

20 GOOD RULER STRATEGIES

Think what our society would be like if a Good Ruler was in charge and they were intent on ending mental illness. The Good Ruler would encourage people to enhance brain health and to advocate policies and behaviors that would help minimize the BRIGHT MINDS risk factors.

Here are 20 ways the Good Ruler would minimize the risk factors to help end mental illness.

Blood Flow

The good ruler would...

1. Encourage exercise in schools, churches, and the workplace.
2. Make brain health education mandatory at schools and businesses on the blood flow effects of caffeine, including energy drinks, nicotine, and marijuana.

Retirement/Aging

The good ruler would...

3. Encourage lifelong learning and purpose.
4. Promote cross-training in the workplace.

Inflammation

The good ruler would...

5. Regularly test subjects for CRP, homocysteine, and the omega-3 index.
6. Encourage healthy stress management and rest.



Genetics

The good ruler would...

7. Educate the population to know their genetic risks and vulnerabilities by having families tell accurate stories of their ancestors and be serious about prevention as soon as possible.

Head Trauma

The good ruler would...

8. Encourage the population to love their brains, and the brains of their children and protect them at all costs.
9. Ban children and teenagers from hitting soccer balls with their head or engaging in high-risk activities. Children and teens cannot sign informed consent admitting they know and accept the risks of head injuries. Often parents approve of behaviors where they are unaware of the risks.

Toxins

The good ruler would...

10. Strengthen laws that ensure clean air, water, and safe buildings.
11. Highlight research that reveals how alcohol and marijuana affect brain health.

Mind-storms

The good ruler would...

12. Encourage people to get brain scans or other diagnostic tests to determine if abnormal electrical activity may be at the root of symptoms of mental illness.



Immunity/Infections

The good ruler would...

13. Encourage people with sore throats to get a throat culture and mandate that physicians routinely test patients' vitamin D levels.
14. Discourage people from consuming potential allergens—gluten, soy, corn, dairy—that can trigger autoimmune responses. Encourage food manufacturers to reduce their use of these substances in packaged foods.

Neurohormones

The good ruler would...

15. Limit the use of pesticides on crops, outlaw the most toxic pesticides, reduce the use of plastics, and limit products that are endocrine disruptors.
16. Encourage the medical community to include testing for thyroid, cortisol, DHEA, estrogen, progesterone, testosterone, human growth hormone, and insulin levels during check-ups.

Diabetes

The good ruler would...

17. Limit sugar-laden snacks and desserts in school lunches to promote stable blood sugar levels and healthy weight, while providing healthy alternatives.
18. Tell the truth that drinking and eating foods that make you fat and diabetic is not a smart way to celebrate.



Sleep

The good ruler would...

19. Limit social media and TV time so you can go to sleep early and get the rest you need.
20. Encourage people to adopt a brain healthy sleep regimen that promotes more restorative sleep.

