Mental Detox

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By:

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“To keep the body in good health is a duty...
Otherwise we shall not be able to keep the mind strong.”
~Buddha
“Exercise is that good for you. You name just about any health problem, and you’ll find that exercise helps prevent it or cure it. Exercise is the elixir of life.”

~Liz Applegate, Ph.D.

You probably see it on a weekly basis in your practice. A formerly well-appointed, bright, successful patient arrives for their appointment with the assistance of a family member or caregiver. They need help getting into the chair, and you are surprised by the decline in their overall health since you saw them last. Especially when you remember that your patient is only a few years older than you are. Cognitive decline or dementia can be devastating.

**The Cues and Consequences of Accelerated Brain Aging**

Many members of the Baby Boom generation are dealing with the consequences of accelerated brain aging with friends and family members, or perhaps you have noticed clues in your own behaviour:

- Can’t remember the patients name in the waiting room – do you avoid your waiting room for fear of speaking with a patient and not remembering their name?
- Constantly asking your assistants the lab’s phone number
- Losing focus in the middle of a conversation
- Patient rejections to case presentations set you back for the rest of your day
- A lack of life-force energy
- Trouble with decision making

The Globe and Mail reported in January 2010 that the annual cost of dementia is growing rapidly. Dementia is the number one cause of disability over age 65 and this is only worsening as the large numbers of baby boomers age. Dementia is the medical term describing the slow loss of intellectual function. It encompasses a number of conditions including Alzheimer’s – which is the most common form of dementia. Alzheimer’s is the second most feared diagnosis after cancer. There is no cure – just a handful of medications that may slow the inevitable, progressive decline. According to researchers some of the leading factors promoting Alzheimer’s disease are smoking, poor diet, lack of intellectual stimulation and physical inactivity.
The first recommendation on a recent report commissioned by the Alzheimer Society of Canada is to provide education to promote physical and mental exercise that can delay the onset of dementia. Mark Mattson, of the National Institute on Aging agrees: “Many of the same factors that can reduce our risk for cardiovascular disease and diabetes also reduce the risk for age-related neurodegenerative disorders.” Unfortunately our sedentary society is not even coming close to meeting the minimum requirements for brain health. Only 8% of men and 4% of women actively participate in a complete exercise program, which includes cardiovascular activity, strength training and flexibility.

For years the medical community, the government, and Registered Dietician’s have recognized the importance of nutrition in preventative medicine, but only recently has science and the medical community come to the common agreement that: Exercise is Medicine – a term coined by the American College of Sports Medicine and supported by medical doctors and the American College of Preventative Medicine in a book by the same name with the subtitle: A Clinician’s Guide to Exercise Prescription.

**Exercise is Medicine**

Exercise is like a miracle drug. It helps to prevent heart disease, stroke, diabetes, obesity, and even some cancers. It will make your bones stronger, improve your blood lipid profile (cholesterol and fats in the blood), increase your strength, and restore your balance. Exercise stimulates new blood vessel growth in your brain, heart, and skeletal muscle, increasing the amount of oxygen and nutrients to these areas. People with the least cognitive decline have three things in common: education, self-efficacy, and exercise.

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<tr>
<th>Develop Your Team’s Mental Muscle</th>
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<tr>
<td>-Start a lunch break walking group that walks for 20 – 30 minutes each day and provide incentives for participation</td>
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<td>-Purchase gym passes or massage gift certificates for staff as a holiday present</td>
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<td>-Have an active staff party (hire a dance instructor, rock climbing, partner yoga)</td>
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<td>-Consider an active retreat for your next staff professional development location</td>
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<td>-Have staff participate in a run/ walk or ride for a cause and train together</td>
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<td>-Bring in a trainer, physiotherapist, chiropractor or nutritionist for a lunch and learn</td>
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<td>-Set up a small workout area with a bike, ball and exercise bands</td>
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**Specific Benefits for the Dental Team**

In 2007, German researchers conducted a human study that tested participants on vocabulary words before and after exercise sessions. The rate of learning increased by 20 percent after exercise. Is that lunch hour walking group starting to sound like a better idea? In 2004 Kramer showed that aerobic exercisers performed better on a test of executive function. This includes the ability to correct errors, react to new situations and plan or make decisions. The Journal of the American Medical Association published results from the Nurse’s Health Study, which showed that women who were the most
active had a 20 percent lower chance of being cognitively impaired when tested on general intelligence and memory. Considering that women often make up a large part of the dental team, it pays to have your staff be more physically fit.

