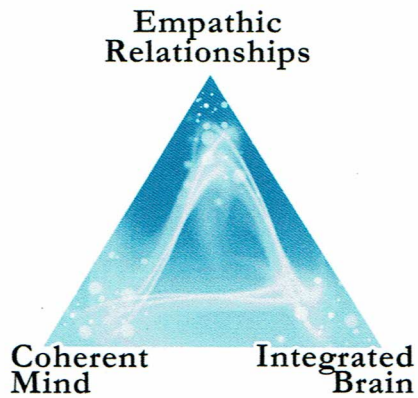


## Wellness Triangle



# Achieve Optimal Health

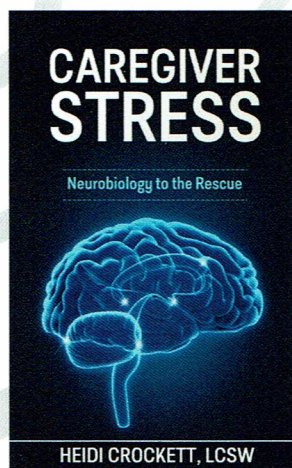
"The mind uses the brain to create itself."

Heidi Crockett, LCSW  
727-417-3016

# What Does Brain Integration Have to Do with Nutrition?

When Heidi gives nutrition presentations across the country, she always says, "it's more important what you don't eat than what you do eat." This is because of the addictive nature of many foods in our modern diet. We must use our mind to choose the right foods to create a better brain.

When Heidi lectures on brain integration, she quotes Dr. Siegel, "the mind uses the brain to create itself." Humans are able to evolve thanks to the amazing capacities of the prefrontal cortex, (the part of our brain that thinks about thinking). Heidi combines psychoeducation and the use of mindfulness in her counseling practice in order to help clients overcome bad thinking and eating habits. Call her now to begin your journey down the River of Brain Integration.



*Use your mind to get out of the limbic brain's stress response and cultivate...*

## The 9 Functions of the Prefrontal Cortex

Fear Modulation

Attuned Communication

Body Regulation

Emotion Regulation

Insight

Morality

Intuition

Empathy

Response Flexibility



About Heidi Crockett  
LCSW, MSW, CMC, CHC, CSE, LMT

Heidi is a licensed psychotherapist who focuses on nutrition and brain integration. She is the author of "Caregiver Stress," a workbook defining optimal mental health using simplified relational neuroscience. Her counseling combines looking at eating habits alongside thinking habits so clients can better create optimal mental and physical health.



[www.GreenLightHeidi.com](http://www.GreenLightHeidi.com)

Contact her at 727-417-3016

Counseling appointments available by phone, Skype, or in-person at her office in St. Petersburg