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#AKACONFERENCE2019

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BOOST YOUR BRAIN ~ PARTS 1 AND 2

PART 1 - BOOST YOUR BRAIN

Most people work on building up and boosting their financial assets. But how many people work on building up and boosting their greatest asset: their brain?

The emerging field of neuroplasticity has shown that the brain can change its own structure and function. It can grow new cells, new connections and new circuits in response to what we do, what we think and how we behave.

We are more than passive victims of our genes: we play an active role in how our brains develop throughout our lives. However most of us are yet to realise the enormous personal power this gives us.

For the brain to stay healthy and operate at its best, we need the right stimulation, challenge, nutrition and reward. Most importantly, we need to take charge of our thinking because our thoughts play an integral role in wiring our brains for optimal performance.

This presentation distils the essence of the neuroplastic revolution and gives immediately implementable, practical suggestions to improve the functioning of our brain. By applying this knowledge, we can:

1. Sharpen our thinking
2. Improve concentration, memory, learning and problem solving
3. Perform at our peak on a daily basis
4. Expand our creativity and tap into brain potential we never knew we had
5. Achieve far more than we ever thought possible

PART 2 - CLINICAL APPLICATIONS OF NEUROPLASTICITY

How can health professionals apply neuroplasticity to healing? In other words, how can we teach patients and clients to use their brain to heal their body?

The first step to better health is to change the language of medicine from the vocabulary of war to the language of love. Instead of talking about 'fighting the infection', 'battling against cancer' and 'struggling with weight loss', we need to speak in terms of caring for the body, listening to our needs and feeding our spirit. In war there are always casualties, whether the battle is won or lost. The same applies when we fight our bodies – even if it's in the name of cure. Change your language and you'll change your life.

The second step is to regard disease as a doorway rather than a defect. Our brain then immediately asks: 'A doorway to what?' and this puts us on the path of healing. Our intentions - both conscious and unconscious - determine our wellbeing.

This session shows health professionals how to:

1. Empower people to look for the door that has opened rather than remain trapped behind the door that has closed.
2. Unlock the body's intrinsic capacity to heal

Please note this is a lecture only. No topic paper will be included in the conference journal therefore attendance is strongly recommended.

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Dr Helena Popovic is a medical doctor, leading authority on how to improve brain function, bestselling author and international speaker.

She graduated from the University of Sydney and her philosophy is that education is more powerful than medication.

Helena shows people how to boost their brain, turn stress into success and come alive and thrive.

Her two books are: *In Search of My Father* and *NeuroSlimming*. She believes in slow ageing despite fast living.

Promoting vibrant physical and mental health is not just her profession, it is her passion, her purpose and her personal way of life. She shared her mother's journey with lung cancer and now her father's adventure with dementia. She speaks from a personal and professional perspective.