

Smart Life Forum

presents

John Gray, PhD.

*Creating the Brain Chemistry of Health,
Happiness, and Lasting Romance*

Thursday, April 19, 2007
at 7:00 PM
Cubberly Center, Room H1
4000 Middlefield Road
Palo Alto, CA

Future Speakers:

May 17: Raymond Francis, M.Sc., RNC, on his new book, "Never Be Fat Again"

June 21: James Wilson, ND, on "Adrenal Glands"

FMBR, Friday, 8pm, APR 27: Natalia Shareyko, M.D. with a degree in neurophysiology from the Institute of Biosensory Psychology, St. Petersburg, Russia is visiting the U.S. and will speak to FMBR. Dr. Shareyko will present a Russian methodology to expand consciousness by working with one's own energetic structures to enhance paranormal abilities and to heal. *See fmbbr.org for more information.*

Meet John Gray

John Gray, PhD. is the best-selling relationship author of all time. For more than 30 years, he has conducted public and private seminars for thousands of participants.

John Gray is the author of 16 books, including *Men Are from Mars, Women Are from Venus* (HarperCollins 1992), the number one best-selling book of the last decade. In the past ten years, over 30 million Mars and Venus books have been sold in over 40 languages throughout the world.

He is a Certified Family Therapist, Consulting Editor of the Family Journal, and a member of the Distinguished Advisory Board of the International Association of Marriage and Family Counselors. He received his doctorate in Psychology and Human Sexuality from Columbia Pacific University in 1982.

John Gray has authored 14 other best-selling books. His latest book, *The Mars & Venus Diet & Exercise Solution* (St. Martin's Press 2003), reveals why diet, exercise and communication skills combine to affect the production of healthy brain chemicals and how the need for those chemicals differ between men and women.

An internationally recognized expert in the fields of communication and relationships, John Gray's unique

focus is assisting men and women in understanding, respecting and appreciating their differences. In his highly acclaimed books, audiotapes and videotapes, as well as in his seminars, Dr. Gray entertains and inspires audiences with his practical insights and easy to use communication techniques that can be immediately applied to enrich relationships and the quality of life.

John Gray is a popular speaker on the national and international lecture circuit and often appears on television and radio programs to discuss his work. He has made guest appearances on such shows as *Oprah*, *Good Morning America*, *The Today Show*, *The CBS Morning Show*, *Live with Regis*, *The View*, *Politically Incorrect*, *Larry King Live*, *The Roseanne Show*, *CNN and Company*, and many others. He has been profiled in *USA Today*, *Newsweek*, *Time Magazine*, *TV Guide*, *People*, *Forbes*, and numerous other major publications across the United States.

Dr. Gray's nationally syndicated column reaches 30 million readers in many newspapers, including *The Atlanta Journal-Constitution*, *New York Daily News*, *New York Newsday*, *the Denver Post*, and *the San Antonio Express-News*. Internationally, the columns appear in publications in England, Canada, Mexico, Korea, and in Latin American and the South Pacific.

Main Presentation

He will be primarily discussing material presented in his latest book, *The Mars & Venus Diet & Exercise Solution*.

John Gray will explain the differences between the sexes and give practical, gender specific solutions for optimizing brain chemistry, diet, exercise, romance, and stress management. Combining these five realms of diet and health is critical, as each area impacts the others. Yet the answers for optimal health in each of these areas are not the same for males and females. Join John as he presents highly complex specific material in a simple way that can change your life.

Brain chemistry affects mood, energy, relationships and eating behavior. Excessive stress affects brain chemistry, communications skills and concentration abilities. Relationship problems put us more at risk for depression, stress related problems and overeating. Yet the answers for optimal health in each of these areas are not the same for men and women. **Males and females need their own solutions to balance brain chemistry.** John Gray will show how food and exercise affect men and women differently by discussing the issues below:

1. Did you know that the same diet plan may cause a woman to **gain** weight while a man will **lose** weight?
2. Did you know that a man's **diet** is primarily responsible for fatigue at the end of his work day and not how much he has worked?
3. Did you know that a woman's diet can contribute more significantly to her **feelings of fulfillment** than the behaviors of her partner?
4. Do you know the reasons **why women require more cuddling and affection** and **men require more sex** to experience healthy brain chemistry?
5. Do you know why more **men have the symptoms of low dopamine** and more **women have the symptoms of low serotonin**?
6. Do you know **why 90% the people who seek out counseling are women**.
7. Do you know **why 90% of the people in jail are men** or **why 90% of the children with ADD or ADHD are boys** and not girls.

8. Do you know **why women are four times more prone to seasonal depression** than men?
9. Do you know **why the same exercise program to assist a man in losing weight will inhibit weight loss in a woman** as well as produce food cravings?
10. Do you know **why certain food combinations will put a man to sleep but put a woman in the mood**.
11. Do you know **why skipping breakfast in the morning for a woman will not only contribute to depression but cause weight gain** but for a man it may create an endorphin high to be followed by low energy and overeating at the end of the work day?
12. Do you know the different reasons **why men and women become addicted to alcohol and drugs**?
13. Do you know **why male and female depression have completely different symptoms and different solutions**?
14. Do you know **why exercise in general is not good for obese women** to begin losing weight but is absolutely essential for obese men?
15. Do you know **why breakfast is the most important meal of the day** to produce the healthy brain chemistry responsible for health, happiness and lasting romance.
16. Did you know that **most people who take drugs like Prozac or children who are prescribed with drugs like Ritalin are not truly mentally ill or brain damaged but are just nutritionally deficient**.

