

# The End of Mental Illness

How neuroscience is transforming psychiatry and helping prevent or reverse mood and anxiety disorders, addictions, PTSD, psychosis, personality disorders.

This book strives to eliminate the term *mental illness* and replace it with the term *brain health/mental health issues*, disregard an outdated diagnostic paradigm based solely on symptom clusters and replace it with a brain-centered paradigm based on symptoms plus neuroimaging & a personalized medical approach to brain/body health, and prevent or treat the 11 major **BRIGHT MINDS** risk factors that damage the brain and steal the mind.

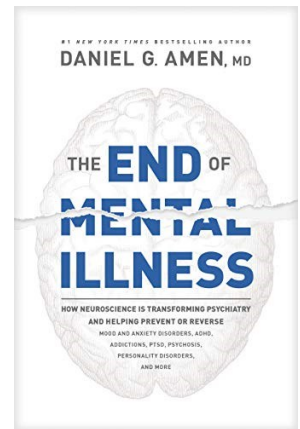
How to Create or Eliminate Mental Illness: A **BRIGHT MINDS** Approach

- **B** is for Blood Flow: Optimize the foundation of life
- **R** is for Retirement and Aging: When you stop learning, your brain starts dying
- **I** is for Inflammation: Quenching the fire within
- **G** is for Genetics: Know your vulnerabilities, but your history is not your destiny
- **H** is for Head Trauma: The silent epidemic that underlies many mental illnesses
- **T** is for Toxins: Detox your mind and body
  
- **M** is for Mind Storms: Soothing the abnormal electrical activity that drives mood swings, anxiety, and aggression
- **I** is for Immunity and Infections: Attacked from inside and out
- **N** is for Neurohormone Issues: Miracle grow for your mind
- **D** is for Diabesity: Reverse the epidemic that's destroying brains, minds, and bodies
- **S** is for Sleep: Wash your brain every night to have brighter days

Reimagining **mental** health as **brain** health changes everything.

In reframing this discussion:

- People see their problems as medical, not moral.
- It decreases stigma, shame, and guilt.
- It increases compassion and forgiveness from families.
- It is a more accurate description of the biology involved.
- It elevates hope.



**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.