Introduction to brain health and AI concerns

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They had to research everything themselves, they have to do all the work and produce the article and submit it. Then the other cohort got to use AI in the process.

It could do their research for them, it can do drafting for then, but they still were supposed to like edit and everything and then they submitted. The test was not about the quality of the output, the test is on the impact of brain while doing these behaviors, these functions.

And the result was the people using AI exclusively found, they found that their brain activity was a fraction of those people who were not using A. I. Right.

And that should be about all we need to have it tell us that we're not careful. We're going to. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain.

I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm. Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Well, welcome back to Take Back My Brain, where we dig deep and go inside your head and give you the tools to help you be the best version of yourself.

I'm your host, Laurie Hammer, and today's conversation I've been really, really looking forward to. My guest is Brian Green, who is the COO of Infinite Mind, which is an app that has helped over 2 million people strengthen their cognitive performance, through very scientifically validated brain exercises.

And so I can't wait to hear Brian's story. You know how I love working with the brain with a nutritional piece and we need to combine it with how do we strengthen our mind?

How do build those muscles in our brain? And, so, Brian, welcome to the podcast. Thank you very much for having me. It's nice to be here. Oh, it's fantastic.

So I've been playing around in your app a little bit. It's really fun. Yeah. Very, very fun, but I want to know, first of all, how did you develop this app?

I mean, you had a lot of diversity growing up and this feels very personal, like very soul oriented. I would love for you to share with the listeners how this happened.

Well, so I came on with yeah, 15 years ago. Our founder actually started with this ago. And our training methodology was started over 30 years ago in Japan.

So there's a lot of history here. Wow. That's really cool. In Japan, 30-years-old by the name of Kao Mura, he is a double PhD in education. He's very unique in japan because he has 10 children.

I mean, that's unique anywhere in the world. But in JAPAN, they generally have one to two children, And he had a very big family and he chose that for himself, but he also valued education clearly.

He has a double PhD and the culture of Japan is very education oriented. And so he was very concerned about

how do I help my kids perform the best when I can't give them my own personal attention as much as I would like.

And so this was right around the time that MRIs brain scans started becoming more prevalent. They were a newer technology at the. And he got really fascinated by that science and started looking at, well, what's happening in the brain when.

Welcome to Take Back My Brain

kids are learning when they're reading or when people are, you know, using their brains and, and started to learn a lot about that and applied that to the education process and said, well, if I could get more of the brain active when their learning, then it makes sense that they might be more effective at learning.

And so he devised this methodology and essentially what it does is combine reading training, speed reading, reading comprehension, vision therapy, cognitive performance, things like mental stimulation, like memory, focus, problem solving, rationale, reason, high, you know, mental function, exercises, all into kind of a proprietary method.

And so he developed that and he wanted to bring it to the United States. It just so happened that our founder here in the US met him at a time when he was trying to Our founder was in a position to be able to say i'm looking for a new venture i want something i can really believe in any found this.

No our founder had amblyopia as a child me i like. Okay. We caught it late and what they do when you have that special back then is they would cover one of your eyes to try and help the week i catch up.

But the car late in him so he is i is never really responded so is essentially technically blind in one is eyes. And so reading was painful for him. He never liked to do it, but he had a lot of success in business and it was very hard fought and hard won.

And, so when he found this training methodology and saw the impact that had in his own life.

Brian Green's background and Infinite Mind's origins

He said, this is the thing. This is next thing, because I've always wanted to be a breeder. I always want to know more about what's going on in my space or what going in business and all these different things.

It was a passion he wanted but really struggled with because of his limitations. So he started this company and they had a lot of success for many years.

And then 15 years ago, I came along. Now I struggled in education myself. Reading was really hard for me but math was hard from everything was kind of hard me i just i really had a hard time applying myself and knowing how to do it and i was in the public school system condition in situation where there wasn't a lot of nurturing happening in my.

I had a teacher who actually kind of pulled me in front of the classroom and mocked me for students and things like that. It was a bad experience. So I hated education for the longest time until I was in sixth grade.

