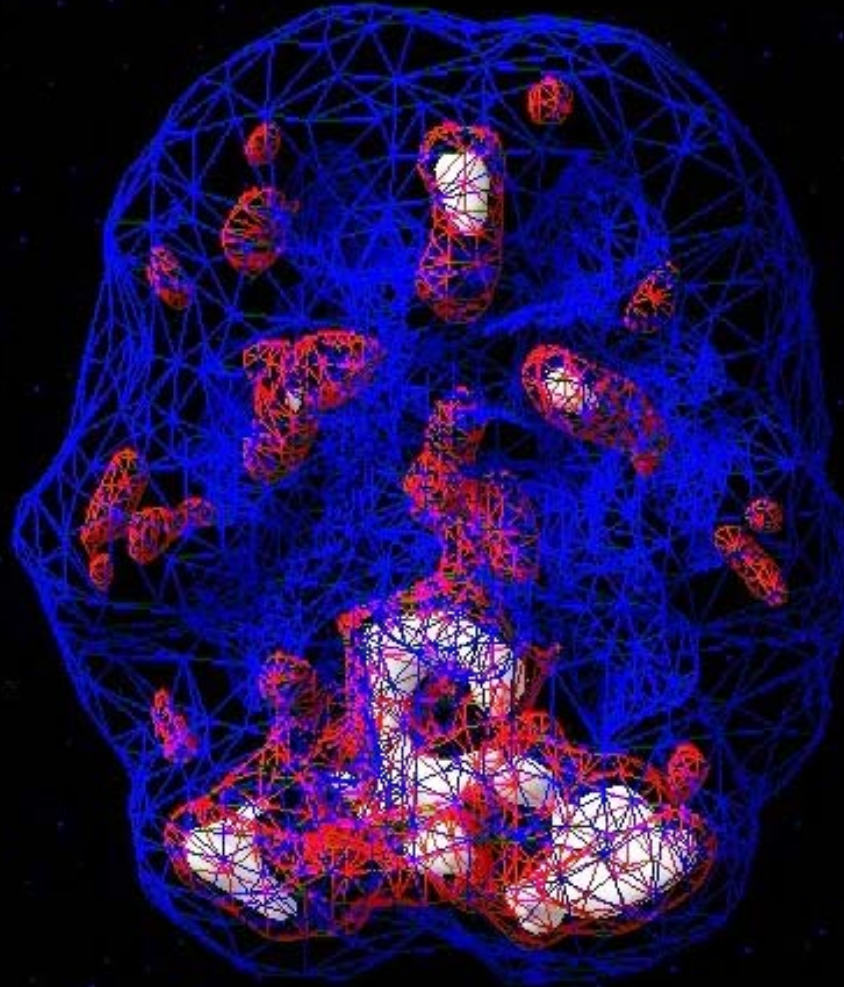


**What Environment Are *YOU* Creating  
For *YOU & YOUR Employees?***



**Nuclear SPECT Scan**

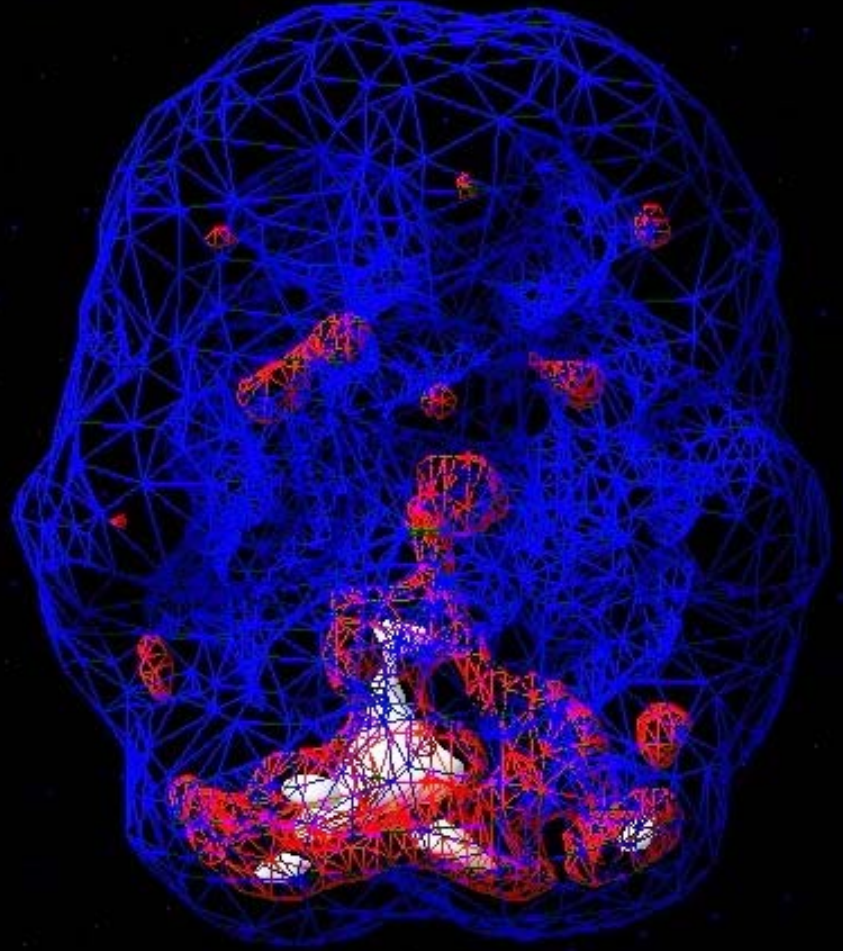
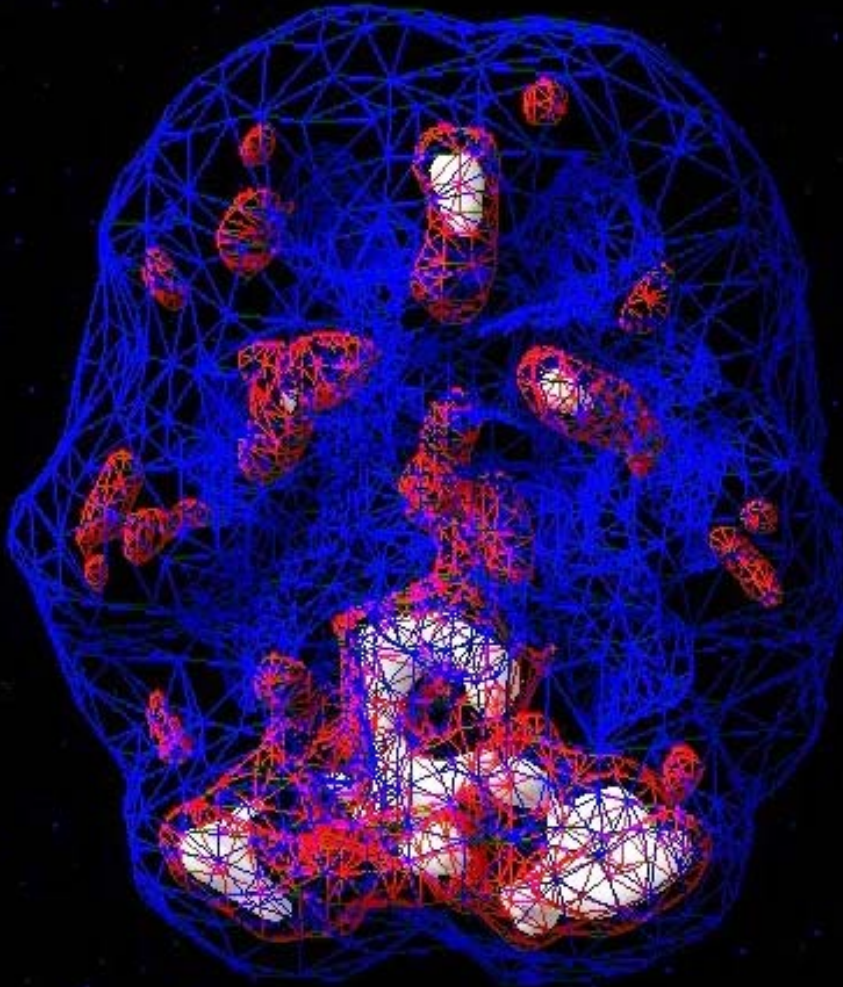
*2008*