Dr. Daniel Amen, author of *Change Your Brain Change Your Life*, and head of the Amen Clinics that do SPECT brain scan imaging, wrote the Foreword to Gray's book. He says that abnormal brain chemistry can negatively affect lives, and optimizing brain function significantly improved those lives. Dr. Amen uses these images to help understand people who struggle with emotional, behavioral, or learning problems. He says that his work is based on a set of simple principles similar to those presented by John Gray. (There was a presentation on SPECT imaging to Smart Life Forum by Dr. Klindt in December 2002). In Dr. Amen's clinics as in John Gray's book, they recommend a wide variety of treatments to optimize brain and life function. Many supplements work by balancing brain function. Dr.

Amen also recommends dietary changes saying that food is medicine.

Studies have shown that exercise boosts blood flow to the brain, enhancing cognitive abilities, even in the elderly. Exercise also increases serotonin availability in the brain. Serotonin is one of the major mood neurotransmitters in the brain and helps us be flexible and happy.

Romance and relationships are also critical to brain health. In a landmark study on interpersonal psychotherapy (IPT), which teaches people how to improve their relationships, the benefits go all the way to the brain. According to Dr. Amen, brain SPECT studies showed that the function of brain areas critical to mood regulation can return to normal after a short course in IPT.

Stress management also protects the brain. Exposure to stress hormones has recently been shown to disrupt cells in one of the major memory centers of the brain, the hippocampus. The more stress one is under, the worse one's memory and temper. Learning new ways to deal with stress and overcome it are critical to brain health.

John Gray has gathered cutting edge information from distinguished brain experts, like Dr. Amen, on the chemistry of the brain research directed at helping the mentally ill. He has derived practical insights from this research that can affect all areas of life. Many people today display certain mild symptoms that mirror the more severe symptoms of the mentally disturbed.

Many therapists, counselors and teachers are experts in the day-to-day concerns of stress management, but they are not experts in weight management, health or diet. They are not aware of how nutrition affects our mental health, which in turn affects weight gain or loss. Many teachers and programs are teaching relaxation techniques and meditation, but may not be familiar with how exercise and diet contribute to our state of mind as well as our ability to cope with stress.

Too often, people join a Twelve Step program and succeed in giving up one addiction only to replace it with another. Also, current diet plans say little about stimulating the correct brain chemicals to achieve optimum health and weight management. While many of the insights and tools have taken John Gray thirty years to test and develop with thousands of clients. It was not until 2002 that the whole picture became clear to him with the added understanding of activated amino acid supplementation for establishing correct brain balance. With this newly discovered piece of the puzzle plus

exercise, the benefits of all other proven techniques exploded exponentially.

Once he discovered the symptoms of nutritional deficiency and imbalance in brain chemistry, he realized that every person he ever met counseled, or read about fits the description. In his career, he has met, counseled, or talked to about a million people, including his seminars. Therefore, he says everyone can benefit from this message. In addition to nutritional deficiency, some people suffer from brain trauma, birth defects, or the results of extreme abuse of the body from drugs, nutritional deficiency, or the side effects of modern medicine. These conditions may inhibit some of the immediate effects of the program.

Dopamine is a chemical in the brain that gives us energy and motivation. Serotonin is another chemical in the brain that relaxes us and helps us to remember everything is going to be all right. These important brain chemicals are produced from specific acids contained in the proteins we eat.

By increasing serotonin production in women and dopamine production in men, we are much more capable of applying all the good communication skills we have learned to support the people we love most. Since men and women process the amino acids they eat in their proteins differently, the end result of a nutritionally deficient diet is that men often have a dopamine deficiency and woman a serotonin deficiency. Thus men seek out behaviors that stimulate production of dopamine, like sports, action movies, and dangerous activities. The comfort and security of relationships stimulates serotonin. Men don't think of relationships as much as women do because men generally have more serotonin. Men's brains actually synthesize serotonin 52 percent faster than women's brains and can store twice as much as well.

Low levels of serotonin create a health crisis for women just as low levels of dopamine create a health crisis for men. Low levels of serotonin are associated with over giving in relationships, food cravings and depression. Serotonin is primarily produced in the morning. By adding a healthy exercise and breakfast routine, women can produce plenty of serotonin every day. For both men and women, however, a healthy diet and exercise program on its own is not enough to create the brain chemistry of health, happiness and lasting romance. It only provides the potential for creating healthy brain chemistry. But it takes better communication in our relationships to stimulate that potential. One program without the other is ineffective; they are completely interdependent.

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and after this month's meeting here
(and add your own!):

<http://SmartLifeForum.org/2007/04>

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