In 2004, researchers at Leeds Metropolitan University in England studied 210 participants who used their company’s gym for aerobics, weight training, or yoga classes during their lunch breaks. The workers demonstrated more productivity and reported they were better able to handle their workloads. They also felt less stress and fatigue in the afternoon. Henry Lodge, the coauthor of Younger Next Year, say that the chemical makeup of your blood will change for most of the day after you exercise. This positive chemical change promotes the regeneration of cells in the body and the brain. Who says that exercise can’t be a gift that keeps on giving? Can you imagine being alert and focussed – being aware of your patients responses to your treatment, and finishing that crown and bridge procedure right on time at the end of a long day? Your staff and patients will be thrilled!

Try a Brain Energizer for Your Next Huddle or Meeting

Quick Clap (sound and motion are stimulating for brain)
-clap once behind head
-clap once behind your back
-clap once in front of your chest
-repeat sequence 10 or more times as quickly as possible

In 2007, researchers at Columbia University showed increased blood flow to a part of the brain responsible for memory, after only three month of regular exercise. The participants also experienced faster reaction times – can you see yourself grabbing that temporary crown as it falls toward the floor? Exercise stimulates growth factor proteins, reports Carl Cottman, director of the Institute for Brain Aging and Dementia at the University of California, Irvine. His team found a direct link between cognitive function and movement. He showed that exercise increases brain-derived neurotrophic factor (BDNF), which is a chemical that helps to build and maintain the neuron connections in the brain. Neuroscientist Arthur Kramer did brain scans before and after six months of exercise intervention with 60 – 72 year old participants. A control group did a stretching routine while the exercise group performed three 1-hour cardio sessions per week. The amazing findings: the exercise group had frontal and temporal brain lobe volume increases!

Brain Fitness Prescription

Getting in optimal physical condition can increase your personal and professional productivity by up to 25 percent. Isn’t that a great reason to get in shape again? A good workout for brain health combines aerobic activity with a sport or activity that challenges the brain. I recommend activities like ballroom dancing, aerobic classes with choreography, and figure skating (by the way - there is no age limit on learning to skate). You can also perform moderate to vigorous cardiovascular activity before or after a yoga, ballet, Pilates, karate, or rock climbing session. Or combine aerobics with interval circuits.
of resistance training. More studies are needed to determine the best prescription to provide the ultimate brain benefits. And there is little known about resistance / weight training and brain health – scientists have yet to figure out how to get lab mice to lift weights!

“Exercise is the single most powerful tool you have to optimize your brain function...”
~Dr. John Ratey, MD, Harvard University

Bio: Who is Dr Odiatu?

Dr Uche Odiatu DMD is an NSCA Certified Personal Trainers and a co-authors of The Miracle of Health © 2009 (John Wiley & Sons) and Fit for the LOVE of It © 2002. Dr Odiatu is a practicing dentist in Toronto. The high energy presenter has lectured at the largest dental conferences in North America (ADA annual conventions, The Pankey Institute, Chicago Mid-Winter and AGD annual conventions) and has been a guest on over 300 TV (ABC’s 20/20 and Canada AM) and radio shows (KFAR Alaska to WGST Atlanta).

References:
Eating Well, Living Well: An Everyday Guide for Optimum Health (McClelland & Stewart 2009) by Richard Beliveau, Ph.D. & Denis Gingras, Ph.D.
In Full Bloom (Best Life Media 2008) by Ilchi Lee and Jessie Jones, Ph.D.
The Miracle of Health (Wiley 2009) by Kary and Uche Odiatu
The Okinawa Program (Three Rivers Press 2001) by B.J. Willcox, M.D., D. C. Willcox, Ph.D., and Makoto Suzuki, M.D.
SPARK: The Revolutionary New Science of Exercise and the Brain (Little, Brown and Company 2008) by John J. Ratey, M.D.
For the first time, scientists have coaxed the human brain into growing new nerve cells – simply by putting subjects on a three-month aerobic workout regimen.

~From Newsweek, March 26th, 2007

Aerobic exercise helps the heart pump more blood to the brain, along with the rest of the body. More blood means more oxygen, and thus better-nourished brain cells.

~Harvard Psychiatrist, John Ratey

Best selling book - Spark: The Revolutionary New Science of Exercise and the Brain

There is strong evidence that physical activity is associated with maintenance of dopamine – involved in motor control processes. This neurotransmitter is also important for learning new skills. And for fighting against depression. Early studies suggest that people who exercise at least a few times a week tend to develop Alzheimer’s less often and later than their more sedentary counterparts.


Regular exercise builds up the body’s levels of BDNF – a ‘Miracle-Gro for the brain’ that is critical for learning, memory and many other processes of higher thought.

~John Ratey, Harvard Psychiatrist

Increase your productivity: “Being fit will increase your personal effectiveness by 25%,” reports Dave Pachel Evans (owner of 100 gyms in Canada) at the national fitness conference for Canadian fitness professionals August 2005.