My parents pulled my out of public education. They sent me someplace else because they just said, this isn't working. And for first time in 6th grade, I have a teachers who sat me down and said Brian, you're not dumb.

You're stupid. I know you think you are and I've been told that but it's not true. And I literally kind of laughed at her and I was like, I, why are we having this conversation?

Yeah, yes. Yeah. And you know, the sixth grader, you're just like I don't know what any of this even means. I just know I hate school and coming here is miserable.

Anyhow, so she said, You know you just need to learn how to learning. You need learn to enjoy the process of

learning so that your brain will engage with it.

And she opened my mind to read. Now, this would be long, long before I had ever had any sort of training like this. But even as a struggling student, learning to reading changed my life.

So down the road, as I have the opportunity to come into a company that was all about reading and all I just fell in love with it. And I've been, I guess I'd have been with for 15 years.

I love it, and I have an absolute passion for it and so when I came on and kind of came up through the ranks and got to the point that I'm at now in the company, it's time I talked to our CEO and our founder and said it is time for us to take this to next generation of users and that means that we need to have a mobile app.

We need be in a place where they consume technology. So my journey here in this company has been to build this into a mobile app, make it free for everyone who wants to at least get a taste and get started with it.

And then of course, we've got things like premium and stuff like that. But the CEO, our founder is so passionate that he said, let's put the whole thing, the basic training out there for free so that everybody can benefit.

And so, yeah, there is a lot of heart. There's a lots of soul. This is passion project as much as it is business. And that's the very condensed version of the company, my experience with the companies, why we're passionate about what we do.

It's changed everybody's lives in our company and everyone that we meet, that they put this in with, it really takes it seriously. They want us to improve their cognitive function.

it makes a difference. and it's hard not to be passionate that something that you actually watch make a different in people's life. Yeah, for sure, I'm so curious, can you, as we're talking about, because a lot of my people deal with mental fatigue, burnout, anxiety, they're overwhelmed, all those things.

And so as women, we are forgetting where our keys are, maybe word recall, and some of that is normal because your brain is so busy. You go into your room and still thinking about something from when you left the last room, then you can't remember what you went into that room for.

Some of it's normal. But how do we differentiate and be like, how I know I need to do something like infinite mind? Because there's so much talk about Alzheimer's and dementia, nobody wants that.

Can you kind of address that? Sometimes this stuff is going to happen, so don't freak out, but this is where you should start to work on your memory. Yeah, it's interesting because we're this interesting crossroads in human history where the importance of maintaining our cognitive and brain health is greater than it has ever been.

Because we spent so long trying to develop technology that would make life better for the next generation. that we've now developed technologies that are so capable of making life easy that they actually allow us to stop using our brains as much.

So not only do we have the challenges of things like aging and overwhelm and you know over sensory stimulation and input like mothers especially like you've got your kids climbing on you have that sensory all the time and there's never this moment for your brain to kind of reset or slow down or order its thoughts.

And so there is the conditional environmental piece of it that is very common, especially to mothers in the environment that they work in most of the times.

Even having jobs, they leave their jobs where they spend all their time working and then they come home and they don't get to like take a break. They come in and it's like, what's the longer, you know?

And, so, and so it is challenging just environmentally. Just like environmentally that's very hard and then we add to

that the fact that it is so relieving the relaxing to pick your phone up and scroll through social media or dissociate with the game and what that does is it.

It helps us divert our attention but it doesn't actually help us narrow our focus or expand our cognitive abilities and so. our brains are kind of cognitive, I'm going to say it this way, and I don't know if that's exactly the scientific way but cognitively contracted, meaning we're using them less and less to get by in life.

And so there is this inflection point where we are seeing that aging is becoming more and more challenging for the rising generations, people going basically through middle age and up into their aging years because the technology can do so much of it for us.

Right. But on top of that, there's still that environmental, you know, difficulty that we experience. And so the signal or the time to know like, when should I is should you exercise every day?