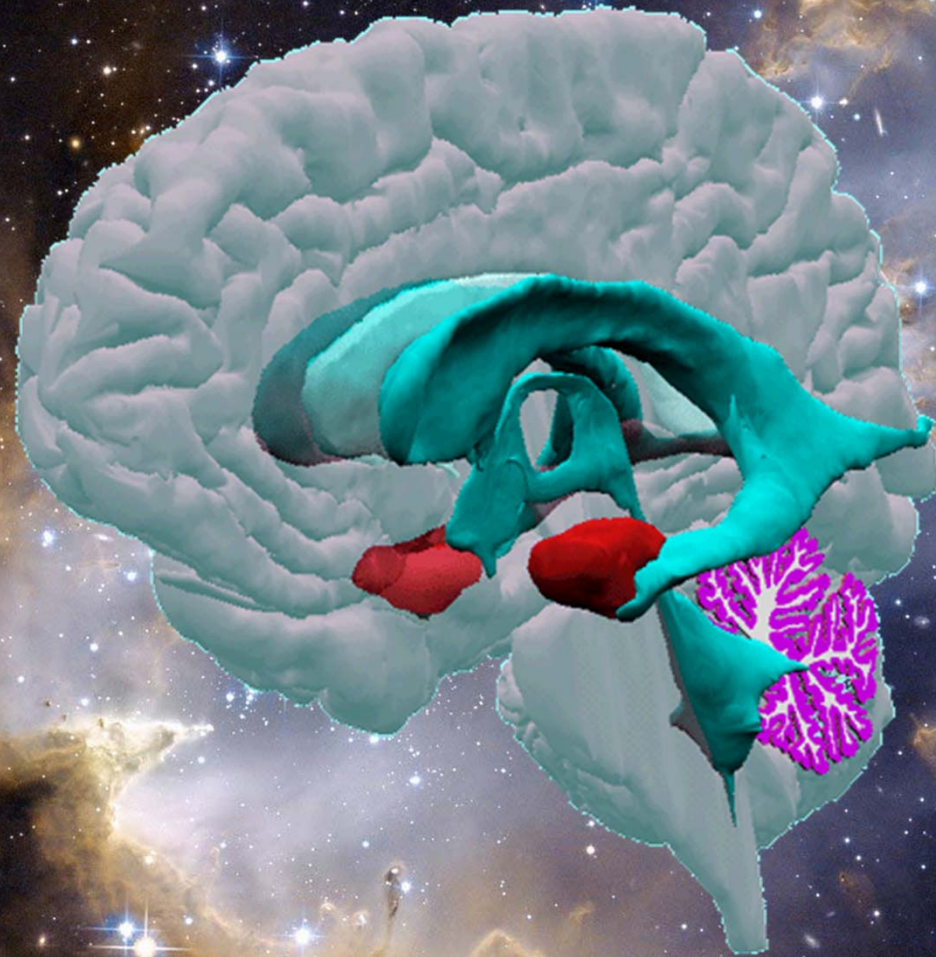


# *My Program*

- Getting as many jackasses out of my life as possible,
- My own diet program,
- An aerobic exercise program,
- A strength training program,
- A regiment of vitamin and mineral supplements,
- A meditation routine,
- Monthly massages,
- Water: Drinking  $\frac{1}{2}$  my weight in ounces everyday,
- Spending time on hobbies, such as photography &
- Getting enough sleep.

