



Dr. Marlene MD

www.DrMarleneMD.com

HEALTH

Apps for Health & Wellness

Hey, Dr Google, help me! There are many health related apps available to make the user smarter. Challenges, opportunities, risks, benefits of each are overflowing.

Can this app help me reach my personal goal? What apps have you used? Is this app cost-effective? The world of health-related apps explored.



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Brain Function: Neuroplasticity **Simplified**

The brain, that fascinating organ in our skull that just happens. Our brain weighs just 2 % of our body weight but requires 20% of our daily nutritional intake. It is known that our brain cells are elastic with a constant turn over in cells, repaired with new cells forming. How can we assist these cells in this journey?

Discover the meaning of neuroplasticity and more...

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The Intestines & Gut **Bacteria**

What happens in our intestines?
Digestion and beyond. We are putting the outside world into our bodies everytime we eat and drink. Bacteria in our gut, the microbiome world, is critical to our health. Let's go inside our gut and understand the importance of gut bacteria





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Your Heart is Your Home: Heart Anatomy 101

Heart Disease is common and preventable. The heart is a complicated structure. Learn about heart anatomy to understand heart disease. Heart Anatomy compares the heart to the home structure. Heart muscle = wall; Heart valves = doors; Heartbeat = electricity; Coronary Arteries = pipes and plumbing; Blood = water in the pipes.

The Business of Your Health: Living Will and Health Care Surrogate

What is a Living Will? A Health Care Surrogate? These documents explain to your healthcare providers whom you designate to represent you if you are unable to make a decision and your wishes for healthcare under certain circumstances. What happens if you do not have these documents? These questions will be answered.

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Move It: Exercise Myths Revealed & Reviewed

Exercise is vital for body and mind, during all phases of your lifespan.

What is the myths about exercise? True or false? How important is stretching for the body? How much water intake is recommended?

How many minutes does one have to exercise per day? What is the recommendation? Moving in small ways has a great impact on a person's health. Learn why and how to incorporate 'exercise' into your daily routine.

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The How and Why: Your Medication & Health History List

You know the best your medical history. What medications, over the counter, and vitamin supplements do you take? When do you take each pill? What vaccines have you received? Any surgeries? The importance of this data, how and what to record, and different forms are reviewed.

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