Should you make it a habit? Just do it anyway is what you're saying. Yeah. So, I mean, obviously, the clear signs for exercise are health issues, right?

And there are those kinds of markers as well, cognitively. I means, dementia, Alzheimer's, brain fog, you know, focus, memory issues. Those things become self-apparent.

They become It's like certain diseases that you can't detect until they're already pretty well progressed, right? Versus if you make certain lifestyle changes now, you have a better chance of avoiding some of it or prolonging your health, even if some people are genetically predisposed to things like Alzheimer's.

That is true. But at the same time, there's no reason you shouldn't exercise now. to avoid it or prolong its onset further down the road so that you maintain quality of life.

And in the case of cognitive issues, I mean literally like your identity, your who you are. You can lose those things as you age if you don't keep your brain healthy, vital and active.

But yes, we need to be consistent. And you were just talking about genetics.

Why cognitive training matters for burnout and aging

I think this is very valid. You know, We get worried because, you know grandma had dementia, mom had Dementia, auntie had dimentia or whatever. So we're like, does it run in families?

Yes, there's a genetic predisposition. just like heart disease. If you don't have those same lifestyles, and if you exercise, you eat right, if change your mindset, start speaking life over yourself, then those things don t shut up.

That genetic expression doesn't isn't going to affect you. It's the same thing with Alzheimer's and dementia. If we have the right habits established, then those things don't show up.

They're a lot less likely to be there. And so I love the fact that we've got a muscle training program for the brain that's easily accessible. Is this for all ages, Brian?

Yes. Yeah. So our program is suitable for anyone from about second grade where they've already learned the rules of reading. You know, the letter sounds, letter combinations, words, you know grammar.

We don't teach that. What we do is take you beyond that point. So if you've got the basics of education or the basis of reading down, excuse me, second grade and on.

so we have reading that's appropriate to those various reading levels. The system adapts itself to your performance and your capabilities. And so yeah, from second-grade on, everybody can and will benefit from this.

I love it. I was on the app and I just started it and they have you read the first article or whatever. And I actually was walking around the house while I reading it because I skimming it, and going to sit down to prepare for this interview.

Then I got down and took the test and missed two of them. This brings out your competitive nature. I'm like, no, I know that answer. I can't believe I got that one wrong.

So I feel like there's a competitive component in there, which was really fun because I remember in junior high, we had a reading program that did the same thing on the computer.

And it would test your reading speed. Everybody wanted to get to the 600s. As I was doing that, it had flashbacks. to junior high doing those things. That was really fun.

How does this affect people with traumatic brain injuries, concussions? That's a very interesting question. I don't get that question very often, but I do have a relevant story to it.

There are a few different situations that I've seen, that we've had experience with. The one that's the easiest to tell is about our founder's wife. She was out on a bike ride once and had an accident.

her handlebars and her helmet got pushed back. And she hit her forehead and just kind of rattled her brain as she skidded along on the road. It was a really horrible accident.

She had to have a bunch of surges and things to repair that. Things that were affected were short-term memory loss and that mental processing piece. We had received a message from a doctor.

I can't, we don't have permission to tell you exactly where he's from or things like that, but a prestigious hospital east of here. And he said, I've been using this with my TBI patients and I reduced their recovery time by half.

And we said, wow, that's crazy. So our founder said to his wife, why don't you use this program? We've had people tell us this is amazing. Why don' you do it?

And he'll tell you the story, but you know, he said yeah, suddenly she went from struggling with all of these things to having them come back more rapidly.

I mean, eventually these thing can comeback, But it's that same thing like exercise, you have it. training will help that and will ease that that, and facilitate that recovery.

And so she started doing it. Yeah, it improved, improved her cognitive performance. The reason for that is we haven't ourselves done a specific step. So we don't make a lot of direct claims around this, because we're very cautious.

We have really good science, we want to measure the water with science we have improving it, right. I think totally from personal experiences that we've had, our hypothesis is because what we do and we have documented is we activate the brain.

