



# Your Brain

To  
YOUR  
Good  
Health

Two great announcements about the brain: one from the very young and one from the *older* generation.

CBS **60 Minutes** ran a story (“Jake: Math prodigy proud of his autism”) about Jake a 14 year old math prodigy who at age 3 was diagnosed as Autistic. What is ingenious about this story is the astute ability of his parents to observe that even at only 3 years of age Jake was happiest when involved in science or math projects.

They made the conscious decision to allow him to spend as much time as he wanted where his brain was happiest. And NOT try to conform him to "normal" behaviors for a 3 year old. They gave him every conceivable opportunity to saturate himself with science and math appropriate for his age and well beyond.

It was not long before Jake no longer tested positive for Autism and began to develop "normal" behaviors. I believe this to be an immense breakthrough for all parents of small children. When we allow children to feed their brains they will not longer find it necessary to recede into a world of solitude. Be alert to your child's needs and what makes them light up with joy. What a blessing Jake is to all of us! He will graduate from college next year.

**Second** announcement came from **Dr. Oz** on the use of a hyperbaric chamber in the treatment of Alzheimer's.

WOW -- creating NEW brain cells with the use of hyperbaric oxygen.

This is the treatment used for deep-sea divers when they return to the surface of the ocean too quickly and is used successfully today for wound healing.

And please discuss this with your own physician, as this is news breaking information they may not be aware of. And be sure the facility has a currently certified chamber. And is of a high enough velocity to work properly.

Both of these new ideas for healing bring to mind one of my favorite books. Dr. Jill Bolte Taylor wrote ***My Stroke of Insight*** detailing her long and difficult but most successful recovery after losing all the functionality of the left hemisphere of her brain from a stroke at age 37. What a powerful story we all need to hear about what it is like from the patient's perspective and especially since Dr. Taylor is and was a brain science researcher.

And that reminds me of another book. ***The Anonymity of an Illness*** from a patient's perspective, by Norman Cousins that started science looking into the medical benefits of laughter. Thank you to all pioneers in all fields for none of us would be here enjoying life as we do each day if it were not for those brave souls who have stepped out of the box and took a chance.