BRAIN CELLS CREATE IDEAS STRESS KILLS BRAIN CELLS STRESS IS NOT A GOOD IDEA

WHAT EXACTLY DOES THE BRAIN DO?

Knowing right from left Sensation Reading

- FRONTAL LOBE
- Voluntary Motor ActivityReasoning (Judgment)
- · Problem Solving
- Emotional Trails
 Speaking

- TEMPORAL LOBE

 Understanding Language
- Behavior
 Memory
 Hearing

BRAIN STEM

- BreathingBody Temperature
- DigestionAlertness / SleepSwallowing

CEREBELLUM

BalanceCoordination & Control of voluntary movement
• Final Muscle Contro;

Body Orientation

OCCIPITAL LOBE VisionColor Perception

EFFECTS ON YOUR BEHAVIOR, HABITS AND MENTAL WELL-BEING

DIET: Control free radical damage by eating a diet high in Anti-oxidant rich foods like fruit, vegetables, dark chocolate

EXERCISE: increase levels of brain-boosting chemicals by getting daily physical exercise.

LEISURE ACTIVITY: Keep your self happy and occupied in your leisure. A hobby like gardening, reading,

MUSIC: Take time out to listen to your favorite songs. It surely helps. Always.

FOOD SUPLIMENT: Look into taking an adaptogenic herbal remedy

Spreading Happiness works for everyone.

ANTI-STRESS Candy





TAKE ACTION TODAY, ADOPT EZENUS GOOD HEALTH PROGRAM

ADDITIONAL 4 BENEFITS









• SUGAR FREE • CLINICAL PROVEN • 100% HERBAL • A GERMAN TECHNOLOGY • GLOBALLY PATENTED