So basically, we increase blood flow to the brains and oxygenation in the brings so that your brain becomes more active. By doing that, We also do things that help to basically wire and fire the Brain to perform better and to process information more rapidly and through that exercise can aid in recovery.

It's an interesting story. We had another guy who was on our podcast not too long ago. He had a stroke, which is essentially a TBI in some sense. Right, I was just going to ask you about stroke.

So, yes. Yeah. His name is David Robinson. If you look our podcasts up, it is the most fascinating story, but he said, "I lost my ability to read. I couldn't drive. I couldn' think.

i couldn"t work. I had basically lost m life because of this stroke." He has a brain bleed and it was all going down into his brain and really messed him up.

How the app helps memory, focus, and recovery

And same thing, our founder was at a networking thing where this guy was trying to kind of piece his life back together, but he just wasn't functioning.

This was right after he'd had his stroke. And they were friends, they knew each other acquaintances from this thing. Our founder checked in and said, hey, how are you doing after your stroke?

He says, it's not that good. I just can't function, I've lost everything. So Jeff, is this his name? Our founders said well, why don't you get on our program?

I'll give it to you if you need me to. And so we sent it to him and this guy trained with it religiously every single day because he had lost his life.

I felt like he hadn't. What did he have to lose? So he trained every day and he'll tell you in that video if you watch it. He says, I credit you with giving me my life back.

I went from not being able to read to reading better than I did before I had my stroke. So we've had some really great anecdotal stories that really characterize the power of and the real impact, the Yeah, because a lot of times you do things like this.

I mean, you see apps sometimes, when you're on your phone, this will help your brain. And it's like, how many words can you find in this puzzle kind of stuff?

And they're fun games. Yes, they do make your brains work a little bit. But when do you feel like you walk away from that and go, I know this impacted my life?

Right. Whereas we have stories like these, TBIs and stroke recovery and just academic performance, all these different walks of life where people say, and I felt like my brain was working better.

So yeah, it's applicable in lots of places. I love it. How does AI play into all this? We were just talking about technology and taking over some cognitive function that we would normally do.

Is that a piece in all of this. Yeah, I recorded a podcast about this topic just recently. This is my take as the COO of Infinite Mind. I can't say that it's necessarily everybody's take, but this is certainly how I see the world.

Hey friend, just a quick break to remind you, if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it is real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. The technology's out of the bag.

We've let the cat out the back. It's not going, we're not gonna close Pandora's box. And it's powerful, and it not necessarily all bad. But without judicious use, without cognizant behaviors around our use of AI, We can surrender our cognitive abilities.

There's an interesting study that came out a while ago where they had two cohorts of people. One was assigned to write an article, like a news article.

without the assistance of AI. They had to research everything themselves, they had write it themselves. they have to do all the work and produce the article and submit it.

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The tests was on the impact of for the brain while doing these behaviors, these functions. And the result was the people using ai exclusively found they found that their brain activity was a fraction of those people who were not using AI right and That should be about all we need to have it tell us that, hey, we're not careful.

We're going to surrender our cognitive abilities. But the other piece, the outcome of that was they went back and they said, okay, well, what was your article about?

What did you tell? Like, give us some details from the articles. The people who wrote it themselves could tell you all about the topic and what they learned and wrote and the structure of it was all kinds of stuff.

People who used AI didn't remember what the article was on, let alone the details of. Yeah. So here we have this powerful tool that we've built. our goal is to make life better.

And we've maybe gone, the pendulum might have swung a little bit too far, I don't know, but here it is, we're here, right? And so the question is how do we use it carefully and be cognizant of its impact and say, this is where it's appropriate, But we can't surrender ourselves to it entirely.

So my take is we gotta be careful with it. It's not going anywhere. I think there are good places for it, We still need to be in charge of our own thoughts because if not, We're only going to become weaker.

We are only gonna lose cognitive ability. There's no like middle ground with this. You're advancing or you're regressing. It's just like the bargain. And so, you know, we need to be very careful with the technology because it's powerful and we know that we all have a sense that it is powerful.

