

# Visit With the Utays

December 2008

*School Psychology and Education Specialists*



**D**r. **Joe Utay**, Director of Counseling and Evaluation Services for Total Learning Centers and former professor for Indiana University of Pennsylvania's Department of Counseling, is a graduate of University of Pittsburgh, a school psychologist, marriage and family therapist, author, national speaker, and father.

**D**r. **Carol Utay** is Executive Director of Total Learning Centers. She is also a graduate of University of Pittsburgh and an expert in learning and special education. "Dr. Carol" has experience as a principal, Orton-Gillingham reading therapist, teacher, consultant, national speaker, professor, author, and mother. She is a national Athena Award winner for community service.

## The 6 Best Ways to Improve Your Brain at Any Age

Dear Drs. Utay,  
In the middle of 5 weeks of Cogmed I can already see a big boost in my memory. I was skeptical, but now that I see it is possible, even at my age, to improve the efficiency of the brain, I'm wondering what else I can do to enhance my, my children's, as well as my mother's brains' day-to-day effectiveness.

Sincerely, Enjoying my Improved Brain and Wanting More

Dear Enjoying and Wanting More,  
It IS possible to significantly develop the brain power of not just children and young adults, but also those middle aged and even seniors who want to regain and further develop their memory and other brain functions. **These habits grow new brain cells and connections and reconnect older disconnected brain pathways:**

- 1) **Push Your Brain:** Having stimulating thoughts and conversations is not enough. As you've personally discovered, computer-based brain-developing programs like Cogmed, by not letting you get away mental slacking, can make your memory years younger and stronger in just 5 weeks.
- 2) **Get Enough Sleep:** Sleep gives your brain a chance to heal and grow through properly storing, integrating and making sense out of what was learned and experienced (good and bad) during the day. Getting enough sleep decelerates the death of brain cells.
- 3) **Exercise:** Doing practically ANY form of exercise enhances virtually all aspects of mental, not just physical, health.
- 4) **Eat Just Enough:** Not over or under eating keeps brain arteries loose leading to increased mental power.

- 5) **Minimize Sugar:** Less sugar enhances absorption of protein and other nutrients causing better nutrition, thus improving brain effectiveness.
- 6) **Learn then Practice Mindfulness:** Relaxed yet focused nonjudgmental awareness leads to measurable positive changes in the way the brain operates. If you do not yet practice Mindfulness, call Total Learning Centers about an enjoyable 12-session program for children through adults.

There is much more information to share! So, Dr. Carol Utay will hold a free informational update on how to keep the brain healthy (yours, your children's, parent's, and grandparent's) on Thursday January 15<sup>th</sup>, 2009 at 7:00 pm. Please RSVP at [success@totallearningcenter.com](mailto:success@totallearningcenter.com) or leave a message 24 hours a day on Dr. Carol's voice mail at 724-940-1084. Bring a friend. Everyone who attends receives a certificate for discounted services for using Cogmed as distance learning to drastically improve memory at any age. **Whether by changing habits or participating in a program using your own home computer, doing SOMETHING to maximize the power of the only brain you will ever have, will go a long way in helping you prepare today for success tomorrow.**

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