*2011*

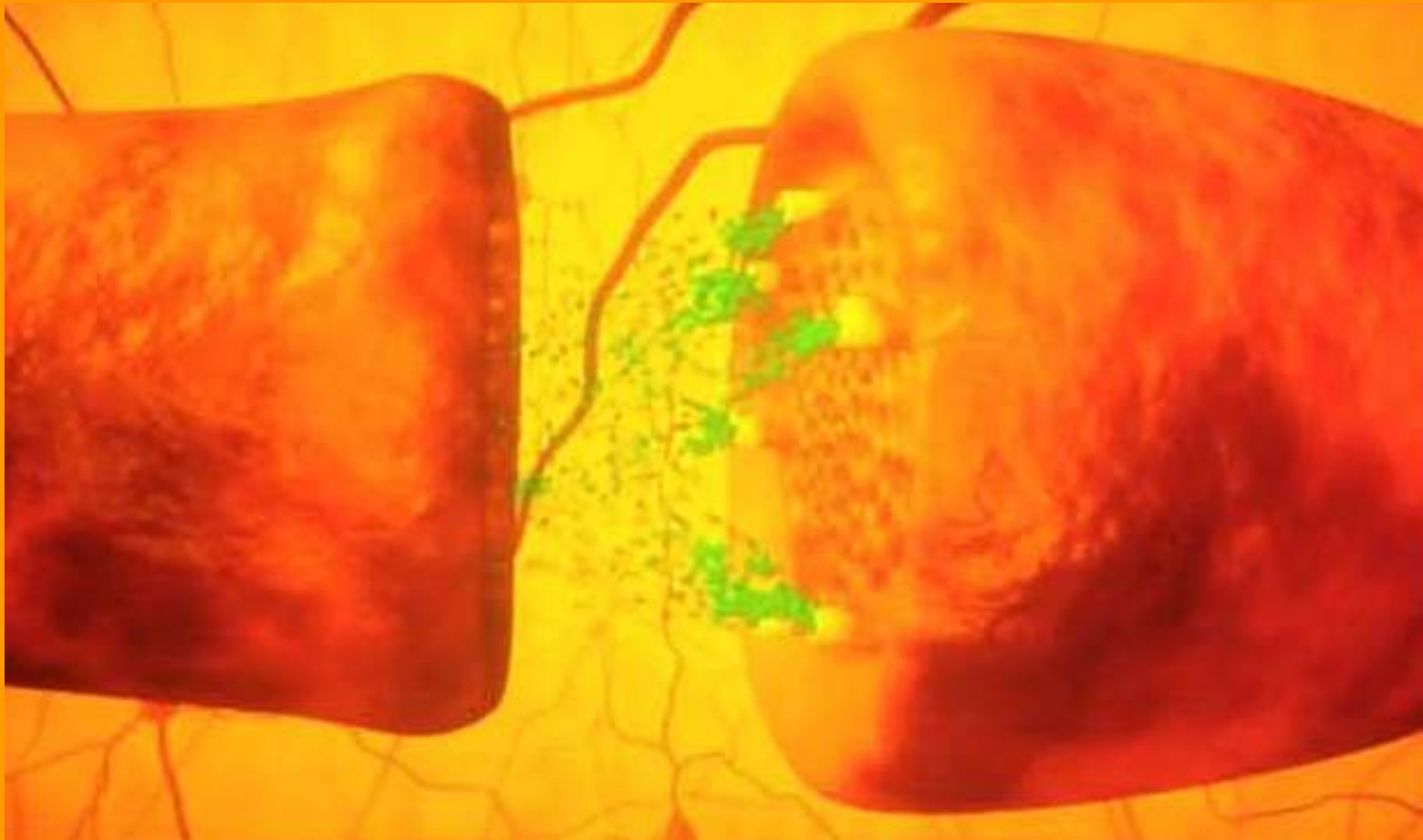




*How Do You “Rewire” Your Brain?*

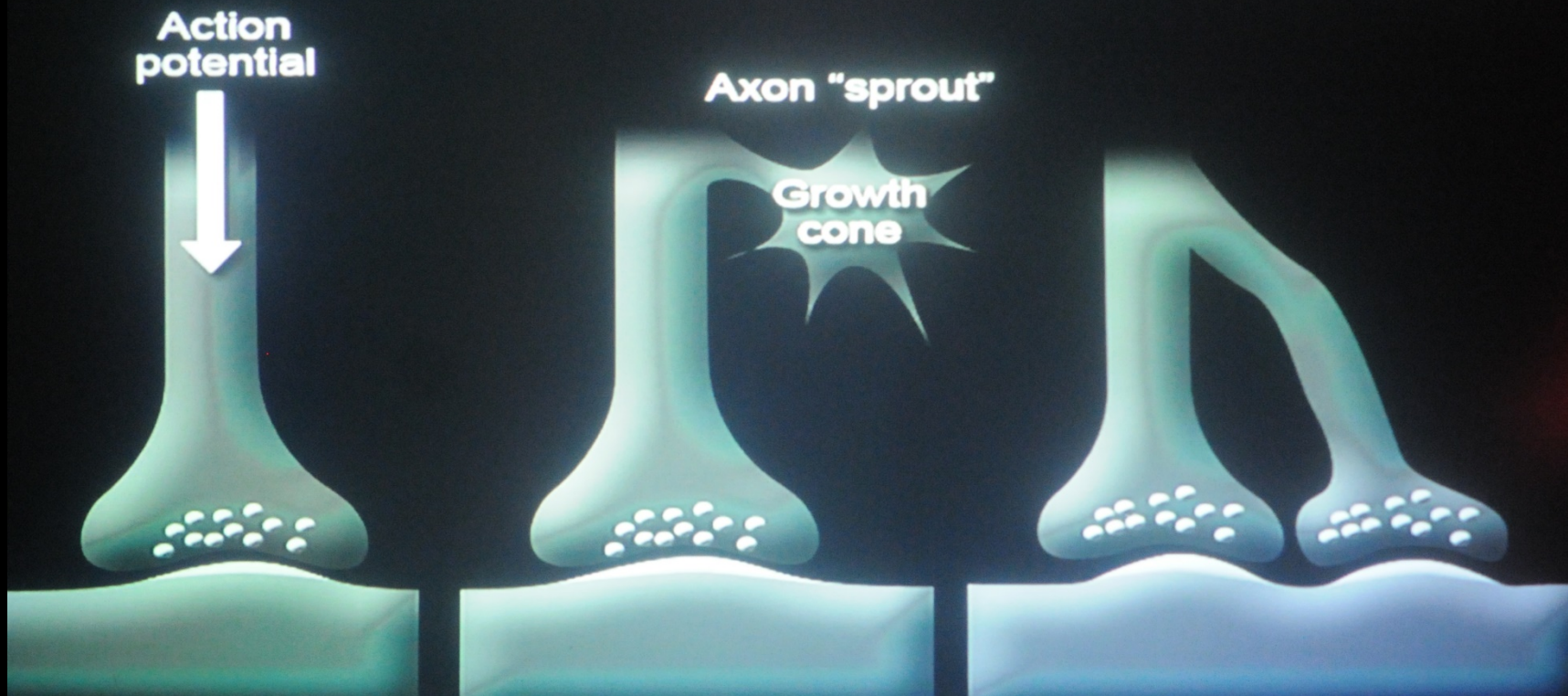


**How Do We “Rewire”?**



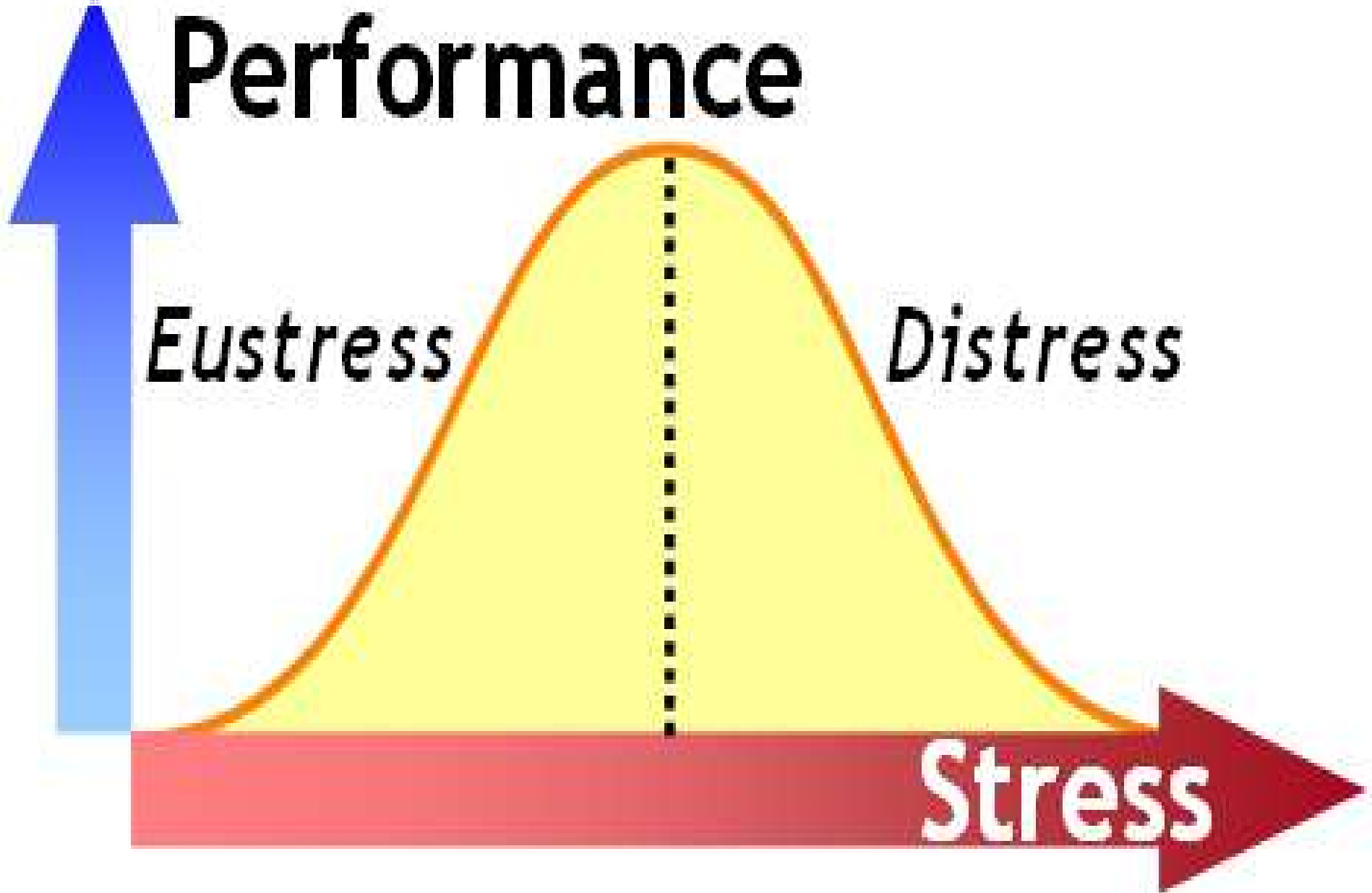
**Neuroplasticity**

# Neurogenesis



## Two Types of Stress

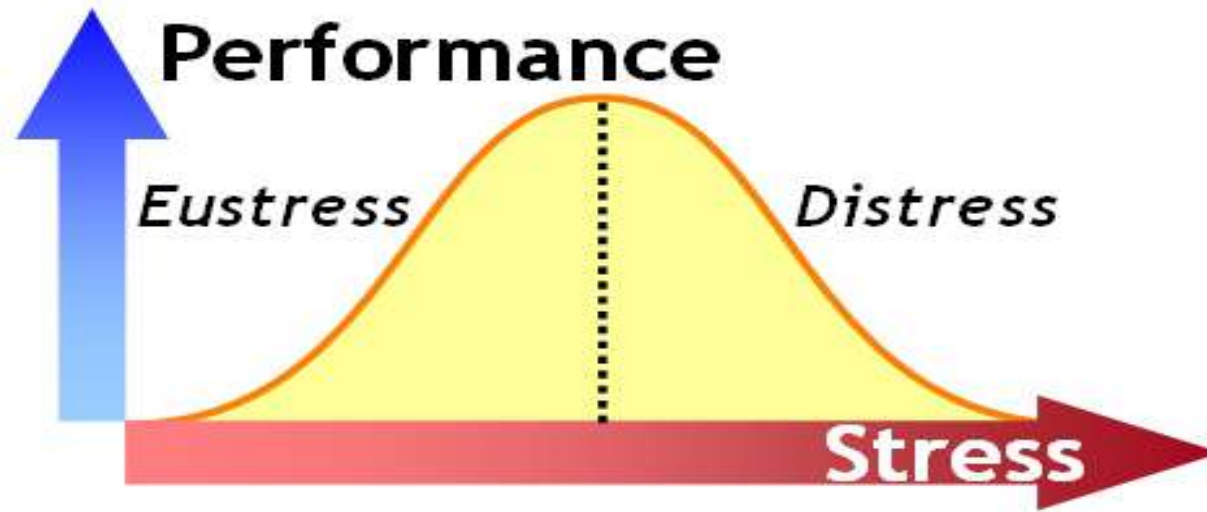
**Performance**



*Eustress*

*Distress*

**Stress**



# **Distress Chemicals**



**Flooding of ...**

**Adrenaline  
&  
Cortisol**

# **Eustress Chemicals**



**Oxytocin**

**Dopamine**

**Serotonin**

**Endorphins**

**Telomerase**



**Deal With The Bullies:**  
**Implement & Enforce Policy**  
**Train in Tolerance**

*What Is*  
***TOLERANCE?***

***NOT***

*Persecuting Those*  
*Who Are Different!*



# **Do Your Annual Health Check**



**Do Your Annual Health Check**

**Get  
Your  
Physical**



# **Do Your Annual Health Check**

**Fasting  
Blood  
Work**



# Do Your Annual Health Check

**Make sure you  
check your  
Magnesium  
And  
Vitamin D  
levels**



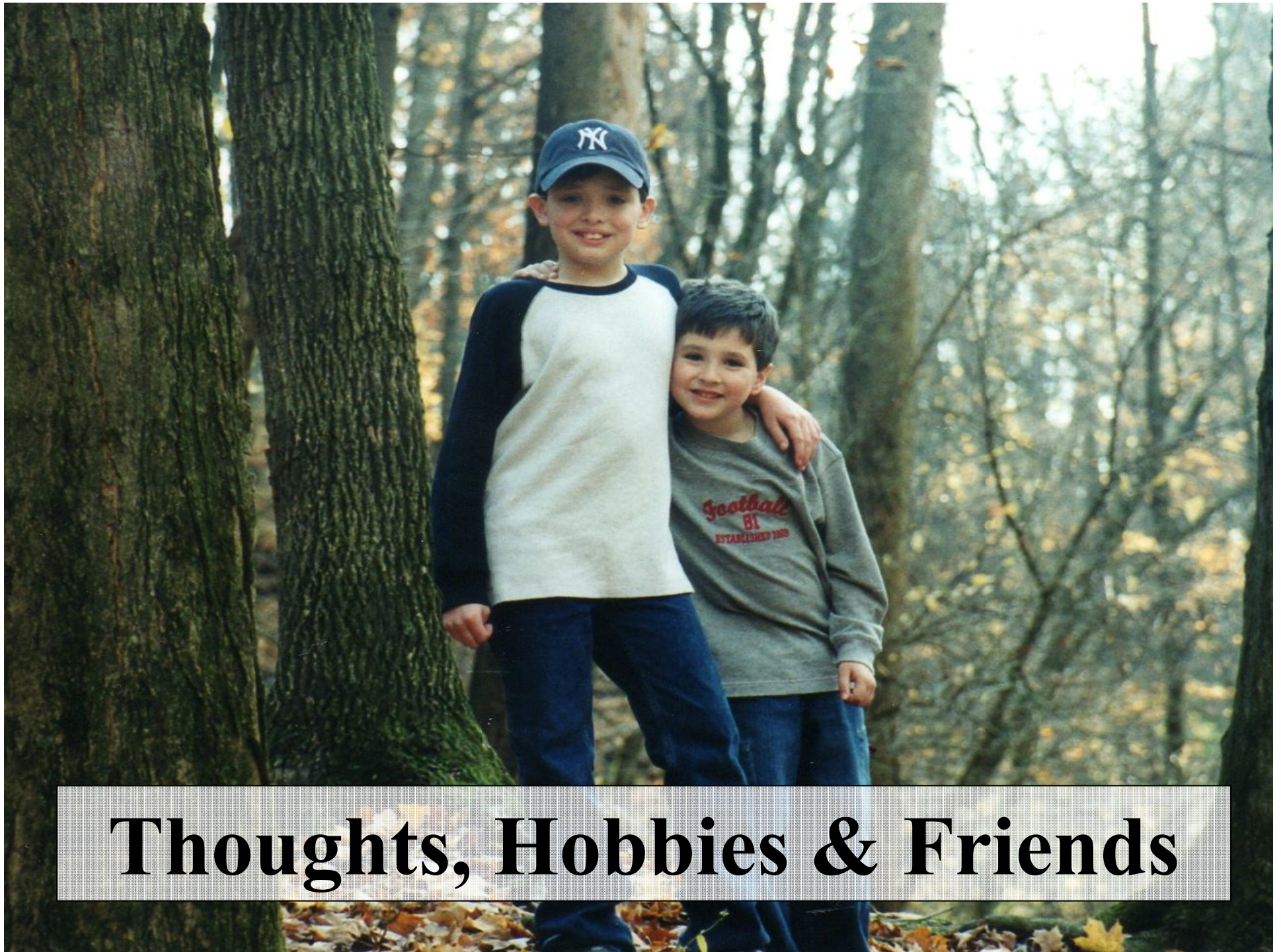
# **Do Your Annual Health Check**

## **Thyroid** **Free Floating Levels**

**T4**  
**(“Total T4” or “Total Thyroxine”)**

**“Free T3”**  
**(“Free Thyroxine”)**





**Thoughts, Hobbies & Friends**

**Veterans Who Cared For Others Suffered  
Much Less Depression & Anxiety**