But I don't know if we realize that could be life altering if were not careful of it. Yeah, I know I use it in business, you know, to help write things, and all those things.

And there was somebody commenting on a blog article the other day, my team will help me with that. I don't think I would have said any of this. It just didn't come out the way that I wanted it to come.

So we rewrote it and stuff like that, but it's just I don't know. I know it saves time, and I there's a lot of positive things you can use it for. So you could make it into what you want it to be, but I'm afraid that it will make us pretty lazy.

Yeah, I kind of miss the encyclopedias. Let's just be honest. Really want that. What if I had a set? I ran through it as a kid, oh my God, really want the Encyclopedia again.

I have a little set of encyclopedias just behind me there because I value that. We have our kids use it that way because it's important to learn that skill set.

If I am a problem or I'm a question, rather than just instantaneously going to the all-knowing Google or the All-Knowing AI, It's more valuable to learn the process of learning, to say, how do I formulate a question?

How do turn that into research? how Do I gain that knowledge for myself? I don't make that usable in my own life and apply it to something new and AI takes all of that out of the equation and it says I have a Question and you say well, I want to ask it and he says here's the answer All that thought process all that work all the learning that you could be doing is gone in that process Yeah It's such a challenge.

As we're, you know, talking through this with the TBIs and the strokes and do you have any anecdotals about people? I know late dementia, they wouldn't be able to probably use the app, but do have anecdotes about early dementia or anything to give people some?

AI, attention, and the risk of cognitive decline

Yes. Yeah. So we've had people writing to us and say, I use this product and now I'm finding that when I am In a conversation with someone, my brain stays in the conversation, whereas before it would start to drift.

Someone wasn't talking directly to me. The one story I'm thinking of, the person said, I was in a group setting, and we were having this conversation and they weren't taking to do me, but I found myself staying engaged in that moment.

where normally if someone wasn't talking directly to me, I would disengage from the conversation until it came back around to. And they said, and so I was not only aware of what they were talking about, but I'd been forming my own thoughts in the process.

So when it did actually come back out to, me I had something to say about it instead of, you know, looking down like, what? You know? I don't know if you've ever had that experienced, we've had people say, oh, fine.

I lose my keys less. which was an interesting one. But, you know, we also have people say, driving on the roads was getting hard for me because my reaction time was slower, even especially with road signs, like exit signs and the things on a freeway.

And now I feel like I can see the exit sign, prepare myself, get over, and get out of the lane of traffic and change. Those are all things that we're seeing as people just writing us testimonials, not studies, telling us how it's impacted their lives.

From scrolling so much, seeking that dopamine hit, It can, and yes, in some cases it has. Now, let me tell you why. In particular, the exercises themselves aren't exercise, right?

And so, a lot of people love the gym, but I would say they're a much smaller percentage of the people than those of us who go because we know we should be, so we're not saying, I've got a Saturday, Let's go to the Gym.

That's not what we do. This is very simpler in terms of an analogy, The power of what we do is we also unlock reading for people. It's not just about activating the brain, it's helping you learn how to read.

And when you gain a love of reading, that becomes the thing that draws you. As opposed to the hyper stimulation of our phones, now you're reading more, you go to books more.

I tell people, once you've read something that you enjoy, just do more of it. Because even fiction helps us create new thoughts and connect new ideas with old ideas.

And it helps to understand broader cultures, new ways of thinking, other people, and new languages. Reading can give us so, so much. When people use our product and capture that love of reading, then yes, it absolutely slows down and stops the scrolling.

But if we don't fight that habit, that addiction, which it can be, because it is literally The dopamine hit is an addictive chemical that our brain creates.

That's what literally makes drugs addictive. Yeah. Technology can do the same thing. So you have to choose it. You have choose. And if you choose, it becomes more and more easy to not go to your phone for entertainment or for release.

