



2013 Brain Injury Support Group Meeting Topics

Providing knowledge and support for brain injured survivors and their families www.MNBIF.org

February: Fatigue and Brain Injury [*TBI Model Systems](#) - The Brain Diet - End your Energy Crisis with **Vitamin B12!** - Daily Dose: **Magnesium** [*Dr. Oz](#) - "I was the picture of health until I had three strokes," said the star of Hercules (Kevin Sorbo) [*healthmonitornetwork.com](http://healthmonitornetwork.com) -2013 Goals/Expectations

March: Understanding TBI Part 2: Brain Areas and Associated Functions - "The brain is made up of 6 parts that can be injured in a head injury." - [TBI Model Systems](#) **Ginkgo biloba** [*Mayo Clinic.com](#)
6 Top Foods for Brain Health - Brain Foods That Fight Alzheimer's- [*Dr. Oz](#)

April: Memory Loss: 7 Tips to Improve your Memory - [*Mayo Clinic.com](#)- Secrets to Remembering Anything - [Deepak Chopras](#) Super Brain Secrets – America's Brain Health and Top News [*Dr. Oz](#)
Choline- A Nutrient That Powers Your Brain [*Dr. David Juan](#) - Naegleria infection is a rare and fatal brain infection caused by an amoeba found in freshwater lakes, rivers etc. [*Mayo Clinic.com](#)

May: "[The Rancho Los Amigos Levels of Cognitive Functioning](#) (RLCF) is one of the best and most widely used ways of describing recovery from brain injury." Brain scans and other tests are not always able to show the extent of the injury. [*TBI Model Systems](#) - Foods and Spices to Bolster Brain Health "Besides healthy brain foods, spices and herbs can protect our brain cells as well." [*Dr. Oz](#)
"Prevent Cancer and Alzheimer's:" **Turmeric**- [*Dr. Joseph Mercola](#)

June: Sleep after TBI [*Brainline.org](#) - WAKE UP! How Poor Sleep Hurts Your Brain - What to eat for Deep Sleep - Sleep Better Solutions for 5 Most Common Problems - Get Back to Sleep Plan [*Dr. Oz](#)
Sleep Tips: 7 steps to better sleep [*Mayo Clinic.com](#) **5- HTP - Nature Blessed Cherry Concentrate**

July: Anxiety- Learning To Relax after brain injury [*Dr. Douglas Mason](#).-- Dietary Supplements: What You Need to Know – [*National Institutes of Health](#) Dr. Oz's Ultimate Supplement Checklist – The Right (and Wrong) Way to Choose Nutritional Supplements [*Dr. Oz](#) **Co Q-10**

August: NO Meetings - No Meetings are held in August!! Members can plan a picnic!

September: What is an ABI? "Do you think technology is making our brains lazier? "We don't have to remember how to multiply because we have calculators on our cell phones!" - **Folic Acid** [*newhope360.com](#)
Top 10 Anti-Aging Herbs & Spices- Is Your Brain Aging Faster Than Your Body? **Omega-3's** [*Dr. Oz](#)

October: Concussion - [*Center for Disease Control](#) – 4 Week Plan to Happiness [*Dr. Andrew Weil](#)
Vitamin D Deep, Dark Depression is very common. Our mood is affected by neurotransmitters in the brain and can also be affected by the foods we eat. "Boost Your Brain Health with Food!" [*Dr. Oz](#)

November: Thank you Veterans / Heroes! Celebrate Christmas at our Christmas Parties!! Food! Prizes! MNBIF thanks the public for donating to our mission to support our local brain injured survivors!

December: No Meeting! Merry Christmas & Happy New Year! Contact Minnesota BIF with questions or any needed support!

Notice: Always Verify Meeting Site/Time-call 507-228-8161 cell 507-720-4480

Brain Injury upsets life: physical, psychological, social and even spiritual. < **Never Give Up Hope!** >
Accept and learn to carry your cross with courage! Be someone's prayer warrior! May God Bless!