A photograph of Dr. Dean Ornish, a man with glasses and a dark suit, speaking at a podium. The background is a blue wall with some text and a logo. The text on the wall includes "alth", "ic", "often", "d by", and "zei". There is also a green logo with the letters "L" and "M".

**Dr. Dean Ornish**

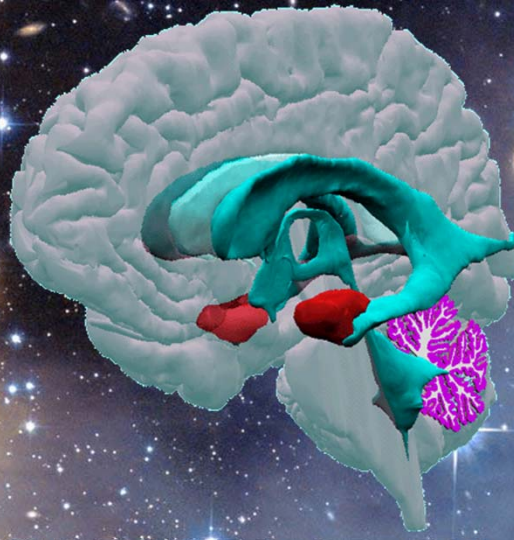
**Close and loving relationships prevent depression, anxiety, suicide, heart disease, infections, hypertension and cancer.**





**Diet**

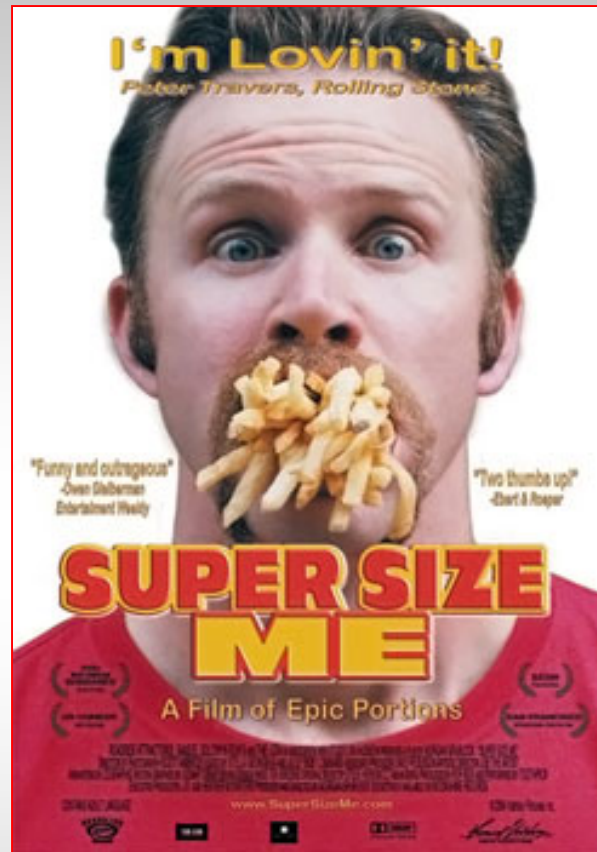




*Your Brain Burns 25% Of  
Everything You Eat*

*Your Brain Has No Fat Deposits, So  
It Immediately Burns Whatever You Eat.*

# Does Food Make Me Crazy?



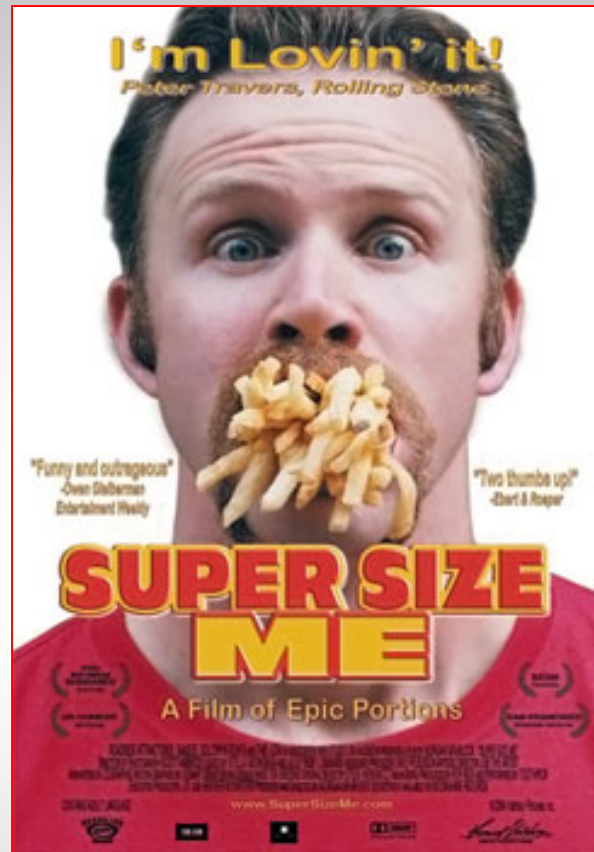
**Ate McDonald's Three Times  
A Day For 30 Days**

# Does Food Make Me Crazy?

**Gained 24 lbs.**

**Heart  
Palpitations**

**Liver Failure**



**Depression**

**Mood Swings**

**Sexually  
Dysfunctional**

**Consumed Approximately 30 lbs of Sugar**

*1 in 4 Americans Eat  
Fast Food Everyday*

*In 1972, we spent 3  
billion a year on fast  
food - today we spend  
more than \$110 billion  
each year*





<http://www.fastfoodnutrition.org/>



**Fat China**



**What  
Should  
We Be  
Eating?**



↑ **Protein**

**4 Calories/Gram**

↓ **Carbs**

**4 Calories/Gram**

↓ **Fat**

**9 Calories/Gram**



# Protein

4 Calories/Gram

Your body breaks  
Protein down into  
Amino Acids ...  
which builds your  
body.



