

HEALING THE HUMAN BRAIN

by

Scott Warrick, JD, MLHR, CEQC, SPHR

HR Consulting, Employment Law & Training Services

(614) 367-0842: Office ♣ (614) 738-8317: Cell

www.scottwarrick.com

Do you have “**crazy**” people in your organization? If you employ Americans, then you probably do.

What percentage of your employees are on psychotropic medications? Do you have employees who are depressed? Do you have employees who get angry over the smallest things or are offended over nothing?

Getting your employees to adopt healthy brain habits is **CRITICAL** to having a productive workforce.

In this session, you will learn what we all need to do to repair and care for our brains.

BRAIN REPAIR AND CARE

- How do our soldiers get PTSD?
- How will **CHRONIC DISTRESS** cause serious damage to your brain, resulting in such conditions as short term memory loss, depression, anxiety, PTSD and so on?
- How do **NUCLEAR SPECT SCANS** work and what role do they can play in diagnosing and treating mental impairments?
- How can you enable your brain to actually repair itself, which is the neuroscience of “**Neurogenesis**” and “**Neuroplasticity**”?
- Why are **Omega 3s** referred to as “**Essential Elements**” and what do they actually do in the human brain?
- How is McDonalds killing us and driving us crazy?
- The role do supplements, or **VITAMINS** and **MINERALS**, play in maintaining brain health ... and how will you know which supplements to take and which ones to avoid?
- How does **SLEEP** and **WATER** repair our brain?
- How “**BDNF**” helps to grow new neurons and repair your brain ... and how you can get more of it.
- How your **PETS** and **HOBBIES** can be a great investment in your own mental health.
- What you need to do to protect yourself **PERSONALLY**.

...and **MUCH, MUCH** more...

Join Scott as he outlines how you can regain your life and your organization by building a better brain. Scott will not only outline these processes for you in his own unique, practical, entertaining and humorous style, but he will show you how to use this information **IMMEDIATELY!**

There is simply no other session like this!

Scott's Story

In 2008, Scott had his own brain scanned and was diagnosed with Post Traumatic Stress Disorder. For the next three years, Scott changed his lifestyle entirely in order to repair those damaged areas of his own brain. When Scott had his follow up scan in 2011, it showed that his PTSD was almost completely eradicated, giving him empirical and direct evidence of his progress. In short, his PTSD had been cured.

As Scott likes to say: **I used to be crazy ... but I'm not now.**

Today's Scott's entire family lives a lifestyle dedicated to brain care based entirely on the principles of "**Social Epigenetics**," "**Neurogenesis**," and "**Neuroplasticity**."

In this session, you will learn what we all need to do to repair and care for our brains.



Scott Warrick, JD, MLHR, CEQC, SPHR

Scott Warrick's Consulting & Employment Law Services

(614) 367-0842 Office ♣ (614) 738-8317 Cell

www.scottwarrick.com

Link Up With Scott On [LinkedIn](#)

One of Business First Magazine's "20 People To Know In HR"

CEO Magazine's 2008 Human Resources "Superstar"

Nationally Certified Emotional Intelligence Counselor

[Scott Trains Managers and Employees ON-SITE in over 40 topics](#)

Scott Warrick specializes in working with organizations to *prevent* employment law problems from happening while improving employee relations. Scott uses his unique background of **LAW** and **HUMAN RESOURCES** to help organizations get where they want to go.

Scott's academic background and awards include:

- Capital University College of Law (Class Valedictorian (1st out of 233))
- Master of Labor & Human Resources and B.A. in Organizational Communication: The Ohio State University
- The Human Resource Association of Central Ohio's Linda Kerns Award for Outstanding Creativity in the Field of Human Resource Management and the Ohio State Human Resource Council's David Prize for Creativity in Human Resource Management

For more information on Scott, just go to www.scottwarrick.com