



The food we eat plays a **critical role** in both emotional well-being and cognitive performance. Nutrition is increasingly recognized as a key factor in managing mood and sharpening mental function. A well-balanced diet regulates **neurotransmitters** which influence mood, motivation, and stress resilience. Foods rich in **omega-3 fatty acids** help reduce inflammation and support brain communication, while processed foods high in sugar and unhealthy fats can contribute to mood swings and fatigue by disrupting gut health.

[LEARN MORE](#)

★ Spotlight Stories | August 2025



PNI Doctors Receive 2025 Awards from Castle Connolly

Several PNI physicians have been named **Castle Connolly Top Doctors for 2025**, an honor for clinical excellence and peer recognition.

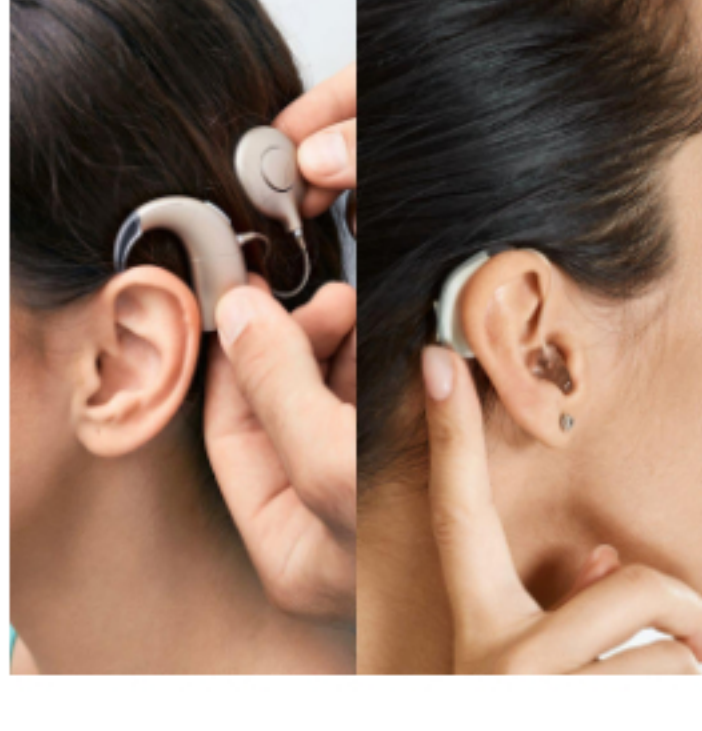
[Find Out More](#)



MS and Heat Tolerance: How Heat Affects People with Multiple Sclerosis

Learn why heat affects MS symptoms and get practical tips from **Dr. Barbara Giesser** to stay cool and feel better this summer.

[Learn More](#)



Cochlear Implants vs Hearing Aids: Understanding the Differences

Curious about the difference between hearing aids and cochlear implants? This blog breaks down how each device works, who they're best for, and what to consider when choosing the right hearing solution.

[Learn More](#)



Decoding Pituitary Disorders With Hormone Investigation

Dr. Noa Tal shares how the pituitary gland affects everything from mood to metabolism and why identifying hormonal imbalances can change lives.

[Apple Podcasts](#) | [Spotify](#) | [Simplecast](#) | [Watch on YouTube](#)

[Listen Now](#)

🧠 Boost Your Brain Power

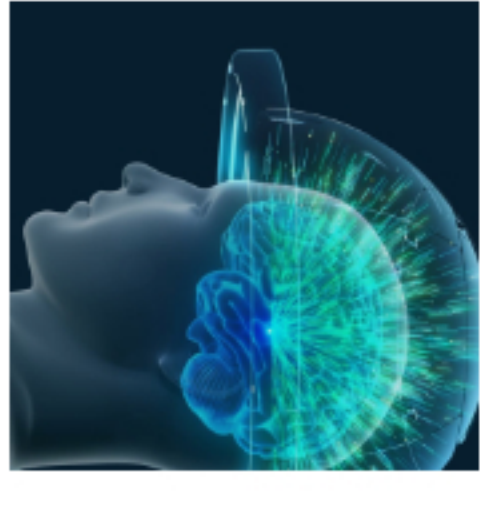


The Longevity Course

Thursdays, 11 am - 12 pm | Virtual | Starting September 4th

Cut through the noise with **evidence-based** insights on aging well—covering **nutrition**, **gut health**, **exercise**, **stress**, and more. Includes **4 group Zoom sessions + 1 consult** with dietitian and researcher **Molly Rapozo, MS, RDN**.

[Learn More >>](#)



Stop Tremors with Focused Ultrasound

Pacific Movement Disorders Center

Struggling with **tremors** that don't respond to medication? For those living with **essential tremor** or **tremor-dominant Parkinson's**, focused ultrasound is a highly effective, **non-invasive** treatment option. Available now at **PNI-South Bay** in Torrance, CA.