# **Protein**

**Lean Whole Meats, Poultry  
(Turkey, Chicken, etc.), Fish, Pork,  
Cheese, Nuts, Tofu, Beans, Eggs,  
Asparagus, Broccoli, Green  
Beans, Carrots, Squash, Romaine,  
Kale, Spinach and Soy.**

**NEW!**

BEST WHEN USED BY DATE SHOWN BELOW  
ONCE OPENED, USE WITHIN 5 DAYS  
FULLY COOKED | KEEP REFRIGERATED



# CARVING BOARD

**HICKORY SMOKED  
SEASONED**

*— pulled —*  
**PORK**

**NO ARTIFICIAL PRESERVATIVES**  
\*SEE BACK PANEL FOR INGREDIENTS USED TO PRESERVE QUALITY



SERVING SUGGESTION  
04059023297900/06361

**NET WT 11.5 OZ**



**FAMILY  
SIZE**



# Carbs

4 Calories/Gram

Simple Carbs

v.

Complex

Carbs



# **Complex Carbs**

**Whole Grains (Oats, Brown Rice, Quinoa, Whole Wheat, Popcorn, Brown Rice) Fruits, Vegetables, Beans, Sweet Potatoes, Nuts, Seeds, Legumes.**

# Carbs

4 Calories/Gram

[www.glycemicindex.com](http://www.glycemicindex.com)



# **Stevia**

**1,000 times sweeter  
than sugar ...  
but 0 carbs.**

# **Snacks**

**Almonds, walnuts, pistachios,  
apples, blueberries, raspberries,  
blackberries or strawberries.**

# Protein Bars On The Run



# Nutritional Fact Labels

**1. Serving Size** → Serving Size 3 oz. (85g)

**3. Calories** → Calories 38

**2. Percent Daily Value** → As Served

**4. Total Fat** → Total Fat 0g

**5. Sodium** → Sodium 0g

**6. Total Carbohydrate** → Total Carbohydrate 0g

**7. Protein** → Protein 0g

**8. Vitamins & Minerals** → Vitamin A 270% • Vitamin C 10%  
Calcium 2% • Iron 0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Nutrition

# Facts

Serving Size 2 turtles (38g)

Servings Per Container 6

Calories 220

Calories from Fat 160

\*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
<b>Total Fat</b> 18g	<b>28%</b>	<b>Total Carbohydrate</b> 16g	<b>5%</b>
Saturated Fat 4g	20%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 11g	
<b>Cholesterol</b> 5mg	<b>2%</b>	<b>Protein</b> 2g	
<b>Sodium</b> 20mg	<b>1%</b>		
<b>Vitamin A</b> 2%	• <b>Vitamin C</b> 0%	<b>Calcium</b> 4%	• <b>Iron</b> 4%

# Kellogg's®

## Smart Start® Healthy Heart

### Nutrition Facts

Serving Size 1 1/4 Cups (60g/2.1 oz.)

Servings Per Container About 7

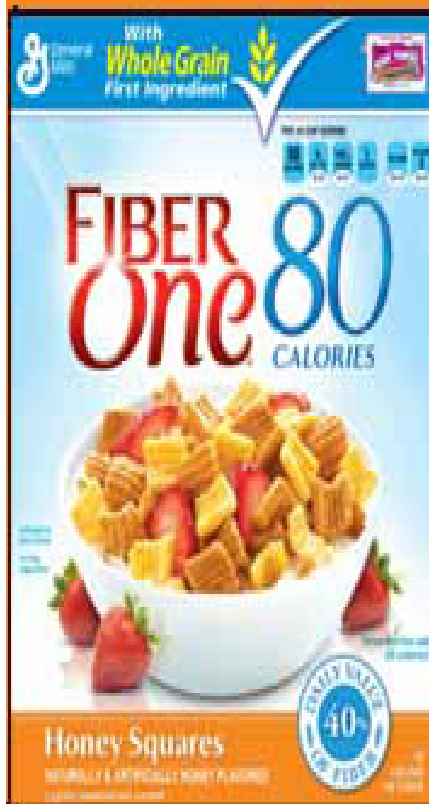
Amount Per Serving	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
	Cereal	Fat Free Milk
<b>Calories</b>	230	270
Calories from Fat	20	20
<b>% Daily Value**</b>		
<b>Total Fat</b> 3g*	<b>5%</b>	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>8%</b>
<b>Potassium</b> 400mg	<b>11%</b>	<b>17%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>	<b>17%</b>
Dietary Fiber 5g	<b>23%</b>	<b>23%</b>
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
<b>Protein</b> 7g		

**Ingredients:** Oat bran, rice, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey], wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor), high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B<sub>6</sub>), riboflavin (vitamin B<sub>2</sub>), thiamin hydrochloride (vitamin B<sub>1</sub>), BHT (preservative), vitamin A palmitate, folic acid, vitamin B<sub>12</sub>, vitamin D.

#### CONTAINS WHEAT INGREDIENTS.

**Exchange:** 3 Carbohydrates

The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.



## Nutrition Facts

Serving Size  $\frac{3}{4}$  cup (30g)  
Servings Per Container about 11

Amount Per Serving	Fiber One 80 Calorie	with $\frac{1}{2}$ cup skim milk
<b>Calories</b>	80	120
Calories from Fat	5	5

	% Daily Value**	
<b>Total Fat</b> 1g*	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		

<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>8%</b>
<b>Potassium</b> 70mg	<b>2%</b>	<b>8%</b>

<b>Total Carbohydrate</b> 25g	<b>8%</b>	<b>10%</b>
Dietary Fiber 10g	<b>40%</b>	<b>40%</b>
Soluble Fiber 3g		
Insoluble Fiber 7g		
Sugars 3g		
Other Carbohydrate 12g		

**Protein** 1g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	40%	50%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	8%	20%
Magnesium	2%	6%
Zinc	25%	30%

\* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 200mg sodium, 270mg potassium, 31g total carbohydrate (8g sugars), and 5g protein.

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Corn, Modified Wheat Starch, Corn Bran, Inulin, Sugar, Bleached Oat Fiber, Pea Fiber, Honey, Corn Starch, Salt, Gum Arabic, Color Added, Trisodium Phosphate, Natural and Artificial Flavor, Sucralose, Acesulfame Potassium, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.

**CONTAINS WHEAT INGREDIENTS.**

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

© 2013 General Mills May be mtg. under U.S. Pat. Nos. D639,526, 6,767,198 & 7,021,525

Exchange: 1 1/2 Starch

Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes ©2006 the American Dietetic Association, the American Diabetes Association.

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

F 3842094107 SSG 3970384107

**Whole Grain First Ingredient**

**11g** FIBER PER SERVING

At least 43 grams recommended daily

A whole grain food is made by using all three parts of the grain. All General Mills Big G cereals contain more whole grain than any other single ingredient.

[www.WholeGrainNation.com](http://www.WholeGrainNation.com)



## Nutrition Facts

Serving Size: 1/3 cup (30g)

### Amount Per Serving

**Calories** 75                      **Calories from Fat** 6

**% Daily Value\***

**Total Fat** 0.64 g                      **1%**

    Saturated Fat 0.12 g                      **1%**

    Trans Fat 0 g

**Cholesterol** 0 mg                      **0%**

**Sodium** 202.8 mg                      **8%**

**Potassium** 300 mg                      **9%**

**Total Carbohydrate** 24 g                      **8%**

    Dietary Fiber 12.9 g                      **52%**

    Sugars 8.1 g

    Sugar Alcohols

**Protein** 2.1 g

**Vitamin A** 510 IU                      10%

**Vitamin C** 6 mg                      10%

**Calcium** 18.9 mg                      2%

**Iron** 4.5 mg                      25%



# Nutrition Facts

Serving Size 1 muffin (57g)

Servings Per Container 4

Amount Per Serving

**Calories** 100                      **Calories from Fat** 10

	% Daily Value
<b>Total Fat</b> 1 g	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 180 mg	<b>8%</b>
<b>Total Carbohydrate</b> 26 g	<b>9%</b>
Dietary Fiber 8 g	<b>32%</b>
Sugars less than 1 g	
<b>Protein</b> 5 g	

Vitamin A	0%	•	Vitamin C	0%
Calcium	8%	•	Iron	6%
Thiamin	10%	•	Riboflavin	6%
Niacin	6%	•	Folic Acid	8%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Sugars, Vitamin A, and Vitamin C.