Yeah, absolutely. When I'm always teaching amino acid therapy and so we're supporting the brain and stopping the need for that dopamine hit. So if your catecholamines are supported, your GABA is supported those types of things, you're not seeking out your phone and then you can go and do these exercises and that just makes me so excited.

We can do it nutritionally and then we can, you know, expand your reading and your comprehension and you're engagement in life. And it just, that just gives me chills when I think about it, Brian, because it's such a simple thing and, your app is what, seven minutes a day?

Yes. Can you do more? Can do you it too much? Well, yeah, I mean, it you would have to do a little lot to it to much, but it is kind of like, for example, We have six sets of eye muscles around our actual eyeball, and that's what moves our eyes.

And our product, our training, utilizes those six set of muscles to help you make these extreme movements with your eyes, so you can't actually fatigue those muscles.

Your brain can actually, it feels like it's your brain, but it really kind of your eye is straining to work so hard and it is exercise. So in that way, yeah, you could do a little bit too much.

We have a lot of people who will do two, three exercise sessions in a day, so, you know, half an hour. Let's call it a half-an-hour of time. And great results out of it.

But there is this kind of a diminishing return. It's, the effective dose in seven minutes, it literally is like enough for you to do it, So, yeah, I mean, if you think about it this is how I talk to people about.

How many minutes do you spend on Instagram a Day? And they'll say, ah, don't know. If you get if you look on your phone generally will tell you how many minutes you spend and for most people it's 30 minutes more than that Take take 10 of those minutes out find yourself a quiet place Sometimes, you know, the only quiet places we can find is in the restroom.

That's what I was telling my mom You want alone time? Yeah. Yeah Yeah. But take a moment where you can be focused and do a little bit of exercise instead of strong.

Just that seven minutes can make the effective difference to literally increase your brain activity 1500%. I mean, that's what we're talking about. That's crazy.

Yes, when we talk about increasing your activity, we are literally talking 15 times more activity in the brain. I mean, there's so much fun about the brain science and getting into how the brains work, but that's what we're talking about, is changing the activity levels in your brain to levels you've just never before experienced, especially when reading and learning particularly.

But in general, because we are kind of creating cross-functionality, we were connecting more of these different disparate areas of the brainstorm to become more engaged simultaneously.

That trade-off for seven minutes of your time instead of what you already know you probably shouldn't spend as much of you time doing anyways is invaluable.

Reading, dopamine, and daily brain exercise

Okay, then. Yeah. Does this help kids with ADHD? Yes. I say that again with a qualified statement. We haven't done it. But we had an ADHD treatment center from Australia that used our product with the lot of their kids.

And they would come back year after year because they felt like it helped. Part of what makes learning hard for kids with ADHD is if it's not the subject they want to learn about, their brains just have a hard time engaging.

But then we tell them, take the subjects you're not that interested in and read about it. Study your textbook, like, you know, do a worksheet, focus. And that's how their brain is built to do.

Their brains are built very, very fast across a broad variety of things until they find the thing they need to, they and then they hyper, hyper focus, right?

And you can't extract them from that thing. But the problem is so much of school is not the thing they're going to pass. And then the way we learn to read is we start with one letter and we learned the sounds.

Then we combine that with two letters and learn letter combinations, then we go to syllables. All along the ways, we're sounding all of those words out, which is a fine way to learn read.

It really is. We never go beyond that and take our brains out of that mode. And so that creates this habit called sub vocalization. We hear ourselves speak as we read, or we literally have to mutter to ourselves under our breath.

I don't know if you've ever had like a document you'd been reading. Oh, yeah. Yeah. That's subvocalization and it's such a powerful habit that even if if your making no sounds at all, we all our vocal cords move when we re because we are so conditioned to sound words out and talk as we read.

But our brains, especially those ADHD kids, their brains are faster than that. They can do more, think more and comprehend more. And we have asked them to perform that function in a much slower way.

It's just too much. I mean, literally to the point of sometimes they'll just like, have you ever been reading a book, get to bottom of the page and realize, I know my eyes were looking at these letters.

