

Your Amazing **Brain**

Keeping Your Brain Healthy, Wealthy And Wise

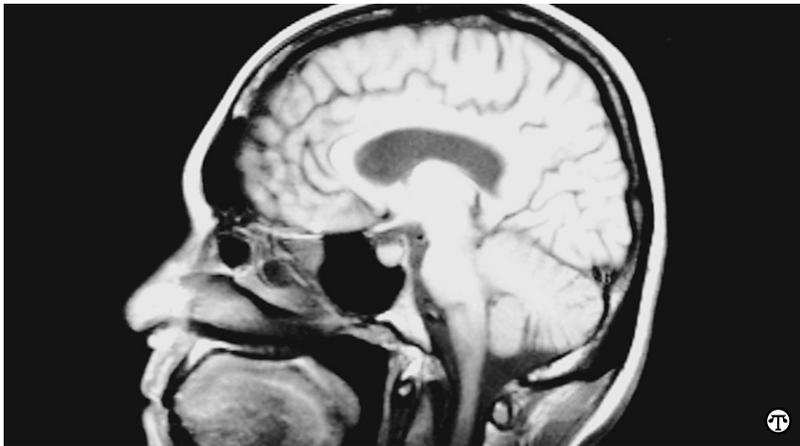
(NAPSA)—A solution to the devastating effects of tragic illnesses such as Alzheimer's disease may be on the horizon, according to one researcher. In a new book, clinical neuropsychologist Dr. Paul Nussbaum champions a proactive lifelong regimen for brain health to not only build a robust brain, but also to delay or even prevent neurodegenerative diseases.

An expert in neuroanatomy and human behavior, Dr. Nussbaum has more than 15 years experience in treating dementia and related disorders. Through his work and research, he has found that these ailments, often thought of as diseases of old age, really begin in childhood. Failure to actively exercise the brain creates the conditions for later brain debilitation, he says.

In his book, *Brain Health and Wellness* (Word Association Publishers, \$24.95), Dr. Nussbaum sets forth a program you can begin today to promote brain health. Although professionals can certainly learn from the research presented here, the book's real audience is the general public—the author uses examples and life experiences to show how we can adopt healthy brain habits in our daily lives.

In a presentation Dr. Nussbaum gave at a recent event sponsored by AARP and MetLife, he set out some things you can do right now to help maintain your brain:

- Exercise regularly. Physical



Maintaining brain health can be at least as important as maintaining body health over the long term.

activity is a primary component of a healthy lifestyle at any age.

- Reduce the overall calories you consume daily. Although these findings have yet to be replicated in humans, research suggests a leading factor for longevity in animals is calorie restriction.

- Develop your spirituality. Scientists are beginning to appreciate the value of prayer as a health-promoting behavior, and regular attendance at services may have more significance to our health than we understand.

- Maintain an active role in life and a sense of purpose. The usual concept of retirement as a time of idleness may not be optimal for a human brain that needs stimulation and novelty.

- Seek financial stability. Studies show that having money

late in life is strongly correlated with good mental health; remember, you're never too young or too old to start saving.

“By exercising your brain and practicing mental fitness you have a good chance of being happier and healthier throughout your life,” notes Dr. Nussbaum.

The MetLife Mature Market Institute and AARP have produced, in cooperation with Dr. Nussbaum, a free “Guide to Brain Health.” You can request a copy by writing to the MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT, 06880 or calling 203-221-6580; you can also get a copy online at www.maturemarketinstitute.com or e-mail maturemarketinstitute@metlife.com. To learn more about Dr. Nussbaum or his work, go to www.paulnussbaum.com.