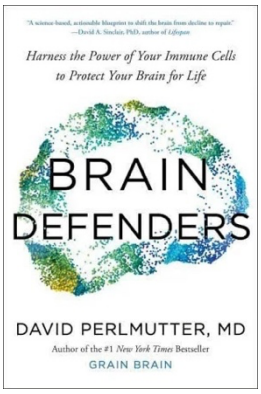

Brain Defenders Reading Outline

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Zoom Meeting Schedule

With your host & facilitator, Susan Johnson, NBC-HWC, CNHP, CBT

(Note all Zoom calls take place at 8:00 PM EST on the dates indicated below unless otherwise noted.)

Part I.

- Wednesday, September 16 – Part l, Chapters 1 and 2 pages 1-37
- Thursday, September 17 – Setting a baseline, why it is important, what to include and how to do it
- Wednesday, September 23 - Chapters 3 and 4 pages 38-76
- Thursday, September 24 Insulin levels and Continuous Glucose Monitoring

Part ll.

- Wednesday, September 30 – Chapters 5,6 and 7 pages 77 - 105
- Thursday, October 1 – Gut Testing and Omega 3/6 ratio testing and the importance of healthy fats
- Wednesday, October 7 – Chapters 8,9,10 and 11 pages 106 - 154
- Thursday, October 8 – The importance of an anti-inflammatory diet
- Wednesday, October 14 – Chapters 12, 13, 14 and 15 pages 155 - 186
- Thursday, October 15 – Toxicity – How to live above the toxic line and how to test

Part III.

- Wednesday, October 28 – Chapters 16 and 17 pages 187 - 215
- Thursday, October 29 - Sleep – the ins and outs of a good night's sleep and how to test
- Wednesday, November 4 – Chapters 18 pages 216 – 238 (Big chapter discussion!)
- Thursday, November 5 - Stress, how it effects the body and how to measure it
- Wednesday, November 11 – Chapters 19, 20 and 21 pages 239 - 276
- Thursday, November 12 – Choosing supplements and how to muscle test

Part IV.

- Wednesday, November 18 – Chapters 22, 23 and last chapter pages 277 - 320
- Thursday, November 19 – The ins and outs of lab testing for long term health