

## *Brain Questionnaire Key*

- \_\_\_ 1-28 Prefrontal Cortex (PFL) p
- \_\_\_ 29-45 Anterior Cingulate Gyrus (ACG)
- \_\_\_ 46-63 Deep Limbic System (DLS)
- \_\_\_ 64-88 Basal Ganglia (BG)
- \_\_\_ 89-101 Temporal Lobe (TL)

### *Prefrontal Cortex*

The PFC is the chief executive officer of the brain. It is involved with forethought, judgment and impulsive control. Problems in this part of the brain are associated with impulsivity, short attention span, distractibility and difficulty with organization and planning.

#### **PFC function**

Attention  
Planning  
Following through  
Impulse control  
Inhibition  
Judgment  
Empathy

#### **PFC Problems**

Inattention  
Lack of forethought  
Procrastination  
Impulsive  
Disinherited  
Poor judgment  
Lack of empathy

#### **Some Conditions Affecting the PFC**

ADHA  
Brain Trauma  
Schizophrenia  
Conduct disorders  
Depression  
Dementia  
Antisocial Personality  
Borderline Personality

#### **PFC Supplements**

For ADD: L-tyrosine, DL-phenylalanine, Zinc  
For Depression: SAM-e, Omega-3



***Anterior Cingulate Gyrus (ACG)***

The ACG is the brain's gear shifter. It helps us shift our attention from task to task and idea to idea. It is involved with cognitive flexibility, going with the flow, cooperation and error detection. High scores on this checklist are associated with problems shifting attention, which may be manifested by cognitive inflexibility, obsessive thoughts, compulsive behaviors, excessive worrying, being argumentative or oppositional, and "getting stuck" on certain thoughts or actions.

**ACF Functions**

Brain's gear shifter  
Cognitive flexibility  
Cooperation  
Go from idea to idea  
See options  
Go with the flow  
Error detection

**ACG Problems**

Gets "Stuck"  
Inflexible, worries  
Holds grudges  
Obsesses  
Compulsive  
Argumentative  
Sees too many errors  
Opposes everything

**Some Conditions Affecting the ACG**

OCD  
Additions  
Eating Disorders  
PTSD  
Anxiety disorders  
PMS  
Chronic pain  
Oppositional Defiant

**ACG Supplements**

For Worry and Insomnia: 5-HTP  
For Depression: St John's Wort or 5-HTP,  
Omega 3



***Deep Limbic System (DLS)***

About the size of a walnut, the DLS is involved in setting a person's emotional tone. When the DLS is less active, there is generally a positive, more hopeful state of mind. When it is heated up, or overactive, negativity can take over. The DLS also affects motivation and drive, and directly processes the sense of smell. Because your sense of smell goes directly to the deep limbic system, it is easy to see why smells can have such a powerful impact on our feeling states. In general, the problems in the DLS are associated with depression and negativity along with low motivation, libido and energy.

**DLS Function**

Mood control  
Charged memories  
Motivation  
Emotional tone  
Bonding  
Sense of smell  
Libido

**DLS Problems**

Depression, sadness  
Negative, irritability  
Low motivation  
Negativity, blame, guilt  
Social isolation  
Low self-esteem  
Low libido  
Low energy  
Decreased interest  
Worthlessness  
Hopelessness  
Mood cycles

**Some Conditions Affecting the DLS**

Depression  
Pain Syndromes  
Cyclic mood disorders

**DLS Supplements**

For Depression: SAM-e, DL-phenylalanine,  
L-tyrosine, Omega 3



***Basal Ganglia (BG)***

The BG helps set the brain's idle or anxiety level. Increased activity in this part of the brain is often associated with anxiety (left sided problems are often associated with irritability while right sided problems are more often associated with inwardly directed anxiety). We have seen relaxation therapies, such as biofeedback and hypnosis, as well as cognitive therapies that help calm this part of the brain.

**BG Functions**

Sense of calm  
Sets anxiety level  
Conflict avoidance  
Motor muscle and movements

**BG Problems**

Tension, nervousness  
Anxiety /panic  
Predicting the worst  
Tics

**Some Conditions Affecting the BG**

OCD  
Panic  
PTSD  
Anxiety disorders  
Tourette's

**BG Supplements**

For Anxiety: GABA, valerian, kava kava, theanine, Omega-3



***Temporal Lobes (TLs)***

The temporal lobes, underneath your temples and behind your eyes, are involved with language (hearing and reading), reading social cues, processing music and tone of voice, short-term memory, getting memories into long term storage and mood stability. They also help with recognizing objects by sight and naming them. Trouble in the temporal lobes leads to both short and long term memory problems, reading difficulties, trouble finding the right words in conversation, mood instability, and sometimes religious or moral preoccupation or perhaps a lack of spiritual sensitivity.

**TL Functions**

Language  
Memory  
Retrieval of words  
Reading  
Mood stability  
Recognize words  
Read social cues  
Rhythm  
Temper control  
Spiritual experience

**TL Problems**

Language problems  
Memory problems  
Word-finding problems  
Dyslexia  
Mood instability  
Anxiety for no reason  
Trouble with social cues  
Dark thoughts  
Aggression  
Learning problems  
Illusions  
Excess religious ideas

**Some Conditions Affecting the TLs**

Head injury  
Anxiety  
Amnesia  
Dyslexia  
Religiosity  
Dissociation  
Temporal epilepsy  
Serious depression  
Dark or suicidal thoughts

**TLs Supplements**

For Mood Stability, Irritability or Anxiety:  
GABA, valerian, Omega 3  
  
For Memory: Gingko Biloba, huperzine,  
phosphatidil serine (PS) Omega 3

