

**Wiring the brain:** "Synapse additions" are not only sensitive to experience, but are actually driven by experience. The role of experience is essential for wiring the brain. Experience increases the overall quality of functioning of the brain. Learning adds synapses, physical exercise does not. ([How People Learn, Brain, Mind, Experience and School, Expanded Edition, 2000, Commission on Behavioral and Social Sciences and Education, Mind and Brain](#))

Research reports are very specific when discussing medication and exercise: see your doctor for medications and take a walk everyday. Then the advice is to see social workers for daily activities to challenge the mind. But what are those daily activities to challenge the mind? In this area, researchers appear to be at a loss. They pass off the "mental stimulation" as simply "daily activities to challenge the mind."

A possible solution to "daily activities to challenge the mind." is "tactile stimulation" through fingertip movement. Brainpaths is able to provide that tactile stimulation through the fingertips.

**Alzheimer's Disease:** a progressive disease with no cure. Present treatments can help to lessen and stabilize symptoms of brain tissue loss but do nothing to inhibit the loss of brain tissue caused by the disease. ([Mapping Alzheimer's Disease Path, Marian Eure, Living Better, Living Longer, health.harvard.edu](#)).

**Brain lesions,** called amyloid plaques and tangles accumulation in the brains of Alzheimer's Disease patients have caused brain cells to die. As these brain cells die, individuals experience memory loss, disorientation and declining ability to cope with everyday life ([Living Better, Living Longer, health.harvard.edu](#)).

Tactile, sensory stimulation enlarges the brain. It assigns more tissue, and adds more neural elements to the brain. ([Thomas Elbert is Professor of Psychology at the University of Konstanz in Germany, January 1998, Radio National, the Health Report](#))



## Suggestions for using Brainpaths:

Brainpaths Tools may be used individually in a quiet room or in a social setting, with family and friends, Brainpath Tool activities also work well with soft music in the background. Music is a sensory experience. Tactile movements through the fingertips along with music provide a direct link with the brain, help the brain become rewired, and adds mass where mass has been lost due to illness or lack of use. The result is greater cognitive functioning, improved memory, diminished stress and anxiety.

Instead of anxiety and stress shutting down the brain because the patient cannot concentrate and focus, the brain now is able to relax, meditate, and improve mental functioning through tactile fingertip stimulation.

Individuals interested in music may start music lessons or renew past music experience they had lost because they could not relax long enough to concentrate.

Many times brain trauma patients are unable to perform complex "brain games" such as mazes because their brain was so tangled, and they were so upset due to stress and anxiety.

Using Brainpath Tools to get the brain back on track, individuals may continue this tactile approach with more complex mind challenging mazes, available through Brainpath Tools. Each will include the tactile, fingertip movement, necessary for rewiring and bringing the brain back into productive use.

Brainpath Tools are not meant to replace physician prescribed remedies or medications. Consult a physician if you have questions regarding the benefits of using a Brainpath Tool.

**Brainpaths does not warrant or guarantee results. You may return your Brainpath Tool for a full refund if you are not pleased with the results.**

For more information and research on brain stimulation  
Visit our website: [brainpaths.com](http://brainpaths.com)



4186 Melodia Songo Court • Las Vegas, Nevada 89135  
e-mail: [brainpaths@cox.net](mailto:brainpaths@cox.net)



REWIRE YOUR BRAIN