



**Make America Healthy**  
**Wednesday at 2 PM Pacific**  
**June 1st 2022: Neuroplasticity & Brain Retraining**

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Channel

"Neuroplasticity, also known as brain plasticity or neural plasticity, is the ability of neural networks in the brain to change through growth and reorganization. Neuroplasticity was once thought by neuroscientists to only occur during childhood. Still, research in the latter half of the 20th century has proven that many aspects of the brain can be altered through adulthood. Today, you will learn how to enhance your existing cognitive capabilities, tools to recover from strokes and traumatic brain injuries, how you can strengthen areas if some functions are lost or decline, and so much more!

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**Featured Guests**



**Ben Ahrens**

He is passionate about healing, recovery, and human optimization - and how people can take control of their own mental/physical health in the most straightforward ways by using the most sophisticated tool they already possess - the human brain. He has been a high-performance athlete and chronically ill & bed-bound for years on end. After his "miraculous recovery," He traveled the globe and worked for eight years (as executive vice president at Innovative Medicine), seeking out and studying with the best medical, neuroscience, and human performance experts. He has spent every waking moment for the past two decades exploring the boundaries of our potential - and what he found is astonishing: W

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**Matthew Green**

Matthew deeply engages with his work, his clients and his desire to make the world a better place. A voracious appetite to learn and understand has allowed him to research wide and deep, building on his extensive knowledge of healing and human behavior. He partners with his clients to take them from good to great, offering a safe and held space to explore hidden, deeply held issues that lie at the core of their performance hurdles. He focuses on offering specialized psychological services for high achievers, including tools and strategies, in the form of coaching and therapy for immediate relief from stress, anxiety, burnout & other mental health challenges. He works with a global audienc

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