

Read This

## Super Brain:

Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being



**A manual for relating to the brain in a revolutionary new way, *Super Brain* (Harmony Books, November 2012) shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth.**

The authors are pioneers in health and healing: bestselling author and Chopra Center founder Deepak Chopra, M.D., and Harvard Medical School professor Rudolph E. Tanzi, one of the world's foremost experts on the causes of Alzheimer's disease. They have merged their wisdom and expertise to offer a bold new understanding of the "three-pound universe" and its untapped potential.

"We are living in a golden age for brain research," declares Chopra, "and there is now abundant data showing that nothing holds more power over the brain than the mind. Through practices such as mindfulness, intention, and meditation, and by creating an ideal lifestyle for a healthy brain, we can create new neural pathways that will help us overcome common challenges such as memory loss, depression, anxiety, and obesity—and experience greater health, happiness, creativity, and fulfillment."

## Orthopedic Laser Institute



As the president of The Orthopedic Laser Institute, Dr. Michelle Binkowski, DC provides diagnosis and treatment for musculoskeletal, spinal, extremities and joint dysfunction disorders. She has developed laser treatments and protocols that have achieved high recognition for eliminating pain and creating amazing healing results. Dr. Binkowski states "We take time to gain a comprehensive understanding of your health needs and we are relentless in our pursuit of positive outcomes. That is why we say "Expect Miracles."

**Dr. Michelle Binkowski, DC**  
848 2nd Street, Encinitas, CA 92024  
OrthoLasers.com | 760-436.HEAL (4325)

## Allergy and Acupuncture Center



DR. ROYA NIKZAD has been recognized as a leading practitioner of integrative medicine and acupuncture for over 15 years. She utilizes a personalized comprehensive approach to healthcare with a focus on complex conditions as well as allergy elimination and pain management. Her compassion, vast knowledge and extensive experience have led her to successfully care for countless patients throughout her clinical career.

**Dr. Roya Nikzad, Ph.D., L.Ac.**  
8950 Villa La Jolla Drive, Suite C-117, La Jolla, CA 92037  
empowerhealing.com | 858.202.0322