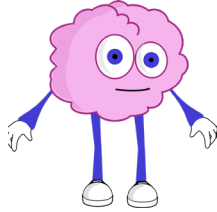


Hello Current Friends and Friends We Have Yet to Meet

We are continuously learning about the brain and want to share helpful tips with you each month to help you and your residents.

HELPFUL TIPS:

HEAD TAPPING




It has been proven that if you **tap on the top of your head** for at least two minutes or more, it stimulates the blood vessels in your brain and increases your oxygen level. This is like having a 15-minute power nap. Try, it really works, but it must be for two minutes or more.

I used it twice last week because I was binge watching *The White Lotus* and had 11 minutes left, so I tapped on top of my head, waking up my brain so I could stay awake. Same when I was driving home and getting tired; I used my less dominate right hand to tap (I was driving with my dominant left hand) and it woke me right up to make it home safely.



FINGER STRETCHING



If you want to stop taking arthritis medication despite having pain in your fingers it has been proven that if you **stretch your fingers as far as you possibly can 40 times a day** — 20 times in the morning and 20 times at night for at least two weeks you will notice a difference, and may find you do not need to take that arthritis medication for your fingers. Forty times a day keeps arthritis away. Of course, you must continue doing this daily if you don't want pain for the rest of your life.

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11 Drums



Great for your brain, body, and relaxation. Over 1,000 years old. Recommended twice per month. Try a session — you'll be glad you did.



STRETCH YOUR BODY



It is also recommended that you should **stretch out your body when you get up in the morning.** Have you ever watched a baby or an animal in the morning? The first thing they do is stretch out their body.



We stop stretching when we start going to school because our parents are rushing us out the door. These are a few simple exercises that we feel are so important to do that we have incorporated them into our lives.

Watch for our next monthly email with more helpful brain and body health tips.

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