



## 2012 Brain Injury Support Group Meeting Topics

*Providing knowledge and support for brain injured survivors and their families*

[www.MNBIF.org](http://www.MNBIF.org)

**January:** Brain Plasticity - The brain's ability to change \* [brainline.org](http://brainline.org)

**February:** Top 12 Brain Boosting Foods \* [Doctors Health Press](#)

**March:** Review Brain Boosting Food # 6 Apples (Apple Taste Testing)

Buzzed on inflammation \* [Brent Bauer](#), Editorial Board Member of [Mayo Clinic Health Letter](#)

The mineral choline could reduce brain swelling... \* [David Juan MD](#)

**April:** What can I do to improve my memory? \* [T.B.I. Survival Guide](#) Glen Johnson, Clinical Neuropsychologist, Memory: When Chemobrain Causes Forgetfulness, Confusion and Disorientation

\* [John Hopkins Health Alerts](#), Secrets to Remembering Anything \* [Dr. Oz Show](#)

Memory Loss: 7 tips to improve your memory \* [Mayo Clinic](#)

**May:** The Nootropics (Natural substances or chemicals that stimulate and help the brain)

The word "nootropic" is derived from a Greek word meaning "acting on the mind." Nootropics help the brain, increasing alertness and energy as well as intensifying memory and the ability to solve problems.

Vitamins, Minerals, Amino Acids and Herbs that enhance memory. \* [The New World of Vitality](#)

Medicine by [Steven Lamm, M.D.](#) Ginkgo biloba \* [Mayo Clinic](#)

**June:** Fatigue and Traumatic Brain Injury - \* TBI Model Systems

Tired of being Tired - overcoming chronic fatigue and low energy \* From a book by Michael Schmidt

More Energy! Natural Pick-Me-Ups \* from [Delicious Living](#) magazine January 2012

**July:** [Doctor Oz's 28 - Day Plan to Renew Your Body, Mind and Soul.](#)

How much water should you drink every day? \* [Mayo Clinic](#) Find a vitamin \* [WebMD](#)

**August:** Living with a Brain Injury \* [Brain Injury Association of America](#)

Five Steps to Safer Health Care \* [U.S. Department of Health & Human Services- AHA, AMA](#)

**September:** The Five Best Ways to Boost Your Brain & Protect your Brain with these Fruits.

\* by [Victor Marchione, M.D.](#) Learning to Remember \* [brainline.org](#)

**October:** L- Glutamine is a "Brain Fuel" It is the only compound besides glucose (blood sugar) that can be used by the BRAIN for energy. Research showed it could improve intelligence, give a lift when a person was fatigued and help control alcoholism, schizophrenia, and a craving for sweets. Nine out of ten

alcoholics reported after taking L-glutamine supplements, they had less desire to drink alcohol, less anxiety and slept better. Can it help a brain injury survivor? \* [Anti-Aging Nutrients for Our Brain --](#)

AGING without Growing OLD \* From a book by Judy Lindberg Mc Farland, Laura Mc Farland &

Douglas Mc Farland, M.D.

**November:** Stress Management: Identify your Sources of Stress, How to be happy: Tips for cultivating contentment \* [Mayo Clinic](#) The Top 10 Feel-Good Foods \* [Richard Foxx, MD](#)

**December:** Celebrate the birth of JESUS at the Christmas Parties!! How heavy is the cross you carry?

Never Give Up! Go over, Go under, Go around or Go through, But Never Give Up!

\* **Notice:** \* means the information is from the selected resource