

TRAILER SCRIPT

[Heather Sherman] I'm Heather Sherman – host of *Your Complex Brain...* a podcast from Krembil Brain Institute, one of North America's largest and most comprehensive neurological centres.

Most of us have a pretty good idea about how the body works.

But what about your brain? The most *powerful* and *complex* organ in your body. Few of us have any idea how the brain works *or* how to improve our brain health.

That's what *Your Complex Brain* is all about. We're uncovering the mysteries, myths and cutting-edge science surrounding the brain, because, the more we understand it, the better chance we'll have of finding cures – or maybe even preventing brain disease all together.

And don't worry – this isn't a show that only brain scientists will understand. We're setting out to *break down* the research, cut through the hype and give you real and useful insights about your brain, and your health.

[Dr. Donald Weaver] "If we live long enough, we'll all be touched by Alzheimer's disease or dementia. It is becoming that common. We are so far ahead of where we were 30 years ago. I think this is an area where there's a tremendous amount of optimism. The future's bright."

[Heather Sherman] Along the way, we're meeting with brilliant researchers and doctors, brave patients and their dedicated care teams, as well as the heroic caregivers and family members in the middle of it all.

[La Croix Callo] "I was 22 years old when I had a stroke. That does not define me. It is a part of my story, but it is not my whole story."

[Heather Sherman] There are a *million* amazing things to know about *Your Complex Brain* – and we can't wait to start exploring them with you.

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