\*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



# Go To The Grocery Store





# **Water**

**Drink HALF  
Your Weight  
In Ounces  
EVERY DAY**



# Stevia

**1,000 times sweeter  
than sugar ...  
but 0 carbs.**



# Exercise

**Exercise Is a  
MIRACLE DRUG**



# Exercise

**Exercise Releases  
EUSTRESS Chemicals ...**

**Which DEFEAT  
Distress Chemicals.**

# **Exercise**

**You Make BDNF When You Exercise.**

**(“Brain-Derived Neurotrophic Factor” protein)**

**Tryptophan,  
The Precursor for Serotonin,  
Gets Into Your Brain When You Exercise**

# Who Would YOU Put In The Game?



**Big Amino Acids**



**Little Amino Acids**



# Exercise

**For Every Pound Of Excess Weight  
You Gain In Fat, Your Brain Is  
Deprived Of Oxygen And Nutrients,  
Which Causes Your Brain To  
Shrink and Become Less Able  
To Function Properly.**

# Exercise

**The More Muscle You Have  
And The Better Your  
Circulatory & Respiratory Systems Work,  
The Better Your Body Can  
Function & Process Chemicals.**

# **Aerobic Training**

**150 minutes a week of  
moderate aerobic activity.**

**or**

**75 minutes a week of  
vigorous aerobic activity.**



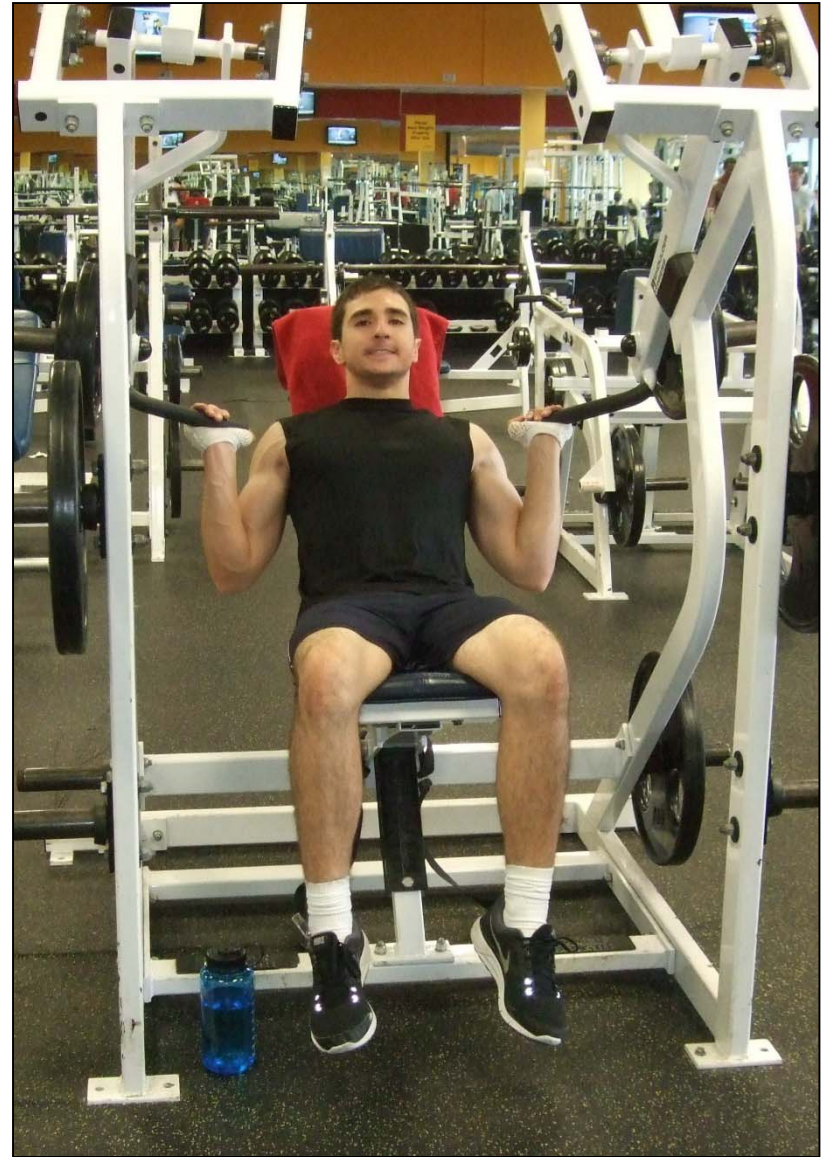




# Strength Training

**At least twice a week.**

# Machines





# Free Weights



# To Do List...

**What 3 Things Will YOU Do?**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_





*Feel free to contact me at:*

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# *Chronic Stress, Depression, Anxiety & Other Mental Health Issues ... Healing the Human Brain*

by

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## **THE AMAZING HUMAN BRAIN**

- ❖ Your brain is involved in **EVERYTHING** you do. So, when your brain works right...**YOU** work right. However, when your brain **DOES NOT** physically work right...**YOU DO NOT WORK RIGHT**.
- ❖ Your brain **IS** your personality. It determines **HOW** you think, feel, act and interact with others. It also determines **WHO** you are as a parent, friend, child and a human being. It is your character and your intellect. 1
- ❖ Your brain only comprises about 2% of your body's weight, but it uses **25%** of the calories you burn, it uses 25% of your total blood flow and it uses 25% of all the oxygen you breathe. In short, your brain is the true work horse of your body. It is the hardest working organ you possess. As a result, when you do not get enough water, nutrients or when we have reduced blood flow in our bodies for any reason, the brain is the **FIRST** organ to be harmed.
- ❖ The brain is fragile. It has the consistency of "soft butter."
- ❖ The brain is the most complex organ in the entire universe. It is made up of over 100 billion nerve cells...and each cell is surrounded by trillions of supportive "glial" nerve cells...and each of these nerve cells are surrounded by over 20,000 individual connections...
- ❖ This means there are over 1,000,000,000,000,000 (one trillion) nerve connections in the brain.

We all need to understand how our brain works so we can give it what it needs for it to function properly. Your brain is your "central control and command center," so it is the organ that handles your stress. If you do not take care of it, it will not function properly, so your distress will become more and more difficult to control. 2

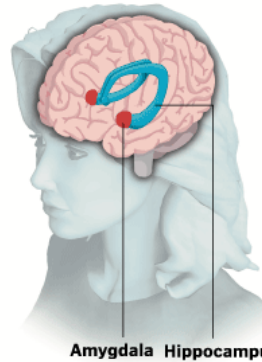
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1 "Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted," Dr. Daniel Amen, published by Harmony Press, 2010, p. 3.

2 "Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted," Dr. Daniel Amen, published by Harmony Press, 2010, p. 3.

# How Can You Damage Your Brain?

**Why Do I Forget Things  
When I Am Stressed?**

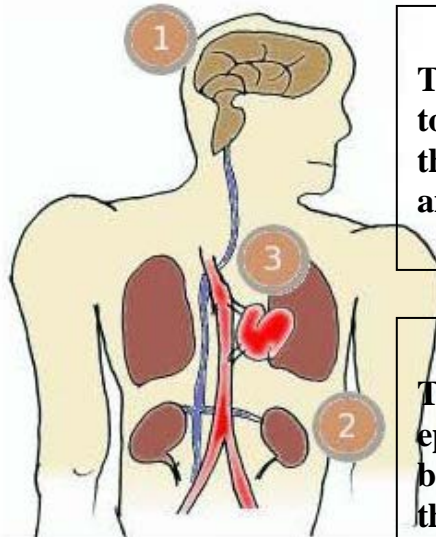


## **FIGHT or FLIGHT**

**What happens in your body?**

**1.**

We hear, see, taste, smell or feel a “danger” or stimulus. The brain instantly sends an alarm down our “Vagus Nerve” which goes directly to our adrenal glands, located right above our kidneys. We then get that “tightening knot” in our “gut.”

