

How to Take Control of Your Health and Wellness Through Mindfulness Practice

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A Bit About Martha

MARTHA
BRETTSCHEIDER

Blooming INTO Mindfulness

How the Universe Used a Garden,
Cancer, and Carpools to Teach Me That
Calm Is the New Happy




What is Mindfulness?



“Paying attention in a particular way;
on purpose, in the present moment, and non-judgmentally.”

~ *Jon Kabat-Zinn*



Apollo
practicing
squirrel
mindfulness.



Martha before she discovered mindfulness.

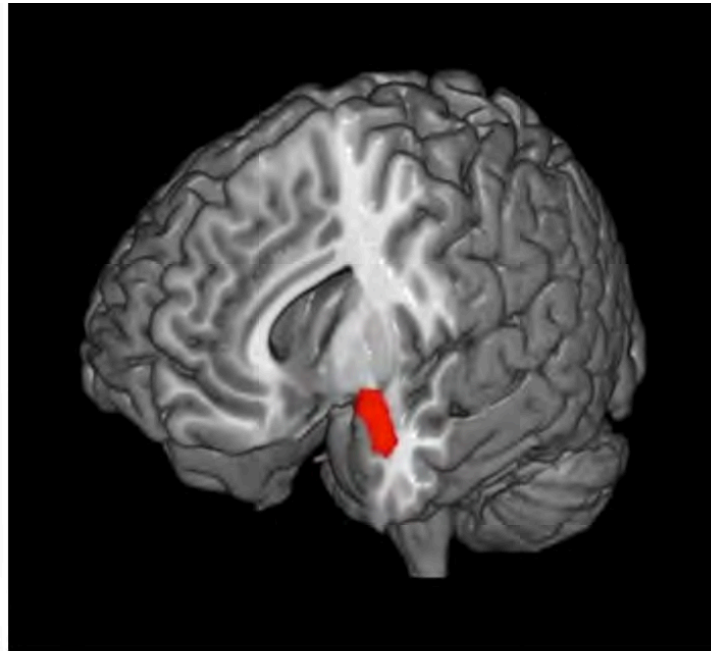


The only place
my head
was quiet...

Why was the garden my first mindfulness mentor?

- Multi-tasking is a myth. Neuroscience has proven that our brains can only do one thing at a time.
- Engaging our physical senses quiets our internal chatter.
- Sensory activities move us out of the language-based left brain into the creative, intuitive right brain.
- Bringing our senses onboard opens mind-body communication channels.

The Brain Mechanics of Distraction, Stress, and Unproductive Thinking (and those negative zig-zags)



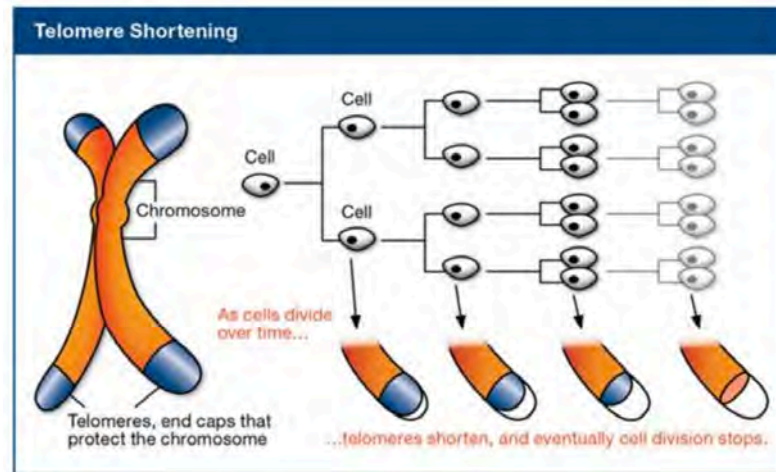
MINDFULNESS PRACTICE AND EXPERTISE IS ASSOCIATED WITH A DECREASED VOLUME OF GREY MATTER IN THE AMYGDALA (RED), A KEY STRESS-RESPONDING REGION.
(IMAGE COURTESY OF ADRIENNE TAREN)

<http://blogs.scientificamerican.com/guest-blog/what-does-mindfulness-meditation-do-to-your-brain/>

Health Benefits of Mindfulness Meditation

- Reduced incidence of heart disease
- Lower blood pressure
- Reduced symptoms from arthritis and other chronic pain (NIH and CDC recommend meditation)
- Better sleep (melatonin regulation)
- Improved mental health (stress, anxiety, PTSD, etc.)
- Better quality of life and survival rates for cancer patients
- Greater sense of connectedness (less loneliness)

Meditation's Impact on Longevity

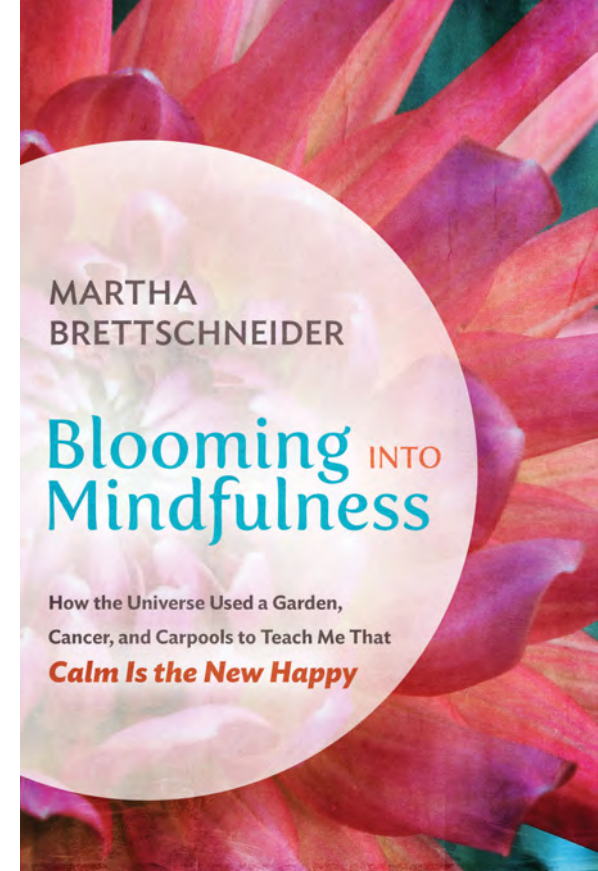


[Image source: <http://www.wholehealthinsider.com/newsletter/2012/a-genetic-solution-to-slowng-aging-and-preventing-disease/>]

- All chronic diseases such as heart disease, diabetes, and cancer are associated with shorter strands of DNA.
- The enzyme telomerase rebuilds the telomeres on the ends of the chromosomes.
- Low telomerase levels are linked to cardiovascular disease, obesity, high levels of stress, inflammation, and anemia.
- Meditation increases telomerase levels, according to research by Nobel Prize winner Dr. Elizabeth Blackburn and team.

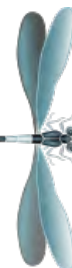


Thank you!



Damselwings, LLC

coaching and artful inspiration for mindful living



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