

HEALTH PRACTICES

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 performance.

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.



ACUPUNCTURE



MEDITATION



PILATES



YOGA



MASSAGE



CONTACT WITH NATURE

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



Allopathy (conventional)



Phytotherapy



homeopathy



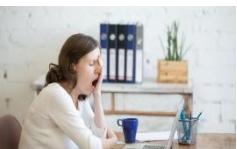
aromatherapy

- This an old practice which uses the vibration of colors to trat illnesse/disease. A colored lamp session approached to different places of the body can treat many disorders of the body. ()
- An alternative medicine. It was created in 1796 by Samuel Hahnemann. The substances cause symptoms similar to the disease. ()
- Usual system of medical practice which treats disease by the use of remedies which produce effects different from those produced by the disease under treatment. ()
- They are soltuions made of flowers that contain grain alcohol water and essencial oil. ()

What do you recommend?



I love working! I’m a typical workaholic. I probably might be diferente but I can’t control myself. I often work to do at home and I haven’t had vacation for two years. My Family life has been really tense but I think working is very exciting. Do you think there is anything I could do to change this behavior?



I’m Always sleepy and tired. I watch TV until late at night because it relaxes me from a hard day of work. On the following morning I usually feel awful,I my whole body hurts and it’s almost impossible to get up on time. So, I get late to work. I usually have a tough day and I don’t feel like doing anything else when I get home. I know I should do something about it but I don’t know what.



People say I'm very stressed , but I don't think so. They never understand what I tell them and I get annoyed , that's all. I know I lose my temper sometimes but it's natural, I guess it happens to everyone! I just hate repeating the same things many times, it drives me mad. A friend told me that I should drink less coffee, but I think this is nonsense. Anyway, I might try it one of these days.



I'm fat but I can't stop eating sweets. I could try to stop but I don't know if I can. I like all kinds of sweets but I prefer the creamy ones. They may be poisoning my health but I feel more relaxed after eating them. I don't think I should stop eating them. I'm sure there is something else I can do to keep healthy.