

New Brain Health Assessment Test

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If it's one thing that anyone in their 50's and beyond is looking for it's a healthy brain. Now, thanks to new laboratory methods, we can assess brain health for pennies and apply food based therapeutic principles to increase performance. A new test called "BrainSpan" identifies inflammation in the brain with a simple blood spot and connects objective data with a cognitive performance test.

It's sad, but the reality is, as we age, our brain decays. Interestingly, the rate it deteriorates is well known in research circles. Knowing this, BrainSpan plots participant's scores on a continuum with healthy aging adults as well as unhealthy adults. Once patients know their score they are self-motivated to implement life style changes and retest in 90 days to assess their progress.

Let's take a 30,000 foot view of the test to see what it measures. We have trillions of cells in our body



and each of them depends upon essential fatty acids for healthy cell membrane function. The bi-lipid cell membrane dictates the health of the cell, so human cell function is predicated on healthy essential fatty acids.

Sometimes we forget but mitochondrial membranes are dependent on fatty acids as well. Since the brain is 60% fat, fatty acids govern the performance of our brain day to day, fatty acids govern how our inflammatory cascade works and how neurons perform. Fatty acids dictate GI health. The

blood spot technology developed by BrainSpan lysis billions of red blood cells and in effect gives you a biopsy of the cell.

If you think about it, malfunctioning cells are the underlying cause of all disease. Disease is the end result of a lack of health in cells that make up tissues and organs. So although brain illnesses are the leading cause of disability, balancing essential fatty acids will promote optimal health and healthy aging for the entire body.

BrainSpan measures seven parameters: three objective

markers and four cognitive functional markers. You can see a link to a sample report for details on the functional markers: memory capacity, sustained attention, cognitive flexibility, and processing speed. But let's look at the three objective markers.

The first marker, The Omega-3 Index, measures Omega-3 fatty acids, see graph. Over 8% is associated with improved memory, attention, learning, mood stability, faster recovery from concussion as well as lower anxiety, depression, and inflammation. Additionally, tracking a patient's Omega-3 Index over time is one of the most effective ways to help prevent Alzheimer's disease, cognitive decline, and cardiovascular disease.

The second marker, Cell Inflammation Balance, measures the arachidonic acid to EPA ratio, or Omega-6 to Omega-3 Ratio. The target ratio for BrainSpan is 5:1 or lower. Dr. Johnson, the developer of the test relates that the majority of your patients are 17:1 or higher. These elevated ratios indicate a higher inflammatory response, increased pain response, hormone / immune dysregulation and a higher risk for cancer and heart disease.

The third marker, Cell Toxicity Index, measures cellular palmitic acid usually from a diet high in simple carbohydrates. Elevated cell toxicity levels are associated with fatty acid alterations within the cell that suppress the proper signaling of hormones critical to proper cell-to-cell signaling. Maintaining optimal palmitic acid levels helps normalize leptin and insulin signaling, which helps regulate metabolism, increases energy, and improves neurotransmitter communication.

Needless to say when a man or woman sees their fatty acid profile similar to someone with a debilitating condition they

are motivated to take action. Patient compliance is high. Keep in mind BrainSpan is not measuring an enzyme or an inflammation marker, we are looking at the composition of the red blood cell that feeds every cell in your body and specifically how red blood cells feed the brain. It's like a cellular biopsy.

Biotics Research Corporation has partnered with BrainSpan and has arranged a special discounted cost for doctors. Also, supplement recommendations from the BrainSpan software reports are available using Biotics products. You can see a link to the right to get more information.

Many of you know I like to use blood and integrate the results into the Balancing Body Chemistry software to get objective data. However, I see BrainSpan as a perfect way to introduce wellness concepts to every patient young or old. Blood chemistry can be done at a later date.

Interestingly, on all the software reports I have run, the number one recommendation on 98% of the people is essential fatty acids. Remember essential fatty acids are vital for brain function, attention, and performance at any age.

It's pretty exciting because utilizing the technology BrainSpan offers we can give patients the opportunity to take control of inflammation at the root level, change cell aging, balance their metabolism and begin to take to care of the most important organ of all, their brain. Not only that, it will help them look good, feel younger and age gracefully, and that is something we are all willing to invest in.

Thanks for reading this week's Tuesday Minute. I'll see you next Tuesday