



SUPERMIND STUDIO



STELLAR BRAIN

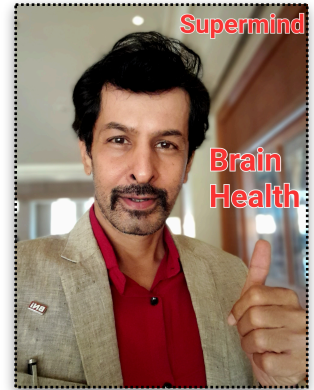
Amrish Shah

**Brain Plasticity Practitioner, Brain health Coach,
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Objective: Brain Health, Nutrition, SleepScience, Immunity, Healthy ageing, Longevity, Child brain development, Prenatal wellbeing, Mind heal, Addiction therapy, Schizophrenia-Dementia Prevention, Science of Success, Sports Therapy, Covid-19 anxiety syndrome. Practise: AIR- three prong. Application, Innovation, Research. Global network of Doctors, Psychiatrists, Brain-science Institutes.

Applied: Patient therapy, Hospital visits, Personal visits, Video Call, Tele-consultation, Group training, Corporate-Institutional training, Expert programmes, Wellness collaboration, Webinars. Worldwide.

Certified, mentored by Dr Sarah Mckay (Lifetime access) in:

Neuroscience applied, Brain health, wellbeing, mind power.

{Dr Sarah Mckay a leading global neuroscientist (PhD.-Oxford),

Founder of neuroscience academy }- www.theneuroacademy.com

Certified in **Positive Psychology** (online)- Dr. Barbara Fredrickson

Certified in **Addiction treatment-clinical skills** at **Yale University**.

Certified in the expertise of **Addicted Brain-therapy** & prevention at Emory University by Neuroscientist, Michael Kuhar Ph.D. (online)

Certified in July 2020 by **Stanford Medicine** (online) in **Covid-19 Healthcare** management and training.

Certified in **Schizophrenia treatment** specialisation from Matthew Kurtz @ Wesleyan University (online).

Certified in **Human Behavioural Genetics** at Minnesota University.

Certified in **Science of Success** at University of Michigan (online).

Certified in Life after Covid- post pandemic future specialisation to forecast, strategy, innovate at Institute for the Future (online).

Affiliate Member at the **Society for Neuroscience-** (Washington).

Neuroplasticity, Scientific Evidence based Interventions, Mind-body medicine, Epigenetics, Innovation, Research @Supermind
Mantra: *Your thoughts, your superpower* ®

Driving the Brain with five jets- Biological Jet, Psychological Jet, Social Jet, Spiritual Jet, Self awareness jet.

New Neural pathways for APPT- automated positive powerful thoughts. Mindfulness. Neurogenesis. Brain Dial (Plasticity-switch) Psycho Neuro immunology for cancer healing, also strengthening the immune system for resistance against cancer cells, with interventions like intermittent fasting, positive wiring, drive, breathwork, self hypnosis, mindfulness, brain health regime, thought science.

Brain health with nutrition and supplements for heart ailments, hypertension, sugar control- the heart-gut-brain- axis. Habit change. Rewiring of the brain as a healing remedy for- insomnia, obesity, stress, anxiety, mental health issues like depression & anxiety disorders, bi-polar, schizophrenia, ADHD, dementia related, mild cognitive impairment, mood disorders, ageing, PTSD, substance abuse, addiction, unhealthy lifestyle, gene-environment expression.

Neuro-priming with CBT (Cognitive behavioural therapy), Thought-switch, for powerful neural networks against any mental as well as physical ailment. Building and Pruning of Synapses for efficacy.

Pain management, mindfulness, calm apps. breathing techniques, CBT, the gate theory of pain by Dr. Moscovitz.

Happiness challenge with happy-wiring for corporates, citizens.

Brain health regime with Super Six foundation- redesign the brain.

Rewire the brain for life projects: Thought, Goal setting, Behaviour.

Advanced techniques like REFIRE (by Dr Sarah Mckay) for health, Professional achievement, life-goals, sports, success.

Rewiring Mindset- fixed mindset to growth mindset and beyond.

Creating states of flow via practise for creative and work victories.

RCC- Rewiring the brain with repetition, consistency, culture.

Your brain at hundred: To create a healthy brain that will remain consistently healthy even at hundred years of age with nutrition, emotional neural network, cognitive training, brain regime, memory.

Epigenetics applied - to prevent ailments or disorders existing or highly probable due to genetics. Nurture versus nature with regime.

Child mental health: Optimising brain growth, mental health for children, teenagers with understanding, awareness, practise. Prenatal brain reserves, wellbeing, immunity and resilience.

Spiritual Quotient- compassion-wiring, consciousness, control-self.

Client Testimonials on: www.supermind.world

Collaborations:

Partnership for licensing with **Brain HQ** online www.brainhq.com

Brain Hq founded by Neuroscientist- Dr Michael Merzenich.

Affiliate Partner with **Samarpan**, a residential rehabilitation centre.

Amrish is a life member of **the Neuroscience Academy** (Australia).

A Life member with Leadership Excellence Harvard Square -USA.

Health & Wellness honorary global Member @ www.dellaleaders.com

Connect: nih.gov, sfn.org, apa.org, samhsa.gov niaaa.nih.gov, cdc.gov

Amrish also a ScreenWriter, Author, Entertainment Creator for the last 28 years - www.supermindstudio.com

Article authored: <https://medium.com/thrive-global/your-brain-is-your-hero-why-look-for-a-saviour-outside-78bdf274cf19>