

**Life, Love and Family Daily Fact Sheet**  
**Dr. Tim Clinton**

*“The Power of the Female Brain”*

- **3 Strategies for Falling in Love with Your Brain** (Amen, 2013):
  - **Care About It**—brain envy is the first step to unleashing the power of the female brain. Your brain is involved in everything you do, and you should care about it more than any other organ.
  - **Avoid Things that Hurt It**—chronic exposure to the stress hormone cortisol shrinks the hippocampus in the brain, which is involved in memory. Stress management techniques are crucial for brain health. This can be as simple as reading your Bible for ten minutes every day and practicing breathing exercises.
  - **Feed It**—properly feeding your brain so that you can maintain a healthy weight is vital to brain health. Drink plenty of water. Eat four to five small, healthy meals throughout the day to avoid a drop in blood sugar. Eat lean protein throughout the day (fish, beans, raw nuts, broccoli, spinach).
- **The Female Brain:**
  - Women are more active than men in 85% of their brain. This is especially obvious in the front part of the female brain, which is responsible for forethought, organization, planning, empathy, learning from mistakes, and executive functioning.
  - Similarly, the limbic part of the female brain, which is involved in emotion regulation, mood, and bonding, is radically more active than in the male brain.
  - Women have more empathy, intuition, collaboration, self-control, and worry than men because of these brain differences.
  - Because of these strengths, women are also more vulnerable to anxiety, depression, insomnia, pain, and the inability to “turn off” their thoughts.
- **Quotes:**
  - *“A healthy body is a guest-chamber for the soul; a sick body is a prison.”*—Francis Bacon
  - *“Those who do not find time for exercise will have to find time for illness.”*—Edward Smith-Stanley
  - *“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”*—John F. Kennedy
  - *“Early to bed and early to rise makes a man healthy, wealthy, and wise.”*—Benjamin Franklin

- *"In a disordered mind, as in a disordered body, soundness of health is impossible."*—Cicero
- *"To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."*—William Londen
- *"A good laugh and a long sleep are the best cures in the doctor's book."*—Irish Proverb
- *"A sad soul can kill you quicker than a germ."*—John Steinbeck
- **Key Thoughts (Amen, 2013):**
  - If you are not taking care of your brain, you are at a significantly higher risk of brain fog, memory problems, low energy, distractibility, poor decisions, obesity, heart disease, cancer, and diabetes.
  - People who have a carbohydrate-based diet have four times the risk of Alzheimer's disease.
  - People who have a fat-based diet have a 42% less risk of Alzheimer's disease.
  - Sleep is critical to brain health. If you get less than six hours of sleep at night, you have lower overall blood flow to your brain, which leads to poor decision-making.
  - Exercise regularly, but not too much. Consider simply going on a walk for 45 minutes, four times a week. Also, lift weights to become stronger. Studies show that doing so will make you less likely to develop Alzheimer's. And, lifting weights boosts testosterone, which improves libido, mood, and energy levels.
  - When our relationships with God and others are not positive, it is chronically stressful. This changes the chemicals in the brain and our hormones, and is one of the common triggers for depression.
  - The health of your friends has a huge impact on your health. Spend time with others who are healthy.
  - Women are often the health leaders of the family. Learn to make health changes and optimize your brain functioning, so that by your example, your family will be able to lead long, vibrant lives.
- **Verses:**
  - *"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body."*—**1 Corinthians 6:19-20**
  - *"Whether, then, you eat or drink or whatever you do, do all to the glory of God."*—**1 Corinthians 10:31**
  - *"A joyful heart is good medicine, but a broken spirit dries up the bones."*—**Proverbs 17:22**

- *“I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, and my soul knows it very well.”—Psalm 139:14*
- *“Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”—Romans 12:1-2*
- *“Rejoice in the Lord always; again, I will say rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”—Philippians 4:4-7*
- *“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”—Philippians 4:8*
- *“Strength and dignity are her clothing, and she smiles at the future. She opens her mouth in wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness.”—Proverbs 31:25-27*
- *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”—Galatians 5:22-23*

## Endnotes

Amen, D. (2012). *Unleash the power of the female brain: Supercharging yours for better health, energy, mood, focus, and sex*. New York, NY: Harmony Books.