

The Brain Health Workshop Week 1 Handouts & Homework

VERY IMPORTANT: Since Dr. Chiu is not your primary care provider, he cannot discuss your personal medical situation. Therefore, BEFORE you decide to take any tests, or purchase any products or supplements, please consult with your doctor.

[Week 1 Presentation for Class Video](#) (PDF) Same file as on Week 1 Files Page

[Brain Health Roadmap](#) (PDF) For all 6 Weeks

Week 1 Homework

1 - Download the Brain Health Roadmap - link above - and Print it Out - you'll be using it for the whole course - All 6 Weeks.

2 - Spend at least fifteen minutes getting clear on your why. Why did you sign up for the Brain Health Workshop? Why do you want to work on your brain health? Why do you want to improve and empower yourself to take control of your brain?

Write it down in your Brain Health Roadmap.

3 - Complete the [Root Cause Quiz Pack](#) (3 self assessment quizzes - PDF)).

After completing each quiz, enter your scores in your Brain Health Roadmap.

Bonus Homework

1 - Practice some mindfulness meditation from now until the next session. Just like Dr. Chiu walked you through in the class - practice that a few times. It will help you to become aware of experience-dependent neuroplasticity - restructuring your neural networks.

2 - Learn the word 'brain' in at least one new language, to start strengthening your hippocampus.

3 - Try massaging your earlobes because - it's one very simple and gentle way of strengthening your brainstem.