[Learn More >>](#)

★ News & Events



New Clinical Trial for Thyroid Eye Disease

Open now and recruiting candidates in **Santa Monica** and **Torrance**, California.

Learn more about each location below.

[Santa Monica >>](#)
[Torrance >>](#)



Save the Date: Cochlear Implants for Hearing Restoration Lecture

Sunday, September 8, 2025 | 6 pm | 5990 Green Valley Circle, Culver City, CA 90230

Join an informative **lecture** focused on **cochlear implants**. Meet experts **Dr. Courtney Voelker** and **Dr. Rebecca Lewis**, hear from real CI recipients, and learn more about the latest in **implant technology** from **MED-EL**. Open to current or potential CI candidates, family members & caregivers; audiology students.

[Register Now >>](#)



Save the Date: Neuroendocrine Conference

Nurses: Nov 1, 7:30 AM - 11:30 AM

Patients: Nov 1, 12:30 PM - 4:00 PM

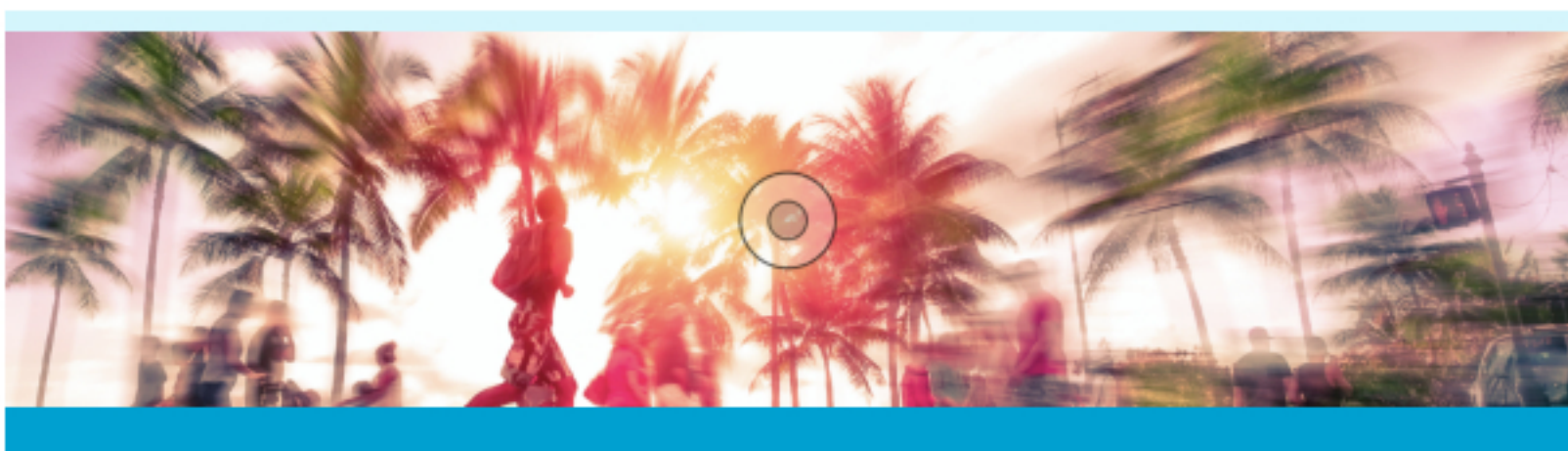
Physicians: Nov 2: 8:00 AM - 5:00 PM

This **two-day** course has something for everyone. Day 1 focuses on in-depth information for **nurses** and **patients** in two separate, curated sessions. Day 2, geared toward **physicians** and nurses, provides an extensive immersion in advanced topics led by highly experienced and recognized experts in their fields.

[Nurse Registration >>](#)

[Patient Registration >>](#)

[Physicians Registration >>](#)



Think Neuro. Think PNI.

Santa Monica (310) 582-7640 | South Bay (424) 212-5361 | Burbank (818) 847-6049

Santa Monica - Torrance - Burbank - Mission Hills - Wilshire
Playa Vista - Fullerton - Orange - Mission Viejo

[VIEW OUR LOCATIONS](#)

PNI takes care of patients with a wide range of neurological conditions. Request a visit by calling (310) 582-7640 or [find a doctor at pacificneuro.org](#).

Accepting new patients for virtual or office consultations.



© 2025 Pacific Neuroscience Institute[®]. Pacific Neuroscience Institute[®] and PNI[®] are registration marks of Pacific Neuroscience Institute, LLC. All Rights Reserved.

Pacific Neuroscience Institute | 2125 Arizona Ave | Santa Monica, CA 90404 US