Almost 75% of the dental team experience pain and discomfort that can affect their work and home life (reported a physiotherapist at a lecture at PNDC Seattle July 2005). At least 80% of lower back pain can be alleviated with appropriate strength and flexibility exercises.

People who are physically fit seem to function more effectively than less physically active people on tasks involving intellectual demand. Such outcomes are particularly impressive in men and women in older age groups (i.e. 55 and older), who typically show some degree of cognitive decline in specific functions due to the aging process.” NSCA Essentials of Personal Training p 144. Human Kinetics 2004

A study showed that sedentary men showed decreased performance in reaction time as they aged and physically active men maintained their reaction time as they aged. Sherwood and Felder 1979. NSCA Essentials of Personal Training p 144. Human Kinetics 2004

Absenteeism and sick days plague all businesses. A fit employer or employee takes less sick days. Daily productivity (which concerns all dentists in private practice) is adversely affected by sick staff and a dentist who is too sick to work. Health care costs in America are at $13 billion - mainly stemming from health care insurance. Premiums increase by an average of 10% per year*. From Dr Sanjay Gupta's special report Fit Nation on CNN January 13th 2007.

www.FitSpeakers.com 1-416-558-1774 info@FitSpeakers.com
- Carl Cotman, director of the Institute for Brain Aging and Dementia at the University of California, Irvine did a long term aging study designed to see if the people whose minds hold up best share anything in common. Among those with the least cognitive decline over a four-year period, three factors turned up: education, self-efficacy, and exercise.

**Exercise increases blood flow to the brain** and stimulates:
- the growth of new brain cells
- new connections or synapses between cells
- new capillaries which distribute the nutrients in the blood

**-BDNF: Brain Derived Neurotrophic Factor**
BDNF is a hormone that increases with rigorous exercise. It improves the function of neurons, encourages their growth, and strengthens and protects them against the natural process of cell death.

In 2007 German researchers found that people **learn vocabulary words 20 percent faster following exercise than they did before exercise**, and that the rate of learning correlated directly with levels of BDNF.

-After six months of an aerobic exercise training program, the **brain volume of previously sedentary men and women aged 60 – 79 had increased**.
-2006 study by the University of Illinois researchers (published in the Journal of Gerontology)

-MRI’s have **shown larger hippocampus** (area in the brain essential for memory) in people who had better than average fitness.

-In 2004 a study showed that even walking could **improve executive functioning** – the ability to make decisions, correct errors, or react to new situations.

-“We know that older adults on average perform slower and less accurately on cognitive tests than younger people. But what we also see is that older individuals who are more fit perform to the point where they’re sometimes **no different from young adults.**”
~Charles Hillman, director of the Neurocognitive Kinesiology Laboratory at the University of Illinois at Urbana-Champaign.

-Arthur Kramer, University of Illinois – assigned people aged 60 – 80 to do aerobic exercise – mostly brisk walking three days a week for 45 minutes. After 6 months they found **increases in the volume of grey matter** in prefrontal, temporal, and parietal regions of the brain and the hippocampus.

-You can **decrease the risk of Alzheimer’s and Parkinson’s by about 50-60 percent** with regular exercise. Exercise helps to break down the sticky proteins in the brain that are linked to this disease

**EXERCISE IMPROVES LEARNING ON THREE LEVELS:**

- Optimizes your mind-set to improve alertness, attention, and motivation
- It prepares and encourages nerve cells to bind to one another, which is the cellular basis for logging in new information
- It spurs the development of new nerve cells from stem cells in the hippocampus
  ~Dr. John Ratey, SPARK
BRAIN FITNESS WORKOUT

Warm up
Modified sun salutations – focus on breathing. Bring awareness to breath to deepen
breath, allowing more oxygen to flow into lungs. This elicits a relaxation response
(stress reduction) in the body and helps to circulate more oxygenated blood to the
brain.

Body Opening Exercises
-to help keep you loose and relaxed, joints functioning properly
-Release tension from body

1) Bounce and Sweep
- visualization
- sweep stress out
-Feet shoulder width apart and parallel
-Backs of fingers under armpits
-sweep down the sides of your body as you bend your knees slightly
-repeat this movement 10 – 20 times in quick succession (bouncing rhythmic
motion)

2) Arm Fling –
-Release tension from body. Imagining that you have the loose, carefree body of a
child as you bounce.
-Relax shoulders and bend knees slightly
-Keep your feet planted on the floor beneath your shoulders as you swing your arms
back and forth.
-Bounce your knees to the rhythm of the movement
-repeat 20 or more times

