

Brain In Play's Parkinson's Disease Prototype



Brain In Play International is committed to make the brains/bodies of all individuals with Parkinson's Disease (PD) as high performing, symptom-free and disease-resistant as possible.

The first step features a *scientific brain wellness treatment initiative* targeting nonmotor symptoms, introducing several evidence-based brain wellness best practices initially focused on skilled exercise/fitness, nutrition and the 'relaxation response' to optimize the functioning, communication, preservation, growth and revascularization of brain cells – see diagram below. It's Brain Performance Enhancement (BPE) adapted to PD!

An inventive Activation Science and Cognitive Behavioral Therapy (CBT) activates and sustains success with **BPE's** brain wellness best practices - facilitated by outcome-oriented 1:1 therapy/coaching. Best practices also include stress management and sleep-hygiene, along with mood/cognition management, brain stimulation and socio-emotionally supportive activities - prescribed for a specific number and length of times per week. Indices measuring PD quality of life and motor/non-motor symptoms are tracked before, during and after treatment.

CBT coaching targets stress management, solidifying key relationships, developing vital routines and improving behavioral health – to best manage PD and prevent/limit coexisting medical illnesses. **PD's** medically necessary services are covered by medical insurances, including Medicare. This new PD medical/behavioral therapy is based on the latest neuroscience, complementing any patient's traditional treatment.

We provide patients/families 24/7 access to our new scientific body/brain-wellness App, facilitating new knowledge mastery and sustained adherence to our evidence-based brain-saving/enhancing behavior routines.

Scientific Brain Wellness Parkinson's Disease Treatment & Rehab



BE CHAMPIONS

- **B:** 'Breathing Relaxation Response'
- **E:** Exercise [Skilled]
- **C:** Cortisol Reduction
- **H:** Hydrate
- **A:** Alcohol & Drug Abstinence
- **M:** Mood Management (Low Dopamine = Biological Depression)
- **P:** Plan Success Routine(s)
- **I:** Inspiring External Brain Stimulation
- **O:** One Most Important Thing
- **N:** Nutrition – The MIND Diet
- **S:** Sleep Hygiene

+ LIFE PURPOSE