

# "1 BRAIN 1 BODY"™

The Official Newsletter of "The Inle BrainFit Institute"®

## Important Dates

### \* Dr. Douyon's BrainFit™

\* October 2018

### \* Speaking Engagements

\* October 4th, 2018

\* City-As-School :  
Neuroscience of Learning

\* October 23rd, 2018

\* Brooklyn Tech Alumni Foundation:  
Who are you?

### \* Book Release

\* February 2019

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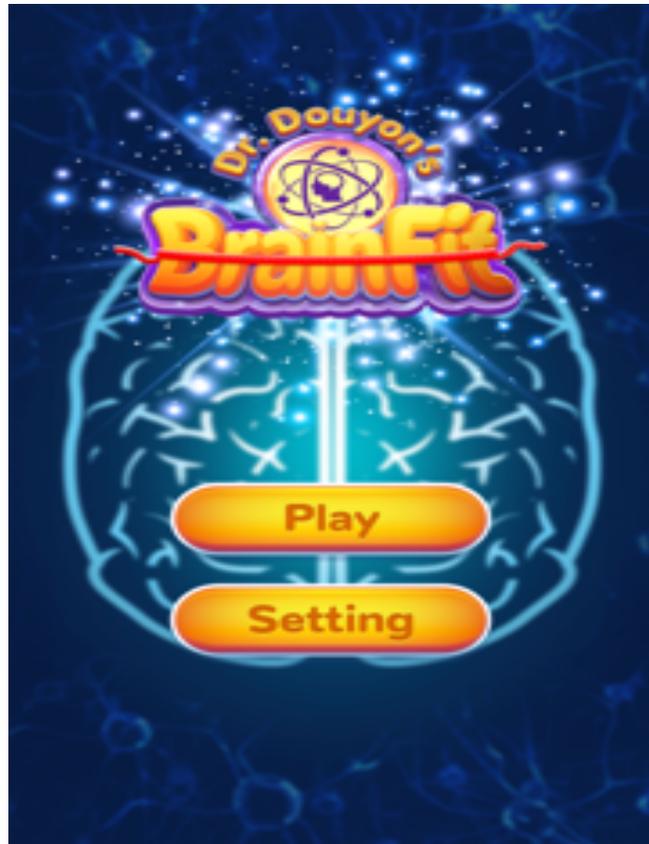
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## Future Topics

The Role of Technology In  
Medicine

Neuroplasticity

Diet/Exercise Tips



## Dr. Douyon's BrainFit™ App

**You're healthier when you know what it takes to be *BrainFit!***

Learn what it takes to keep your brain healthy. Learn about the impact that eating healthy and regular exercise has on your brain; how they can help prevent diseases and why they should be a major part of any treatment regimen.





## Noteworthy

On September 5<sup>th</sup>, 2018, Dr. Philippe Douyon spoke at McLean Hospital, a Harvard Medical School Affiliate. He presented his new app, **Dr. Douyon's BrainFit™**, at the Institute for Technology In Psychiatry meeting.

To a room of approximately 30 of his peers, Dr. Douyon discussed the role technology can play in preventing and managing chronic diseases and concluded the talk with images and a detailed explanation of his app, **Dr. Douyon's BrainFit™**.

## Facts

- 75% of our healthcare dollars are spent on chronic diseases.
- 4 modifiable health risk behaviors responsible for much of the illness, suffering, and early death we see:
  - Lack of physical activity
  - Poor nutrition
  - Tobacco use
  - Excessive alcohol consumption
- If we eliminate risk factors for chronic diseases 80% of all heart disease, stroke, and type 2 diabetes would be prevented and more than 40% of cancer cases would be prevented.

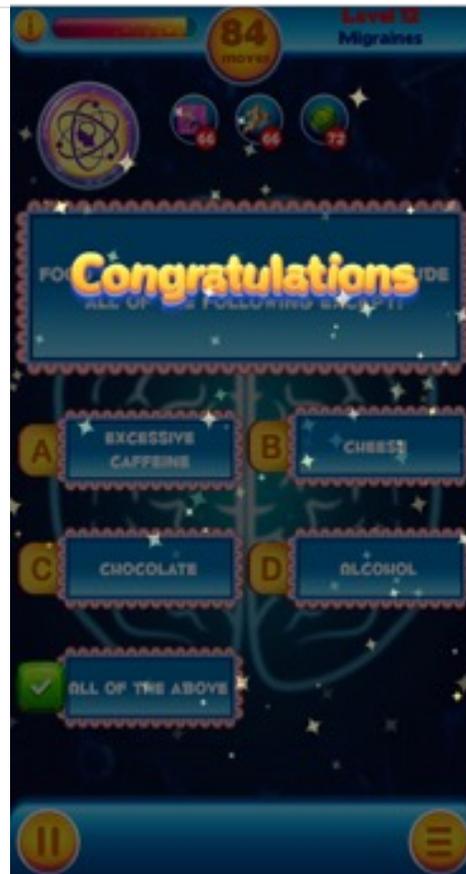
In **Dr. Douyon's BrainFit™**, each level represents a particular disease state, starting with a sedentary lifestyle, progressing to Alzheimer's Disease, and everything in between, including disorders that have a negative impact on the brain and those that are primarily brain diseases.

Move around and matchup three healthy activities and foods to decrease the inflammation associated with the disease state in that level.

As you get better and your brain gets more efficient at making matches, combinations of four or more are rewarded with clearing of a row or an electrical storm that rids the board of icons.

As matches are made and you progress through the level, answer questions relevant to that disease and boost your knowledge.

- **Dr. Douyon's BrainFit™** is an educational Medical/Neurology game that teaches about the impact that eating healthy and regular exercise has on the brain.
- **Dr. Douyon's BrainFit™** teaches about how regular exercise and good nutrition can help prevent diseases and why they should be a major part of any treatment regimen.
- **Dr. Douyon's BrainFit™** includes > 200 questions about various illnesses.
- **Dr. Douyon's BrainFit™** includes a health risk assessment to help us build better health and wellness programs.
- **Dr. Douyon's BrainFit™** is a free app. Available on iTunes and Google Play.
- **Dr. Douyon's BrainFit™** is designed to entertain, educate, and empower individuals and our communities at large.





# The Inle BrainFit Institute™

