



March Newsletter

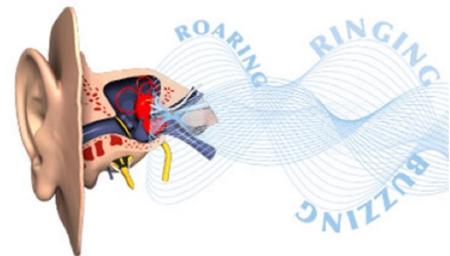
Welcome to BrainStim Centers, Inc.

Derek Helm has recently joined BrainStim Centers, Inc. Derek is an experienced marketing professional from Malibu, CA. He is working not only with our social marketing but is responsible for our business-to-business networking. Derek has a friendly and professional demeanor with interests in basketball, guitar, gaming, and of course, surfing.



Ears Ringing?

Tinnitus is the perception of a noise, generally ringing, humming or buzzing, when noise does not actually exist. Tinnitus can be annoying for those that



experience it occasionally and debilitating to those who experience it often, and can inhibit work and daily activity. Investigative research on tinnitus shows us that tinnitus patients often experience relief through the healing of damaged neural pathways which control hearing. TMS uses gentle magnetic pulses to stimulate the neurons in the brain through electrical stimulation, reinforcing synchronicity and beneficial connections with critical, deeper structures that control patterns of sound. Tinnitus has historically been treated with medication and hearing aids. However, now TMS can offer a non-invasive, non-pharmacological alternative to traditional treatment.

Save the date! info@brainstimcenters.com

SmartFocus Technology

BrainStim Centers, Inc., uses the Nexstim SmartFocus TMS System which offers advanced features such as 3D brain imaging and navigation technology, ensuring that treatment pulses are delivered to the precise area of the brain that needs activation. The system is also equipped with a range of pulse sequences, including theta burst stimulation, allowing us to individualize treatments to fit each person.



Self Love Meditation

March 4, 7:00 pm

Join Mitchell and Cristina for a transformative meditation session on self love. Mindful meditation can transform your healing journey and bring peace and gentleness to your life. Session will end with light stretching.

SmartFocus TMS System is so accurate, its core technology has even been used by neurosurgeons for planning brain surgery. However, at BrainStim Centers, you get all the precision without the surgery - treatments here are non-invasive and gentle. During your session, you can see the neuro-navigation system in action and watch where the treatment is being delivered. You will view the 3D model of your brain during treatment from the comfort of your reclining chair.

Recipe: Salad Niçoise

Having lived in Paris, this became a favorite, go-to salad. It is a wonderfully filling and healthy salad full of omegas, vitamins, and rich with minerals. It is very forgiving, and I like to mix my vinegars and mustards in the vinaigrette. Please play with the proportions to your own taste and be creative, the ingredients are guides. Delicious with a baguette or by itself ~ roughly 4 servings.

Vinaigrette

- 1/4 cup lemon juice
- 1 1/2 Tbsp vinegar, red or white
- 1/2 cup extra-virgin olive oil
- 1/2 of a finely chopped large shallot, or 1 1/2 Tbsp finely chopped garlic
- 2 Tsp mustard (Dijon or grain mustard or combine the two)
- a dash or two of honey, to taste
- Sea salt & freshly ground black pepper (Maldon and Celtic sea salts are quite nice and mineral rich)
- Fresh herbs: ~2 Tbsp finely chopped combination of fresh French tarragon, dill, thyme, oregano, basil or ~4 tsp dried herbs (suggest: Herbs de Provence)
- Options: sub a few Tbsp of vinegar from the pickling vinegar in your pepperoncini, caper or pickle jars, this will lightly boost the flavor of your vinaigrette. Feel free to mix your acid proportions (mustard/vinegar/lemon) or increase or minimize your fat (EVOO), some make this without herbs at all or add or reduce the sweet element (honey/sugar/orange juice) to taste

Salad

- 2 cans of tuna or 4 servings of grilled, cool seafood. Traditionally 2 cans of good quality tuna packed in oil is used, may substitute with canned

smoked trout, tuna packed in water, grilled fish.

- 4 free range eggs, lightly hard boiled and cut in half
- 1 pound young potatoes (red, gold, purple or fingerling)
- Salt and freshly ground black pepper
- 1 head Boston lettuce or butter lettuce, torn into bite-sized pieces
- 8+ cherry tomatoes sliced in half
- 1/2 red onion, thinly sliced
- 10 ounces haricot vert or thin young string beans trimmed and sliced in half width wise
- 1/4 cup niçoise olives
- 2 avocados, thinly sliced
- 4-6 radishes, thinly sliced
- Options: artichokes, capers, cucumbers, castelvetrano olives, white beans, sub asparagus for string beans, anchovies, romaine lettuce

Directions:

Vinaigrette: Be creative and taste as you go along -you want an acidic, lemon mustard-based dressing with a slightly sweet undertone. I prefer mine tangy, but my daughter likes it sweeter, find your mix. Put all ingredients in a jar and shake hard.

Salad: Bring salted water to a rolling boil, turn down, boil haricots vert for 2-3 minutes until they are slightly tender -just bending not snapping, and remove from water with a slotted spoon, plunge in a bowl of ice water. Boil potatoes until easily pierced with fork, remove with slotted spoon, rinse and let cool. Boil eggs. Rinse and cool in ice water.

Place like ingredients with like on the plate for a lovely presentation, liberally dress and enjoy!

Spring Equinox

On March 20th, 2021 we experience the Spring Equinox, when the sun is above the equator and the night and the day are of approximately equal length, as the sun crosses celestial equator going northerly. In the Northern Hemisphere, the Spring Equinox will bring earlier sunrises, later sunsets, softer winds, and burgeoning plant life. South of the equator, they begin to experience fall season. In our northern hemisphere warmer, longer days means that those who enjoy gardening generally start their planting. If you have never tried your hand at gardening, this is a good time to begin to plant seeds from your favorite herbs in a sunny corner of the kitchen: basil, oregano, parsley, thyme and cilantro do nicely here. Tomatoes and peppers do very well outdoors or in the kitchen in our climate, and peas, corn, squash, beans, and of course, flowers, do beautifully in the garden. Last year, some organic lima beans were planted outside the window, they wove up a trellis providing beautiful lush greenery and tasty colorful beans until the holidays. As we all seem to be spending a bit more time at home, it's a great time to gather potting soil, some seeds, a few terra cotta pots and see what you, sunshine and water can create in your home or garden. Growing plants can be great for your mental state, supporting a healthy, accepting mindset that is adaptable and creative and can encourage you to interact with nature and spend time outdoors in the daylight. Not to mention, it provides tasty treats. Children in particular love to nibble on snap peas, cherry tomatoes, sweet peppers and mild Easter radish, and all grow well in our climate.