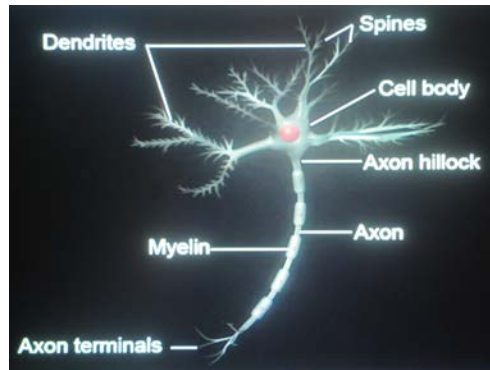
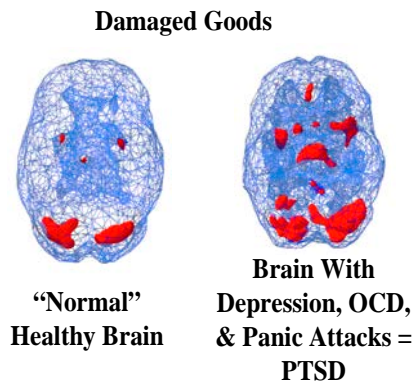


**3.**

The blood in the body is re-routed to the lungs, arms and legs, leaving the frontal lobes deprived of blood and the face “flushed.”

**2.**

The adrenal glands release epinephrine (adrenaline) into our body. This release of adrenaline will then speed up our heart rate. When our heart rate hits approximately 145 beats per minute, we go into full fight or flight.



“Social Epigenetics” is the study of how the neurons in our brains change in response to the outside world. In other words, the cells in our brains physically change in response to our everyday experiences.

Modern science has discovered that one of these factors that cause our brain cells to alter themselves involves the “methyl” molecule. The methyl molecule not only determines whether certain genes will be turned “on or off,” but it also determines how **far** their activity levels will be “turned down” or “turned up.”<sup>3</sup> It is the methyl molecule that determines where more than 100 billion neurons in the brain will end up, as well as which neurons will connect to one another. In other words, the methyl molecule directly sculpts not only our bodies, but also our brains.

Therefore, thanks to Social Epigenetics, the century-old debate of “nature versus nurture” has been settled:

### **Nurture IS Nature**

Both our genes **and** our experiences determine who we will become ... which includes how our brain will form throughout our entire lives. We now know that our genes and our environment are **not** independent of each other. Instead, they are interdependent.<sup>4</sup>

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<sup>3</sup> “Social Intelligence: The Revolutionary New Science of Human Relationships” by Daniel Goleman, page 150, footnote 4: The methyl molecule consists of just four atoms – a carbon and three hydrogen; precisely how they attach to one gene determines what happens. In one formation, the methyl group inactivates the gene, coiling its DNA tighter so the gene cannot be expressed. In another configuration, the methyl group relaxes the DNA coils, enabling the gene to manufacture its particular RNA (and so its protein).

<sup>4</sup> “Social Intelligence: The Revolutionary New Science of Human Relationships” by Daniel Goleman, page 150, footnote 5: On genes and environment, see Robert Plomin and John Crabbe, “DNA,” *Psychological Bulletin* 126 (2000), pp. 806-28.

# WHAT IS A SPECT SCAN?

Unfortunately, even today in the 21<sup>st</sup> century, we are still in the Dark Ages of psychiatry. In fact, the methodology a psychiatrist uses today to diagnose a patient with depression is pretty much the same methodology that was used almost 200 years ago to diagnose Abraham Lincoln back in the 1840s.

**They listen for “symptom clusters” ...  
and then guess as to what the patient’s problem might be.**

Think about it:

**Psychiatrists are the only medical professionals who never  
see the organ they are treating.**

In other words, psychiatrists typically base their entire diagnosis on the cluster of symptoms they identify *rather* than by examining the underlying dysfunctions or impairments of the brain. *Rarely* will psychiatrists ever order a nuclear brain scan to see if their diagnosis correlates with the physical condition of their patient’s brain.

Next, psychiatrists will typically prescribe such treatments as medication, electroconvulsive therapy or a host of other treatments that are intended to actually alter the way their patient’s brain functions based on their “best guess.”

So, how do we know if a psychiatrist has guessed right? When the patient’s symptoms get better. If that is the result ... GREAT! The patient can then go on to lead a relatively “normal” life.

Unfortunately, far too many people today are walking around with mental conditions that have been misdiagnosed, which ultimately means they have also been prescribed the wrong subsequent treatment. As a result, these people are forced to struggle with the torturous effects of their mental impairments for years without getting any true relief. We have all met these people, while some of us are either related to them or *we are* these people. Either way, it is a tragic sight to see. Far too many people in today’s society know they have a mental problem, but either their psychiatrist has not been able to correctly guess which condition is impairing their patient’s mental health and/or they have not been able to prescribe the correct treatment. In such cases, some of the top psychiatric clinical centers in the world are turning to SPECT brain scans.



### SPECT Imaging Machine

What is SPECT? It is an acronym for Single Photon Emission Computerized Tomography. It is a sophisticated nuclear medicine study that looks directly at cerebral blood flow and indirectly at brain activity, or metabolism. In a SPECT study, a small dose of a radioactive isotope, seritec, is injected into the patient's blood, which is then absorbed into the brain.

The patient then lies on a table for 14-16 minutes while a SPECT "gamma" camera rotates slowly around his head. The camera has special crystals that detect where the seritec has gone, which then acts like a "beacon of light" illuminating the inner workings of the brain. A supercomputer then reconstructs 3-D images of the brain's activity levels. This computer then produces elegant high resolution snapshots of the brain that can provide the clinician with a sophisticated "mapping" of the brain's blood flow and activity levels. Therefore, a SPECT brain scan will reveal the level of the patient's blood flow throughout the brain and the different levels and patterns of activity in the patient's brain. With these maps, physicians have been able to identify certain areas of brain activity that correlate with the patient's clinical symptoms. This allows the psychiatrist to ask better questions in order to determine the true nature of the patient's psychiatric and neurological illness.

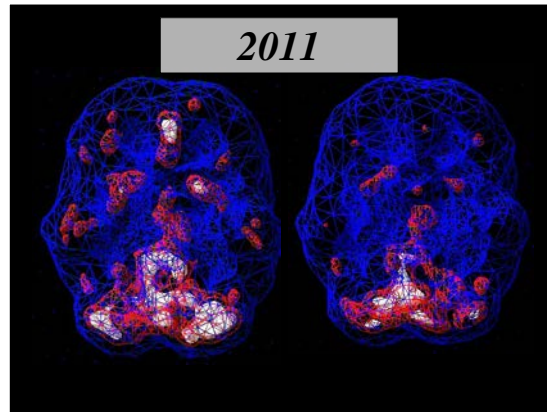
Today, in the 21<sup>st</sup> century, the brain SPECT scans that are available to psychiatrists are much higher in resolution and can see much deeper into the various areas of the brain with far greater clarity than ever before in our history.

It is important to understand that a SPECT brain scan is quite different from CAT scans and MRIs. CAT scans and MRIs are basically "anatomical scans," which means they show us what is in the brain and what the patient's brain physically looks like. CAT scans and MRIs will therefore reveal bruises (concussions), clots, tumors and so on. SPECT brain scans, on the other hand, look at how the brain is actually functioning. They will reveal the level of blood flow throughout the brain, as well as where the brain is overactive, underactive and where it is functioning normally.



SPECT brain scans give psychiatrists a three dimensional view of the brain's activity, which measures three things:

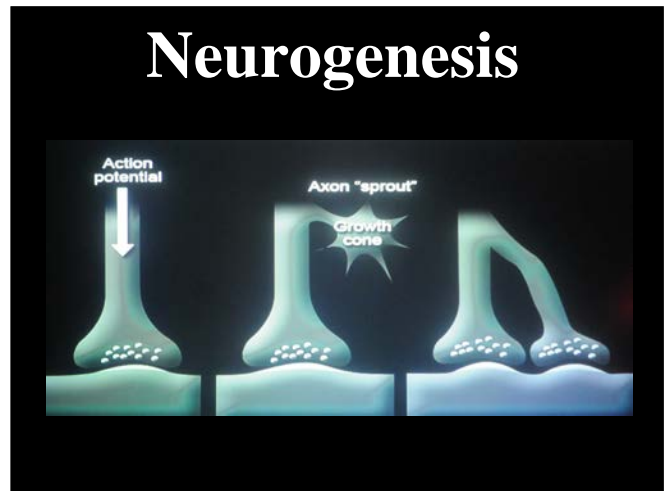
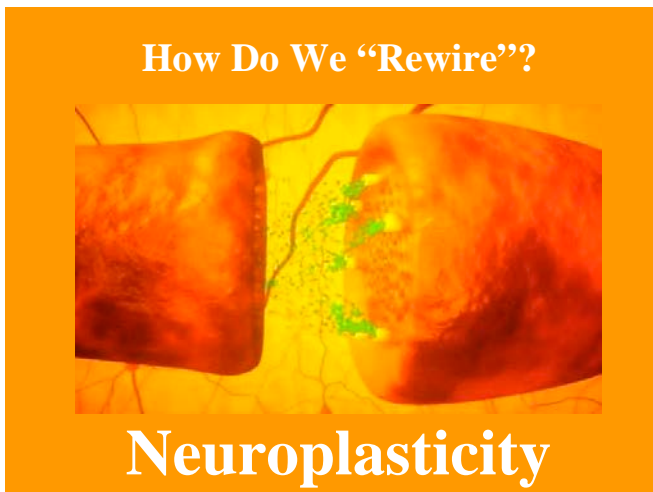
- Areas of the brain that work well,
- Areas of the brain that are low in activity and
- Areas of the brain that are high in activity.



