



**BrainStim**  
CENTERS

# Fall Newsletter

## Gather and Share

Thanksgiving is a time of gathering and sharing. Many of us gather our friends and family and share the Fall harvest and Thanksgiving festivities. 2020 has been different, and some of us are celebrating alone this year. In spirit with the season, it is important to remember to gather and to share whether together or no. If you find yourself feeling sad or anxious this season, take a minute to:

**Gather:** energy, strength, self love, nutrients, vitamin D

**Share:** positive energy, compassion, empathy, kindness

...and have a Wonderful Holiday!

## Gather with us this holiday season!

Please make sure to invest in YOU! We are offering a series of online events intended to build community, encourage a healthy holiday and support mental health. **These are fun, active and free!**

## Centering Treatments

Neurosurgeon Dr. Mark Liker has recently opened two state-of-the-art therapeutic centers, named Brainstim Centers, in Valencia and Encino, California. Brainstim Centers use Transcranial Magnetic Stimulation (TMS) to treat a variety of brain health issues.

TMS is a non-invasive therapy that uses magnetic pulses to the brain to restore nerve activity, release serotonin and support brain balance. The procedure is a gentle, targeted and nonsurgical approach to brain health.

TMS has received FDA approval for the treatment of depression. It also shows therapeutic promise for conditions such as anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, tinnitus, and addiction. It is approved for both chronic pain and tinnitus in Europe.

The spa-like atmosphere is the first of its caliber offering this precise technology in Los Angeles County.

"Many have relied on either medication or therapy and this offers an innovative option on the road to recovery," said Dr. Liker. "The ability to non-invasively target critical brain pathways



Save the date! [info@brainstimcenters.com](mailto:info@brainstimcenters.com)

### Zoomba with Dario!

**November 30**

Join us on Cyber Monday at 7 pm for ZOOM ZUMBA! Fun, free and playful.

### Holiday Prep: Stress Management

**December**

Join us to learn stress management techniques.

### Relaxation Yoga

**January**

New Year, New Journey. Join us for Relaxation Yoga





## COVID 19 Safety

With Covid19 back on the rise, be assured we clean things clean and sanitized! Stay safe this holiday, be sure to keep sanitizing wipes handy, wear a mask, wash hands regularly and keep social distance protocols with others. Share the love but not the virus this holiday season. At Brainstim Centers, we clean and sanitize between all of our patients. We wear masks in the office and are careful to offer low or no touch options to our clients. We do need to touch our clients during their treatments, and therefore we are fastidious in our own Covid19 cleanliness routines and in wearing our face covers. Be careful and safe this holiday!

associated with a variety of diseases offers extremely exciting potential treatment avenues," Dr. Liker added.

For more information about the center or Dr. Liker, visit [www.brainstimcenters.com](http://www.brainstimcenters.com) or call us for a free consultation at: 310.895.7122.



**Mark A. Liker MD, FAANS, FACS, Neurosurgeon**  
founder of California Neurological Institute and Clinical Assistant Professor at Keck Medicine of USC, brings navigated TMS to the Los Angeles community

## Mental health

As defined by the World Health Organization (WHO), is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". The three core components of this definition are (1) well-being, (2) effective functioning of an individual, and (3) effective functioning for a community.

### growth can look like:



## Eat Healthy with Easy, Delicious Fall Roasted Vegetable Soup

This is a very adaptable handful and pinch recipe. It is hard to mess up, use what you have on hand. More of what you like, less of what you don't.

- 4-5 cups of vegetable or chicken broth
- 3 cups mixed cubed vegetables - suggestions: carrots, parsnips, celery, Squash (Any winter squash - kabocha, pumpkin, acorn, spaghetti, butternut), peppers (1/2 an ancho chili or a single mild sweet pepper would be nice), sweet potatoes, eggplant, golden beets
- 2 onions
- 4 large cloves garlic
- 1/2 tsp of cumin
- Salt & pepper to taste

- 3 TBSP Extra virgin olive oil
- 1-2 TBSP mixed herbs - any combination of thyme, sage, oregano, tarragon or poultry seasoning to taste
- A sprinkle of chili pepper if you like heat
- Heavy cream or coconut milk (full fat) to serve

Set the oven to 400. Toss the cubed vegetables in olive oil, salt and pepper, cumin, seasoning and spread in a single layer on a large baking sheet. Roast. When vegetables can be pierced with a fork and begin to brown (about 35 minutes) remove. In the meantime, warm the broth on the stove. Blend half of the roasted vegetables with your broth. Put all of it back in the pot and let it gently simmer together for 10-15 minutes. Additional salt & seasoning to taste. Serve with a swirl of heavy cream or full fat coconut milk. (Add a dollop of yogurt or sour cream or fresh herbs if inclined.) Enjoy your easy healthy roasted fall vegetable soup!