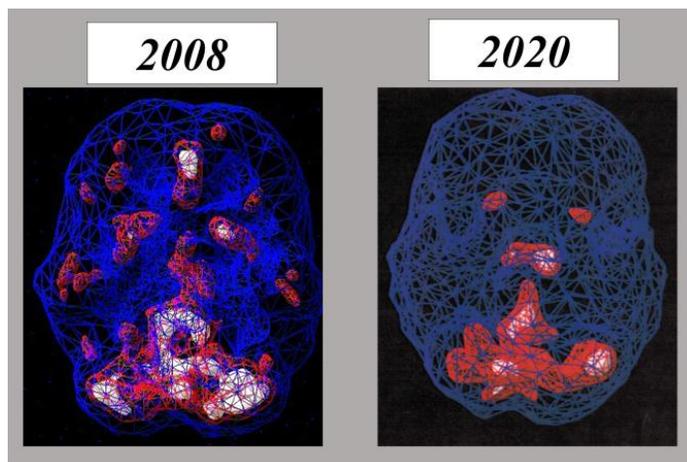


STRESS & HEALING THE HUMAN BRAIN

*The HIGHEST RATED Program in
The History of the Annual Ohio Employee Health & Wellness Conference*



Based on Scott and Michael's upcoming book, *Healing The Human Brain*

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There is simply no other session like this!

Scott and Michael's Story

Scott's son, Michael, was born with Asperger's Autism. Traditional psychiatric care was not helpful, even though they sought the best care the medical profession could offer at that time. Scott and his wife, Lisa, were told that Michael might not be able to attend a mainstream high school. They were also told that he probably would never go to college.

Devastated by this news, Scott's looked for better answers. In 2006, Scott took his Michael, who was 12 years old at the time, to the Amen Clinics for a nuclear SPECT scan. The scan revealed many problems that needed to be addressed. Scott also learned that the human brain could be "rewired" and improved. Across the next two years, Scott researched everything he could about the "new age" of neuroscience. He changed Michael's diet, exercise routine, he added new therapies to rewire Michael's brain.

In 2008, Michael and Scott returned to the Amen Clinics for a follow up scan. Michael's brain showed about a 25% improvement. However, at the same time, Scott's wife ordered him to also get a nuclear SPECT scan as well. Scott's six hours of intake and his scan revealed a strong pattern of Post-Traumatic Stress Disorder, or PTSD.

For the next several years, both Michael and Scott changed their entire lifestyles. In August 2020, they returned to the Amen clinics for another set of scans in order to mark their progress.

Both Michael's and Scott's brains should about an 85% improvement. In fact, it revealed that Scott's OCD was gone. It had been cured.

Such physical rewiring has changed their lives. Michael graduated in 2017 from The Ohio State University with honors, and in 2021, Michael graduated Summa Cum Laude from Roosevelt University in Chicago with his Master's degree in Psychology.

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

Depression ... Anxiety ... Anger issues ... Post Traumatic Stress Disorder ... and a host of other mental disorders have completely overwhelmed our society and American business. A huge source of these issues lie in the epidemic of "BULLYING" that has consumed our workplaces. It would be difficult to find any family or any organization that has not been touched by the devastating effects of mental/brain disorders in some way.

Unfortunately, most physicians treat such disorders by prescribing psychotropic medications for their patients ... and stop there with their treatment. However, psychotropic medications do *nothing* to cure the underlying damage done to the brain that caused the mental condition in the first place. In other words, psychotropic medications act like cold medicine:

**They mask the symptoms ...
but they actually do nothing to repair the damaged areas of the brain itself.**

For the last several years, Scott has worked with the [Amen Clinics](#) having brain scans conducted on his clients, his family members and himself in an effort to better diagnose and deal with mental/brain issues. Throughout this time, Scott has studied this topic extensively in order to better understand not only how the brain works, but how to use its own processes to repair whatever damage has been done.

**In this session, you will learn what
WE ALL NEED TO DO TO REPAIR AND CARE FOR OUR BRAINS!**

Scott's will also show you the **ACTUAL SCANS** of his and Michael's rewired and healthier brains.

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

IN THIS SESSION, YOU WILL LEARN ...

- How do our soldiers get **PTSD ... AND HOW DO AMERICAN WORKERS GET IT AS WELL?**
- Why do over 75% of all of Ohio's public sector employees retired with serious **MENTAL DISORDERS?**
- 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?
- What happens **PHYSICALLY** in your body when you are under too much stress?
- Why is chronic distress your **#1 HEALTH RISK FACTOR ... even WORSE THAN SMOKING?**
- How do **NUCLEAR SPECT SCANS** work and what role do they can play in diagnosing and treating mental impairments?

- How the human brain and **SOCIAL EPIGENETICS** work ... which is the neuroscience of how the brain will physically change based upon the environment you subject it to on a daily basis.
- 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.

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!**

LEARNING POINTS

In this session you will learn...

- How we humans damage our brains with our thoughts.
- How we can all rewire and repair our brains.
- How to design a plan to build a better brain.
- What do you need to do to protect yourself **PERSONALLY** from the devastating effects of **WORKPLACE BULLYING?**

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Scott Warrick, JD, MLHR, CEQC, SHRM-SCP (www.scottwarrick.com) is a two-time best-selling author, a national professional speaker, a practicing Employment Law Attorney and a Human Resource Professional with 40 years of hands-on experience. Scott uses his unique background to help organizations get where they want to go, which includes coaching and training managers and employees in his own unique, practical and entertaining style.

Scott Trains Managers & Employees ON-SITE in over 50 topics, all of which can be customized **FOR YOU!** Scott travels the country presenting seminars on such topics as Employment Law, Conflict Resolution, Leadership and Tolerance, to mention a few.

LET SCOTT DESIGN A PROGRAM FOR YOU!

Scott combines the areas of law and human resources to help organizations in “Solving Employee Problems **BEFORE** They Start.” Scott’s goal is **NOT** to win lawsuits. Instead, Scott’s goal is to **PREVENT THEM** while improving **EMPLOYEE MORALE**.

Scott’s first book, **Solve Employee Problems Before They Start: Resolving Conflict in the Real World**, is a #1 Best Seller for Business and Conflict Resolution on Amazon. It was also named by EGLOBALIS as one of the best global Customer and Employee books for 2020-2021. Scott’s most recent book, **Living The Five Skills of Tolerance: A User’s Manual For Today’s World**, is also a #1 Best Seller in 13 categories on Amazon, including Business Leadership, Minority Studies, Organizational Change, Management, Religious Intolerance, Race Relations and Workplace Culture, to mention a few.

Scott’s **MASTER HR TOOL KIT SUBSCRIPTION** is a favorite for anyone wanting to learn Employment Law and run an HR Department.

Scott has been named one of Business First’s 20 People To Know In HR, CEO Magazine’s 2008 Human Resources “Superstar,” a Nationally Certified Emotional Quotient Counsellor (CEQC) and a SHRM National Diversity Conference Presenter in 2003, 2006, 2007, 2008, 2010 and 2012. Scott has also received the Human Resource Association of Central Ohio’s Linda Kerns Award for Outstanding Creativity in the Field of HR Management and the Ohio State Human Resource Council’s David Prize for Creativity in HR Management.

Scott’s academic background and awards include Capital University College of Law (Class Valedictorian (1st out of 233) and Summa Cum Laude), Master of Labor & Human Resources and B.A. in Organizational Communication from The Ohio State University.

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

