

## Brain Health

The brain is the center of the central nervous system and is responsible for involuntary functions such as heartbeat, breathing and digestion. The brain is also responsible for higher functions such as perception, imagination, memory and emotion.

Proper nutrition, sleep and stimulation all contribute to healthy brain functions. A decline in mental faculties is frequently accepted as an unfortunate part of the natural aging process. But in many cases, this isn't inevitable. Recent discoveries in neurogenesis have shown that the brain can actually produce new brain cells and neuropathways.

### Self Care

- Exercise: Move your body. It doesn't matter how you start, it just matters that you start. The synergistic effects of exercise and mental function is widely known. Consider working with a personal trainer or fitness coach.
- Diet: The side effects of poor nutrition can contribute to memory loss, difficulty concentrating, decreased mental energy and "the blues." A Mediterranean diet rich in fruits, vegetables, whole grains, nuts, beans, seeds and lean meats provides thousands of micronutrients, antioxidants, vitamins, and minerals that can help protect against cancer, heart disease, and Alzheimer's disease, among other conditions.
- [How healthy is your diet?](#)
- [Life stress questionnaire](#)
- [Exercise Options.pdf](#)

### Diet

- [Mediterranean Diet](#)

### Memory Foods

These foods and nutrients have been shown to boost mental function.

- Aged garlic improves memory and fights age-related memory loss.
- Sugar/glucose. Improves short-term memory.
- Unsaturated fat in olive oil and fish oil strengthens general learning ability.
- Egg yolk and organ meats (such as kidney and liver) enhance verbal memory.
- Boron in apples, pears, beans, and peas enhance alertness.
- Magnesium in whole wheat and nuts enhance alertness and general memory.

- Zinc in shellfish, beans, peas, and dark turkey meat aids in short-term recall, working memory and visual memory.
- Vitamin C in oranges, strawberries, red peppers, and leafy green vegetables improve overall memory.

### “Cognitive Cocktail”

At times of extended mental stress, such as grieving, adjusting to permanent lifestyle changes, or projects lasting over a month, try this Cognitive Cocktail.

- [Neurophosphatidylserine](#) - promotes cellular health and supports the enzymatic basis of healthy estrogen metabolism.
- [B Complex Sublingual liquid wit B12](#) - a multifunctional blend of important B Vitamins, including B-2, B-6, B- 12, Niacin, and Pantothenic Acid. B Vitamins are essential for normal formation of blood cells, and also support a healthy nervous system, energy metabolism, and vision health.\* The body requires a daily source of B Vitamins because B Vitamins are water-soluble.
- [Phosphatidyl Choline](#)– lecithin choline is a source used to synthesize actylcholine, a critical neurotransmitter required for processing memory in the brain. An important component of nerve cell health.

Take this cocktail with one cup of strongly brewed Green Tea mix in 1 tbsp Agave nectar.

### Supplements

- [Ginko Alert Formula](#)– this unique formula contains a blend of nutrients and botanicals to support brain circulation, neurotransmitter activity, and cognitive function.
- [GABA](#)– is an amino acid naturally produced in the central nervous system, where it functions as a neurotransmitter to support cellular function of the brain.
- [5-HTP](#)– supports nervous system health, providing L-5 Hydrotriptophan along with B Vitamins Niacin, B6 and herb Valerian. 5-HTP is a precursor to serotonin, a neurotransmitter involved in aiding a calm, relaxed mood and enhance feelings of wellbeing.
- [Sam-E](#)– 400 mg double strength.
- [Aminologics](#)– a unique formula of bioavailable amino acids. The body’s protein building blocks. The functions of this product includes balancing hormones, enzymes neurotransmitter synthesis, immune system and intestinal cell health.

*The information provided is not meant as a replacement for a physician’s care.  
Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*

### **Hormone Therapy - [Details on Website](#)**

Hormones play an active role in memory. A good example of this is what happens to a person who has low levels of thyroid hormone. Without adequate amounts of this hormone, blood flows more slowly through the arteries, bringing fewer nutrients and oxygen to the brain. Fortunately, this condition is reversible when treated. Visit our [Thyroid and Iodine Testing page](#). Depending on the state of your memory, you may want to think about more assertive action such as hormone replacement therapy. The idea of replacing hormones (using natural bio-identical hormones) as they are depleted from our bodies during normal ageing is widely accepted and safe. Most of the research into the effects of hormones on memory has concentrated on estrogen, with good cause. Estrogen can markedly sharpen a woman's thinking and memory. Testosterone is another memory hormone which helps mental function for men. Visit our [Bioidentical Hormones page](#) for more.

Another hormone is DHEA, which both men and women make in abundance until around age thirty, when it begins to drop. Take this supplement if your levels are low and prescribed by a health practitioner.

Some or all of the above supplements may help to make you feel more balanced and give you an increased sense of wellbeing.