

Happy Spring!

April 2014

Vol. 18 :: No. 4
www.spiritseeker.com

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Spirit Seeker Magazine

Resources for the Mind, Body and Spirit



Get Rid of "Fuzzy Brain"

By Julie Renee Doering



Featured April 6 Wholistic Expo Speaker

Julie Renee Doering is the World's Number One Master Health Activator. She is a Mentor, Speaker and Author. Mentoring ambitious women leaders who refuse to play small but are being held back by exhaustion and fuzzy brain to regenerate their brain and play full out again.

She is the author of the groundbreaking book 'Your Divine Human Blueprint.' The 100% You Formula, Awakening the Healthy American and Balance Your Life Now. Her unique gift of healing defines the energy-science of Cellular Quantum Mechanics; she shares the hidden secrets of regeneration and renewal through meditation and techniques using quantum energy. With her transformational game changing skills she provides an integrated fast track for manifesting, holding, and growing abundance, health, beauty, and wealth. She currently Hosts Julie Renee Radio on Spreaker. JulieRenee.com

Your Brain Can't Store Water. What Does Dehydration Cost Your Body and Business?

The cause of fuzzy brain – the inability to remember names, important details, calculate, and even produce symptoms of ADD in healthy adults – could be just as simple as not drinking water at the proper intervals during the day.

You are losing about 80 ounces of water daily through breathing, sweating and peeing. If you are in the norm, you are drinking 32 ounces of water daily. The cost of dehydration could be the difference between success and failure.

When I say "fuzzy brain", what comes to mind? Lost momentum, unclear thinking, or the inability to follow through on a plan of action? Does it signal a sense of hopelessness in you that you will never accomplish your mission in the world? Does it stimulate depression or anxiety? Perhaps you know your brain could be different, but your outer evidence does not seem to be lining you up for a powerful win.

Fuzzy brain is not your fault, but the cure may be so much easier than you realize. In my research I have discovered millions of Americans are experiencing cognitive decline – in other words, their brains are increasingly not performing their tasks wells.

I became interested in the brain because I've had the worst brain problems that you can imagine. I've had two traumatic brain injuries and to add insult to injury, as a child, I survived atomic bomb exposure. As a result, I ended up with multiple cancers, 17 surgeries, and death itself. Being profoundly ill, taking prescribed medications and radiation poisoning are not good for the brain. I'm here to tell you, even if you've been to hell and back, your brain can give you 100% function all day long!

I've had brain function as bad as it gets and it's the reason why I developed a process to remedy fuzzy brain. What I discovered in my research is that once the brain is up to 100% function, all areas of health and life can rise to 100% and hold there. In this

article, I won't be able to give you the full 500-page dissertation I wrote on how applying quantum energy can upgrade your brain function to 100%, but I will give you the most important and simplest step you can implement today to get your brain working so much better.

Let's talk about proper hydration.

Are you a guzzler (meaning you guzzle 8-16 ounces of water after not drinking anything

for 4 or 5 hours)? Or are you a sipper? If you're a sipper you drink 4 ounces every 30 minutes all day long. By the way, hydration is water intake, not coffee or green tea, which serves to diureses you.

If you are only 1 percent dehydrated, you will likely have a 5 percent decrease in cognitive function. If your brain drops 2 percent in body water, you may suffer from fuzzy short-term memory, inability to focus and have trouble calculating. Know that dehydration is linked to attention deficit in healthy people.

Imagine the long-term toll on your brain if you starve yourself of proper hydration for years. Could this be a factor in the rising numbers of people affected who are being affected by dementia and Alzheimer's?

Are you now convinced that you need to change your drinking habits? Do you want to know the best way to do so?

The Sip Sixteen System

Water must be taken into your body in its pure, natural state. Optimally, you will drink half your body weight in ounces daily. For example, if you are 130 pounds, drink 65 ounce of water. If you were drinking this in 4-ounce increments, you would take sixteen 4 ounce water enhancements daily. I call this the "sip sixteen system".

The Miracle of Water in the Body and Brain

Water gives the brain the electrical energy for all brain functions, including thought and memory processes. If you experience memory lapses, drink more water. Water is vital to

energy production in your cells, and in your overall metabolism, production of hormones, nerve function and neurotransmission.

When your brain is functioning on a full reserve of water, and you've taken in sixteen 4 oz water enhancements with the sip sixteen system, you will be able to think faster, be more focused, and experience greater clarity and creativity all day long.

If you suffer from fuzzy brain, you've lost hundreds of hours of productive, clear focused work time. I challenge you to follow the simple sip sixteen system for the next 21 days and watch your fuzzy brain disappear. Good health and better brain function are already within you. The choice is yours: how good could your life be with a better sharper brain? You choose!

See more at: <http://juliereene.com/general/get-rid-of-fuzzy-brain-with-the-sip-sixteen-system/#more-3680>

