

Brain-based Eating, Exercising and Sleep - Brain Resource Webinar this Friday 27th January 2012

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By Dr Evian Gordon Chairman & CEO Brain Resource

24
January 2012

The next Brain Resource Webinar, Brain-based Eating, Exercising and Sleep will be held this Friday 27th January 2012 at 1300 ADST Australian time.

Hosted by Dr. Evian Gordon, Chairman and CEO of Brain Resource, this 10 minute Webinar focuses on the following:

A) It is not only "What" you eat that matters (the right protein-carb-fat balance), but "Why" (Stress) and "When" (best every 3 hours).

B) Exercise with "Interval Training" (Regular interspersed with Intense brief periods of Exercise) to maximize the benefit to your Brain and Wellbeing.

C) Sleep:
PRIORITIZE 1 Thing above all = no brain activation (light; TV; Computer) 30 minutes before sleep: Your "Sleep Master Clock" WILL switch you off. Experience the huge next day wellbeing and performance benefits of "natural sleep".

This Webinar is part of a weekly series about how you can:

Know your brain and Train your new brain habits.

To join the webinar at the following times, please follow the link below.

26
January 18:00 Hours PST USA / 26
January 21:00 Hours EST - USA

<http://brainresource.adobeconnect.com/exercise/>

To view aired Webinars on Stress Reduction, Positivity, Memory, Focus, Emotion, Feelings, Zone and Relationships or for details on upcoming Webinars visit <http://www.BrainResource.com/Webinars>

About Brain Resource

Brain Resource (OTC: BRRZY, ASX: BRC) translates new findings about the brain into engaging products for consumers, employers and clinicians to improve cognition and brain function. With offices in Sydney and San Francisco, and agents in Europe and Israel, the company is underpinned by an international consortium of scientists and clinicians that bring together all aspects about the brain that are usually assessed independently. For more information, please visit www.brainresource.com

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