



**BrainStim  
CENTERS**

## Brain Stimulation

Brain Stimulation is a topic of discussion for neuroscientists the world over. We know TMS is an FDA approved treatment of depression in the USA. However, did you know that TMS also shows compelling promise for a number of other conditions? TMS has been shown to help tinnitus (ringing in ears), some chronic pain conditions like fibromyalgia, back and nerve pain, and pain associated with diabetes. Studies show that TMS may support patients after a stroke in the right cerebral hemisphere with spatial orientation, speech and movement. TMS may even assist memory, learning abilities and appears to be helpful in cases of mild Alzheimer's, and in the retention of numbers and patterns. Brain stimulation also demonstrates positive results with decreased insomnia and reducing eating disorder patterns such as bulimia and binge eating, as well as in alleviating severe headaches.



# Happy New Year!



## Tackling the Winter Blues

Although many people love the winter time, as many as 10-20% of the population get the winter blues, feeling listless, sad and tired.

Approximately 2% of the population can be affected by Seasonal Affective Disorder (SAD). SAD presents similarly to major depressive disorder with intense feelings of hopelessness, appetite and weight changes, sleep disruption, unexplained pain and a loss of interest in activities previously desired. SAD is cyclical and thought to occur due to lower amounts of natural light during the shortened winter days. This reduction of light can impact our circadian rhythms, causing awake and sleep patterns to be irregular. A reduction in light also challenges the body's production of melatonin, the hormone that helps regulate sleep, and serotonin, a neurotransmitter that helps regulate mood.

Although California has more sunshine than many other places in the world, it is still important to make sure to get plenty of natural light, rest and exercise. During the winter, many hibernate and with the state of affairs as they are, it is normal to want to stay indoors right now. However, if you notice yourself feeling depressed, tense, not sleeping, having fluctuations in temperament and mood, there are some things you can do.

**Exercise:** Take a walk outdoors if possible during the midday light. Studies show that walking in a natural environment versus an urban environment can elevate mood. If going outside to exercise in nature is not possible, stretch or do yoga or meditation. Try and find a sunny area in your home to exercise.

**Light & Nature:** Spend time by the window and get as much natural light as you can. Put a plant or flowers on your desk. Draw a landscape painting. Journal about your favorite outdoor activities and how they make you feel.

**Sleep:** Changing seasons can take a toll on sleep patterns, so let yourself rest when possible. The more natural sleep you can get (without medication or alcohol) the more your body has time to repair and heal.

**Food:** Avoid heavy carbs, salty items and sugars. Your body can feel extra sluggish and snackish during the winter season, try and feed it healthy with nutrients.

If you are experiencing depression, you can try the steps above, or purchase special lights. If you are still struggling, please seek help from a licensed professional. If what you are experiencing lasts over time and does not lift after exploring therapy and pharmacology,

Brainstim Center's Transcranial Magnetic Stimulation Program may be able to help. Our services are best used by people who have tried to alleviate depression through traditional steps and have not seen the results they need. TMS is a non-surgical technique that uses magnetic fields to activate the cortical surface of the brain, facilitating beneficial connections with limbic pathways, elevating mood. TMS does not hurt, is non-invasive and is FDA approved for treatment of Major Depressive Disorder. Let us support your health journey.

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

## Healthy, Spicy Chickpea Stew with Turmeric

Serves 4-6

### Ingredients

- 3 tbsp coconut oil or olive oil
- 4 garlic cloves, chopped
- 1 large yellow onion, chopped
- 1 (2-inch) piece fresh ginger, peeled and finely chopped
- sea salt and freshly ground black pepper
- 1 ½ teaspoons ground turmeric, plus more for serving
- 1 teaspoon red pepper flakes, plus more for serving
- 2 cups cooked chickpeas or 2 (15-ounce) cans, drained and rinsed
- 1 cup diced vegetables of choice (such as carrots, potato, cauliflower, OR, an additional 1 cup chickpeas)
- 2 cans full-fat coconut milk
- 2-3 cups vegetable or chicken stock
- 1 bunch of kale, chard, spinach or collard greens, stems removed, torn in bite-size pieces
- 1 cup of fresh mint and/or cilantro leaves, to serve
- Greek yogurt or dairy-free yogurt, to serve
- toasted pita, lavash or other flatbread, to serve
- lemon, paprika, coriander, parsley, chili powder (optional seasonings to taste)

### Directions

1. Heat the oil in a large pot over medium heat. Add garlic, onion and ginger. Season with a pinch of sea salt and pepper and cook, stirring occasionally until onion is tender and translucent, about 3 to 5 minutes.
2. Add turmeric, red-pepper flakes and chickpeas, and season with salt and pepper. Cook, stirring frequently, so the chickpeas sizzle and fry a bit in the spices and oil, until they've started to break down and get a little browned and



## Happy Foods!

Support your immune system with food!

1. *Probiotics* (naturally fermented foods like sourdough, kimchi, pickles, yogurt and kombucha)
2. *Prebiotics & Antioxidants* (turmeric, bright fruits and vegetables, green tea, dark chocolate, pecans)
3. *Postbiotics* (slow metabolizing starches that feed healthy bacteria like sweet potatoes, whole grains and legumes)
4. *Zinc* (most shellfish, tofu, mushrooms, yogurt, lentils & beans, oats, hemp seeds)
5. *Vitamin C* (winter citrus fruit abundant in California, strawberries)
6. *Magnesium* (dark chocolate, avocados, legumes, tofu, whole grains, nuts and seeds)
7. *Omega-3* (mackerel, sardines, salmon, albacore tuna, seaweed, flax, edamame)

crisp, 8 to 10 minutes. Remove a cup of chickpeas and set aside for garnish.

3. Crush the remaining chickpeas slightly with a wooden spoon to release their starchy insides to thicken the stew. Add the coconut milk and stock to the pot, and season with salt and pepper (go easy on the salt if your stock is salted.) Bring to a simmer, scraping up any bits that have formed on the bottom of the pot. Cook, stirring occasionally, until the stew has thickened, 30 to 35 minutes. If you want the stew a bit thicker, keep simmering until you've reached your desired consistency.
4. Stir in the greens and cook until wilted and softened, about 3 to 7 minutes, depending on what you're using. (Swiss chard and spinach will wilt and soften much faster than kale or collard greens.) Taste the stew for salt and pepper before you serve and add more if you think it needs it.
5. Divide among bowls and serve with yogurt, a wedge of lemon and cilantro and mint on top, flatbread on the side.

*For an extra crispy nutlike crunch, also make spicy crispy chickpeas with your extra chickpeas. Preheat oven to 425 F. Dry chickpeas as much as you can, then spread on a single layer for 5 minutes in the oven. Take out, toss in olive oil and your favorite herbs, spices and salt. Bake again for 20-25 minutes until crispy crunchy and delicious! Viola!*