Whole Body Tapping
-designed to improve circulation which is critical for delivering fresh, oxygenated
blood to your brain. Pat body and stimulate corresponding area in brain.
-Form fingers into a cup and lightly tap over your head and face.
-Stretch out left arm palm up and gently tap down and back up. Repeat to other arm.
-Pat your chest several times breathing deeply and exhaling completely. Move to your
ribs, abdomen, and sides. Pat the area just below the right rib cage, where your liver
is located, and concentrate on radiating positive, clear energy to the liver.
-Tap the area just below the left rib cage, where your stomach is located, and
concentrate on bringing healing energy to your stomach.
-Bend over slightly from the waist and pat your lower back where your kidneys are
located, and move up, tapping as far as your hands can reach. Then tap your way
down to your buttocks.
-Pat your way down the backs of your legs to your ankles.
-From ankles pat back up the front of your legs
-Now go down the sides of your leg
-Back up the insides of your legs
-lower abdomen about 20 times

**Pelvic Rotation**
-Hands on hips
-Rotate hips in a clockwise direction ten times, then a counter clockwise direction ten times.
-Try figure eights
-Try walking while rotating hips

**Eye Shifting**

-University of Toledo researchers found that if you move your eyes back and forth for twenty seconds, like a pickpocket looking for his next victim, you stimulate the frontal lobes of your brain, which are responsible for memory. The researchers call it visual ping-pong.

**Body Brain Coordination Exercises**

1) Opposite shoulder rotation

- Stretch your arms straight ahead with your palms facing each other
- Rotate one arm clockwise while rotating the other arm counter clockwise.
- Alternate direction and repeat.

2) Quick Clap (sound and motion are stimulating for brain)

- Clap once behind head
- Clap once behind your back
- Clap once in front of your chest
- Repeat sequence 10 or more times as quickly as possible

3) Spiral Dance (teacup or paper plate)

- Place a small paper pleat in your right hand (or imagine you are holding a teacup). Hold it on your palm, without using your fingers. Spread your legs shoulder width apart and keep your left hand on your hip.
- Slowly bend the arm inward under the armpit, keeping the palm upward with the plate balanced on it. Swing the arm upward and to the front and over the head, creating a spiral motion. Move the hips as needed to facilitate the movement.
- Return to the original position, using a downward spiral motion. Repeat 5 – 10 times.
- Switch to the left hand.
- Try both hands at the same time
CARDIOVASCULAR EXERCISE

Moderate-Intensity Exercise: You will have an increase in your breathing rate and heart rate. You may break a light sweat and you will still be able to talk.
Vigorous Exercise: You will sweat and notice that your heart is beating faster and you will have to catch your breath after only a few words

- In order to experience the best benefits to the brain you should perform moderate to intense physical activity at least 3 times per week for a minimum of 30 minutes. Try the Fit Formulas in – The Miracle of Health by Dr. Uche Odiatu and Kary Odiatu

Chakra Energizer
- Briskly shake hands in a “chopping motion” for several seconds at seven chakra centres in the body: root (pubic bone), pelvic region (lower abdomen), solar plexus, heart, throat, third eye (between eyes), crown (top of head)
- Hold hands a few inches apart directly in front of your chest and feel the “energy” or Ki. Move this energy to an area of your body that needs healing or support.
- Bring conscious awareness during waking moments to areas of the body in order to accelerate healing.

“To keep the body in good health is a duty…otherwise we shall not be able to keep the mind strong.” ~Buddha
RESOURCES

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WEBSITES:

www.InstituteforLifestyleMedicine.org
www.braingym.org

NEWSLETTER:

Mind, Mood and Memory Newsletter from Massachusetts General Hospital

BOOKS:

*The Miracle of Health* by Dr. Uche Odiatu & Kary Odiatu
Brian Gym for Business by Gail Dennison et al
*SPARK* by Dr. John Ratey

*The Okinawan Program* by B.J. Willcox, M.D., D. Craig Willcox, Ph.D., Makoto Suzuki, M.D.

*In Full Bloom* by Ilchi Lee and Jessie Jones, Ph.D.

*Get the Sugar Out* by Ann Louise Gittleman, PH.D., C.N.S.

*The Brain Wash* by Michelle Schoffro Cook

*YOU: The Owner’s Manual & YOU: Staying Young* by Dr. Roizen & Dr. Oz

**IMPORTANT NOTE:** Always obtain your doctor’s permission before beginning any exercise program or making changes to your diet or nutritional program.
WHAT IS YOUR NUMBER #1 “Mental Detox” QUESTION?

PRINT YOUR NAME CLEARLY HERE:

EMAIL ADDRESS (Please print clearly):

WHAT ADDITIONAL INFORMATION WOULD YOU LIKE TO HEAR ABOUT IN A FUTURE FITNESS SESSION?