

Why is America So Sick Today? The Negative Effects of Societal Changes on Brain Development. Part 1.

Instructor: Dr. Tom Woodman

Introduction (1st hour)

Current mental health statistics (1st hour)

The Brain - (2nd Hour)

Basic Brain Development

Neuroplasticity,

How modern society negatively effects brain development

The HPA-Axis, Cortisol and its effects on brain development