



OCTOBER 2007 - LEADERSHIP LETTER #22

CARVED IN SAND

Friends, clients and colleagues:

Recently, a friend and colleague who has wrestled with memory issues gave me a most interesting book: ***Carved in Sand***.

Author C.J. Ramin's book reads like an adventure/mystery thriller, as she vigorously pursues the **causes and cures** of her own memory concerns.

The result is both enjoyable and helpful.

Much of her book has strong messages about what **not to try**, as she makes herself a human guinea pig!

Following is my review of her work, her adventure and her learnings. But if you suffer memory lapses, sleeplessness or anxiety, you'll want to read it (and enjoy it) yourself!

Please feel free to visit the site any time and view all past **Leadership Letters** too ... www.henseyassociates.com!

Best regards,

Mel

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Review of
 **CARVED IN SAND** 
 by *Cathryn Jakobson Ramin*

Harper Collins, NY, 2007

ISBN-10: 0060598697

A journalist for 25 years in many magazines, author Ramin “**takes readers on a lively journey**” as she explores the causes of her memory and attention lapses and sleeplessness in midlife.

She seeks the **help of experts** in sleep, stress, brain injury, hormones, genetics, nutrition, cognitive psychology, dementia and drug-based cognitive enhancement, as well as the impacts of commonly prescribed drugs, recreational drugs, household chemicals, and chemotherapy.

She also meets and studies many midlife women and men and their stories, secret worries, and frustrations as she searches for reasons, answers and ways to cope with her own memory loss and failing attention.

Here is **my** incomplete summary of her many helpful findings ...

<u>HINDRANCES</u>	<u>HELPS</u>
<ul style="list-style-type: none"> • Too much stress from all sources • Sleeplessness due to age, worry, stress • Recreational drugs: pot, alcohol, and nicotine, etc. • Mercury in fish and other sources • Chemical odors/vapors from houses, offices, machinery, shops ... • Household chemicals, sprays, powders, solutions 	<ul style="list-style-type: none"> • Meditation/mindfulness • Neurofeedback/biofeedback • Good nutrition: a large and complex subject in itself, thoroughly and wisely covered in <i>The China Study</i> by T. Colin Campbell, Ph.D., a subject of my Leadership Letter #10* • Vitamins and supplements: Essential fatty acids, especially DHA (safest via flax seeds, soy beans, walnuts, almonds, etc.), vitamin E (best in food), complex carbohydrates,

<u>HINDRANCES</u>	<u>HELPS</u>
<ul style="list-style-type: none"> • Prescription drugs and “safe” over-the-counter meds • Chemotherapy drugs and tolerance drugs • Anti-depressants, vastly over-prescribed • Most sleeping pills • Most of the prescription drugs she tested for help with sleeplessness, brain fog, memory loss, etc., were not helpful long-term • Diabetes, Lupus, Parkinson’s, MS, Epilepsy, obesity, high cholesterol, high blood pressure, etc. • The Internet: we’re actually deceiving ourselves about how well it “connects” people 	<p>DHEA, full range of B vitamins, CoQ10, vitamin D (especially in winter), and vitamin C (which humans cannot generate themselves), etc.</p> <ul style="list-style-type: none"> • Learning challenging hobbies or skills that are new to you, such as another language, mathematics, music, playing an instrument, history, art, learning an art form, dance, learning a dance type, etc. • Working on anything that’s puzzling: solving Sudokus, crosswords, chess, math puzzles, Scrabble games, etc. • Social interaction with people, and particularly face-to-face interactions in some meaningful way • Regular exercise, appropriate to your age and situation,** such as golf, tennis, swimming, walking, bicycling

* **China Study** bottom line: Eating less than 10% by weight of animal-based protein, **including** fish, poultry and dairy, and avoiding sugar and refined carbs ... will prevent/reverse most of our killer diseases: diabetes, obesity, heart disease and all cancers.

** Years ago, I came across a Harvard study conducted over many years with the same people, that found **exercise** to be the **most** significant factor affecting health.



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