

Simple Rules for Optimizing the health of your Brain
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1. **Get bloodwork done** - so you know where you are at: *See Resources - Brain Health Lecture*
2. **Exercise your brain** - physically and mentally - Do aerobic exercise for 120 min a week. It can be as simple as brisk walking or as intense as interval training - Weight resistance Strength training. - Skill based exercise - activates the cerebellum (learning a new sport or activity - zumba, dance classes, tennis, TaiChi, ski-ing ect. Jump rope. *You want to be bad at the new activity - that's when your brain is growing the most.*)
3. **Hydrate your brain** - with clean filtered water. Green Tea is great for the brain. Rosemary and Sage are great too.
4. **Keep socially active** - hugely important + connect and laugh a lot. Control your blood sugar levels diet. Social activities activate BDNF - Brain derived neurotropic growth factor.
5. **Optimize your sleep** - Sleep Hygiene + the Glymphatic System - delta waves - Get outside in daylight in the morning for 30 minutes to set up your circadian rhythm for the day. In the evening set up a routine of calming down 1 hour before bed - turn down any blue or bright light - drink a calming tea - keep your bedroom as dark as possible - if you have an alarm clock in the bedroom make sure it uses red light. Switch your computer and cell phone to night mode which is a yellow amber colored light that turns on at sunset.
6. **Feed your brain the right diet** - Manage inflammation through diet. The driver of brain decline. Check your Omega 3 index and through diet and supplementation get it into the optimum range. 8% Omega 3's gets you into the optimal range. Nix the 6 - cut out soy, corn, safflower, sunflower and canola oil and replace them with extra virgin olive oil, avocado oil, coconut oil and make your own Ghee. *See recipe in the Let's Get Cultured Handout.* Super foods list for your brain. The highly colorful diet ie. **Mediterranean diet is one of the healthiest diets to eat.** Always focus on nutrient dense foods. Eat Organic whenever possible or follow the rules of the Environmental Working Group - Clean 15 - Dirty Dozen. The more variety of colorful vegetables and fruits the better. Fish - Wild Alaska Salmon, sardines and short lived fish have the lowest mercury levels, Colorful berries, Whole fruits - Kiwi is a superstar. Some whole grains - gluten free is better. Try Black Rice. Avoid wheat unless it's wilder varieties such as spelt, Kamut, Freeka, Einkorn. If eating pasta - eat Italian only avoid American Hybridized Wheat. Avoid oats unless organic - Glyphosate - Roundup is sprayed on non organic wheat and oats before harvesting GMO corn and soy have Glyphosate residues - Glyphosate is an anti-biotic and damages your biome Grass fed only beef, milk, butter, Walnuts,

7. **Try going with out Gluten, Dairy and Sugar** and see how your memory functions - the Whole 30 diet is a great plan to find out your sensitivities.
8. **Gut health** - nourish the gut brain connection - *read the handout Let's Get Cultured for ideas*. Fermented foods - Sauerkraut (refrigerated) KimChi, Kombucha, Kefir and high fiber foods.
9. **Spend time in Nature** “ Forest Bathing” **Meditation** (is a rest for the brain) and **Prayer**
10. Learn about **Auphagy** to clean up the junk out of your brain - Time restricted eating and deep sleep help to this.
11. **Get the environmental toxins out of your brain** - ie. Heavy metals, environmental chemicals, mold toxins ect. Don't put anything on your skin that you wouldn't eat.
12. **Try a Sauna** - heat shock proteins help the brain and mood.
13. **Purchase a better filter for your Heating/AC system.** *I use the 3M 2200 Filterete - it filters mold, viruses, and tiny pollutants out of the air.* **Purchase a good water filter for your drinking water.** Carbon Filter or Reverse Osmosis. You can get shower filters to get the chlorine out
14. **Supplemental Support** - Fish Oils, B-Complex, Magnesium - Brain Mag if needed, Curcumin - *Longvida*, Lion's Mane, N'Acetyl Carnitine, GPC or Citi-Choline, Bacopa, Ginkgo, Lutein & Zeaxanthin, Huperzine A, PS Phosphatidyl Serine - are some of the major supplements to explore.
15. **Try using MCT's (Medium Chain Triglycerides) as a brain fuel** - Give Bulletproof coffee a try start with smaller amounts - 1 teaspoon of butter or Ghee and MCT oil at first and increase the amount as you adjust to it and don't do this if you have had your Gallbladder removed. — *Make a cup of Black Coffee - add 1 Tablespoon of Butter or Ghee (I prefer Ghee) add 1 tablespoon of MCT oil (Medium Chain Triglyceride - made from Coconut Oil add a pinch of salt (Himalayan or Real Salt is the best) - blend it for 30 seconds in a blender. Pour and drink.* Your brain works very efficiently on Ketones and see if you notice the effect on your focus and concentration. It also cuts the appetite and is great for Interval Fasting - usually not eating after dinner and skipping breakfast so you go 12 to 16 hours without food.
16. **BDNF** - Things that activate Brain Derived Neurotropic Growth Factor. Intense exercise, Learning new skills, languages, dance moves, foreign travel - new culture and language, intermittent Fasting and Calorie restriction, cutting out refined sugar, sunlight -Vitamin D, Turmeric - Curcumin, Green Tea, Fish Oils, Resveratrol, Losing weight, Social Enrichment.