



## HEALTH STYLES

Mind and body

Take care your mind and have a better life!



### MUSIC MOVES YOUR BRAIN AND CAN INCREASE YOUR PRODUCTIVITY;

Several studies point out the advantages of a good sound. However, you need to choose the trail carefully. The right soundtrack can change the mood in an environment, making people more excited or even sad. It is music that defines situations such as a wedding and even a graduation party.

AMONG THE BENEFITS OF A HANDPICKED SONG ARE THE STIMULATION OF MEMORY AND THE INCREASE IN BRAIN PERFORMANCE. BUT THE EFFECTS EXTEND TO MANY OTHER FACTORS. CHECK OUT SOME OF THEM.

- music improves your mood
- for work and study, prefer instrumental music.
- music improves your physical performance.
- tedious task? music can help you
- music can also spice up a romance
- pleasure and happiness (increased dopamine) when listening to your favorite music

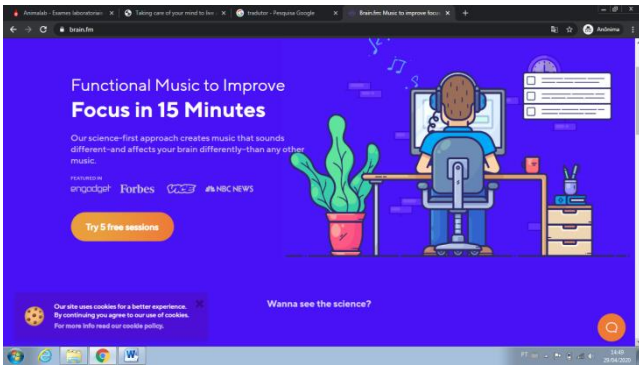
### TAKING CARE OF YOUR MIND; PRACTICE SELF-CARE!

We're used to take care our body every day but we usually forget how much is important to take care our brain too, mainly in stressful moments. Many people have adopted different methods to take care their minds. Doing some memory exercises, listening to music, practicing yoga, sports, intellectual games, reading and contact with nature have been good attitudes in reducing stress and for a healthier brain. In the face of so many options, some experts recommend: turn off and do some activity you enjoy.



## BRAIN.FM

### FUNCTIONAL MUSIC TO IMPROVE FOCUS IN 15 MINUTES



This site offer a new approach to music with a science team

“Music is usually made to grab your attention and express emotion. We create music with a new approach, starting with your needs and working from there. as a result, brain.fm sounds different—and affects your brain differently—than any other music. Just as the visual design of an office or bedroom should enhance its function, the music you listen to should support your goals as well. think of brain.fm as interior design for your mind!”

## MIND AND BODY

### Alternative treatments

### IRIDOLOGY



I came to this technique accidentally. I just couldn't get how the study of the iris could help me. I had an infection and two doctors didn't agree about the cause. An iridologist put an end to the discussion with his diagnosis. They say the eyes are the windows of our body's health and I believe so. Doctor may not like this technique and many of them think it's a fake, but it really worked with me. I recommend it if you're in doubt about your health problems.

### CHROMOTHERAPY

I had an interesting experience the other day. I had a strong headache a friend of mine offered to use Chromotherapy to heal my pain. I thought it was strange and wondered if it could really help me. Surprisingly my headache disappeared. My friend got a crystal attached to a colored lamp and approached it to different places of my body. She did it mainly on my head. It was fantastic. It might not have been conventional, but it had a good result in my case.



1- Answer according to their characteristics:

- (1) HOMEOPATHY
- (2) AROMATHERAPY
- (3) PHYTOTHERAPY

- ( ) The oil made from plants may heal your disease
- ( ) The substances cause symptoms similar to the disease
- ( ) It's a mixture of extracts of different plants
- ( ) The remedy is prepared by shaking the solution many times
- ( ) It was successfully used in war
- ( ) The climate affects the quality of the substance

2- Answer true or false. When false, correct it!

- ( ) Conventional drugs can cause less side effects than phytodrugs.
- ( ) Aromatherapy was created at the beginning of 20<sup>th</sup> century
- ( ) Homeopathic remedies follow international regulation and they are regulated under the same laws as allopathic drugs are.
- ( ) Modern pharmacology doesn't consider phytodrugs as serious remedies

Homeopathy is a form of alternative medicine created in 18<sup>th</sup> century by a German physician.