But I don't remember anything. Yeah. That's because your brain is like well, what are we having for dinner tonight? And does the dog need to go out to bathroom?

When are my kids coming? What's the situation with the laundry? Do I have gas in the car? You thought about all of those things while your eyes are like.

That is so true, yeah. And so what we do is we can get you reading at the speed you think, not the speech you speak. You can think faster than you can speak, and with these ADHD kids especially, that is true.

So once we're getting the reading the same speed that they're thinking, suddenly they can stay engaged with it for longer. That's what we're assuming.

Again, can't wait to do studies on all of these things. We do as many as we can, but they're kind of expensive to, and so you have to find partners and things, But we get so many case studies coming back of people giving their testimonials.

Well, I couldn't study at all. And then I went to school on a scholarship after this, or I put a stain on rules. I could think through my day, lost track of everything.

My focus, my keys, then i started doing this program i start paying attention to the things that i could focus on suddenly my memory was back my focus was sharper i can think of things more clearly connect dots more easily and images goes all the way through every stage of life.

Activating your brain making more cognitively capable making it more engaged with the thing you're doing day to day. Is always gonna be healthy it's always going to be beneficial.

I love this, Brian. Man, this has been such a great conversation. If you could leave the audience with just one more thing, what would it be? I would say never underestimate the power of your brain.

And the reason I say that is we all know that we need to pay attention to this. We know we that need our kids to do well in school because that's going to change the trajectory of their lives.

Right. As parents, we all know we need to be at the peak of our games in our careers. We know that we have to give our kids our best when we're at home with them.

ADHD, lifelong brain training, and closing thoughts

And to do that requires brain power, but our tendency is to engage and turn on the TV or social media. It's not to get them to perform. And then we age, or we have parents who are aging, and we know if we could help them maintain their memory, if could them stay sharp, they will stay who they are for longer.

They will do what they love to do longer without the risk of losing themselves and their lifestyle to dementia, Alzheimer's, cognitive decline. And so all of this is underestimating the power of our brains.

If we engage with ourselves and say, what makes me the best that I can be? and we give ourselves seven minutes a day to do it, and then we apply the power we gain from that exercise into the things we love to and the thing that are meaningful in our lives, we're going to experience a whole new version of ourselves.

And that's your journey is unlocking, that is what you talk about. I've been on your website, I have been reading some fascinating stuff, but basically there's more to you than you're experiencing right now.

We just need to help you unlock that, right? So go holistic. Go holistic, don't just go, you know, the, nootropics and the nutrition and that, those types of things, but go into your physical exercise, go under your brain, give yourself the benefit of the doubt and apply yourself to these things and then see what unlocks for you and who you are and what you can become.

You have to be a part of that journey. Yeah, that is fantastic. I love that message because it has to be this holistic approach. And you can take back your brain.

That's why I have the podcast. You can Take Back Your Brain. you just have to do some of these basic things. and you're just talking seven minutes a day.

Yeah. that's right. Absolutely right That is Fantastic. Brian, thank you so much for sharing all this. I think I could talk all day, I would love to dive into science and all those kind of things, but probably just need to have you back on.

Love to. We'll have see if we can get you on ours sometime too. That would be fantastic. Well, thank you all for listening. I appreciate you so much. We want everybody to take back their brain so you can train your brain.

Everything that Brian talked about is going to be in the show notes, so make sure you check out Infinite Mind. And then what's the name of your podcast, Brian?

The Brain Lab. The Brain Lab, so make sure you go and subscribe to the Brain lab as well. And if you're a practitioner and you wanna learn about amino acid therapy to help your client to get results faster, I want to tell you about MindThrive.

It's my certification program built specifically for health practitioners who are ready to add amino-acid therapy, a very amazing, powerful tool into your practice so that you can help all your clients and your patients take back their brain.

That is in the show notes below as Thank you so much for being here. I love you. God bless you see you in the next episode. Thank you, bye bye. Thanks for listening to Take Back My Brain.

If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store. So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, It's powerful.