In order to repair my brain, I designed my own program. This program consisted of:

- My own diet program,
- An aerobic exercise program what was designed to develop my circulatory and respiratory systems,
- A strength training program that I intended to use to put on more lean muscle,
- A regiment of vitamin and mineral supplements,
- A meditation routine,
- Monthly massages,
- Drinking half of my weight in ounces everyday,
- Getting as many jackasses out of my life as possible,
- Spending more time on my hobbies, such as photography and
- Getting enough sleep.

# How Does The Brain REWIRE Itself?



## Eustress Chemicals

Oxytocin  
Dopamine  
Serotonin  
Endorphins  
Telomerase

## Distress Chemicals

Flooding of ...  
Adrenaline  
&  
Cortisol

# ***How Do You Repair Your Brain?***

**Deal With The Bullies**

**The Bullies Are Killing You ... And Themselves**

## **Steps?**

- 1. Implement & Enforce Policy**
- 2. Train in Tolerance**

**Tolerance:**

**NOT persecuting someone because they are different.**

**ANNUAL PHYSICAL**

**Get Your Physical**

**Fasting Blood Work**

**Make sure you check your Magnesium and Vitamin D levels**

**Thyroid Free Floating Levels**

**T4**

**(“Total T4” or “Total Thyroxine”)**

**“Free T3”**

**(“Free Thyroxine”)**

# Thoughts & Friends

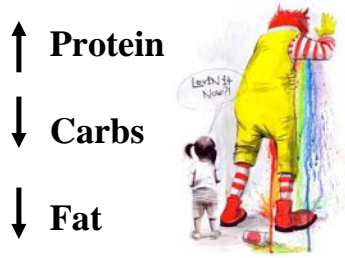
## Veterans Who Cared For Others Suffered Much Less Depression & Anxiety

**Close and loving relationships prevent depression, anxiety, suicide, heart disease, infections, hypertension and cancer.**

~~Dr. Dean Ornish

**Spend time with your pets!**

## Diet



Have you ever heard the expression, “You are what you eat?” *Nothing* could be more true.

Well, your “diet” is also critical in maintaining good brain health. Therefore, we need to think of food as “fuel.”

Since our brains burn 25% of everything we eat, the food we use to fuel our bodies is crucial for our mental health ... but it is even more important for our children’s developing brains. If children do not receive the nutrition they need, severe mental impairments could result, such as “Attention Deficit Disorder,” or “ADD.”

Unfortunately, we have created a society that lives on fast food that contains more fat and carbohydrates than vitamins, minerals and protein.

The following websites are excellent sources of nutritional information:

- American Diabetes Association at [www.diabetes.org](http://www.diabetes.org)
- The Glycemic Index at [www.glycemicindex.com](http://www.glycemicindex.com)

## Does Food Make Me Crazy?



Ate McDonald's Three Times  
A Day For 30 Days

## Does Food Make Me Crazy?

Gained 24 lbs.

Heart  
Palpitations

Liver Failure

Depression

Mood Swings

Sexually  
Dysfunctional

Consumed Approximately 30 lbs of Sugar

*1 in 4 Americans Eat  
Fast Food Everyday*

*In 1972, we spent 3  
billion a year on fast  
food - today we spend  
more than \$110 billion  
each year*



*McDonald's represents 43% of  
the total U.S. fast food market*



## What Should We Be Eating?

### ↑ Protein

4 Calories/Gram

### ↓ Carbs

4 Calories/Gram

### ↓ Fat

9 Calories/Gram



## Proteins Foods

Your body breaks Protein down into Amino Acids ...  
which builds your body.

Lean Meats, Poultry (Turkey, Chicken, etc.) Fish, Pork, Cheese, Nuts, Tofu, Beans, Eggs, Asparagus, Broccoli, Green Beans, Carrots, Squash, Romaine, Kale, Spinach and Soy.

FAVORITES?

## Complex Carbohydrate Foods

Simple Carbs v. Complex Carbs

Whole Grains (Oats, Brown Rice, Quinoa, Whole Wheat, Popcorn, Brown Rice) Fruits, Vegetables, Beans, Sweet Potatoes, Nuts, Seeds, Legumes.

[www.glycemicindex.com](http://www.glycemicindex.com)

FAVORITES?

# “Diabetic Lifestyle Diet”

## Nutritional Fact Lables

**1. Serving Size** → Serving Size 3 oz. (85g)

**2. Percent Daily Value** → % Daily Value

**3. Calories** → Calories 38

**4. Total Fat** → Total Fat 0g

**5. Sodium** → Sodium 0g

**6. Total Carbohydrate** → Total Carbohydrate 0g

**7. Protein** → Protein 0g

**8. Vitamins & Minerals** → Vitamin A 270%, Vitamin C 10%, Calcium 2%, Iron 0%

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	30g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Water

It is absolutely vital to your brain's health that you drink several glasses of water everyday. Since our brains are 80% water, it is extremely important to keep our brains hydrated. If you are human, you need to drink...

**Half of your weight in ounces of water everyday.**

Otherwise, your brain will simply “dry out” and it will not work properly. 5

In one study, the brains of professional body builders had their brains scanned when they were training for a competition. When they are training, body builders keep themselves very well hydrated. While they were fully hydrated, their brains looked very healthy from these nuclear brain scans.

However, in the week when these body builders are actually competing, they dehydrate themselves in order to appear more muscular. These same body builders then had their brains scanned again. This time, their brains looked like they were drug addicts. The difference between their hydrated and dehydrated brains was remarkable after only one week of not properly hydrating their brains.

The morale: **Hydrate ... hydrate ... hydrate.**

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5 “Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted,” Dr. Daniel Amen, published by Harmony Press, 2010, p. 18.



# Exercise

## Exercise Is a **MIRACLE DRUG**

You Make **BDNF** When You Exercise, Which Is Miracle Grow For Your Brain.  
(“**Brain-Derived Neurotrophic Factor**” protein)

Tryptophan, The Precursor for Serotonin, Gets Into Your Brain When You Exercise



One nutritional supplement that can be very useful in boosting our levels of serotonin is the amino acid L-tryptophan, which was recently reapproved by the Food and Drug Administration. L-tryptophan is a naturally occurring amino acid found in milk, meat, and eggs. Coincidentally, it does not have side effects, which gives it a real advantage over taking antidepressant medication. L-tryptophan was taken off the market a number of years ago because a contaminated batch was produced by one manufacturer that caused a rare disease and a number of deaths, much like happened with the peanut butter that was contaminated with salmonella in 2009. However, the L-tryptophan itself had nothing to do with the deaths. Dr. Daniel Amen of the Amen Clinics recommends to his patients to take L-tryptophan in doses of 1,000-3,000 milligrams at bedtime. Of course, as always, you would want to check with your doctor before taking any supplements. 6

### Exercise Releases EUSTRESS Chemicals ... Which DEFEAT Distress Chemicals

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6 “CHANGE YOUR BRAIN CHANGE YOUR LIFE” by Dr. Daniel G. Amen, pages 81.



## **SCOTT WARRICK, JD, MLHR, CEQC, SCP**

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**Scott Warrick is an EMPLOYMENT ATTORNEY *and* HR PROFESSIONAL**  
who combines the areas of law and human resources to assist organizations in  
**“Solving Employee Problems BEFORE They Happen.”**

Scott uses his unique background of **LAW** and **HUMAN RESOURCES** to help organizations get where they want to go, which includes coaching and training managers and employees in his own unique, practical, entertaining and humorous style.

### **Scott Trains Managers and Employees ON-SITE in over 50 topics**

Scott Warrick specializes in working with organizations to *prevent* employment law problems from happening while improving employee relations.

#### **Scott's academic background and awards include:**

- Capital University College of Law (Class Valedictorian (1st out of 233))
- Master of Labor & Human Resources and B.A. in Organizational Communication: The Ohio State University
- The Human Resource Association of Central Ohio's Linda Kerns Award for Outstanding Creativity in the Field of Human Resource Management and the Ohio State Human Resource Council's David Prize for Creativity in Human Resource Management

For more information on Scott, just go to **[WWW.SCOTTWARRICK.COM](http://WWW.SCOTTWARRICK.COM)**