

# Clearing the Brain - BDNF

From The Doctors Opinion, *Alcoholics Anonymous*, the AA Big Book

.....the body of the alcoholic is quite as abnormal as his mind.

But we are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic which leaves out this physical factor is incomplete. Doctors Opinion p xxv

.... we favor hospitalisation for the alcoholic who is very jittery or befogged. More often than not, it is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer. Doctors Opinion pp xxv-xxvi

Of course an alcoholic ought to be freed from his physical craving for liquor, and this often requires a definite hospital procedure, before psychological measures can be of maximum benefit. Doctors Opinion p xxvii

## BDNF Brain-Derived Neurotrophic Factor

Low BDNF may drive some disease states:



### BDNF supports brain health and more...

BDNF is best known for its influence on the formation, growth, survival, and development of neurons and for its role in mediating the beneficial cognitive effects associated with exercise.

BDNF also plays key roles in numerous signaling pathways associated with a variety of disorders ranging from depression, schizophrenia, and addiction to obesity and diabetes.

In general, lower BDNF levels are linked with poor health.

Lifestyle behaviors that may increase BDNF levels:

