



Brain Health *Guide*

LEARN THE BEST LIFESTYLE
HABITS, FOODS, AND
SUPPLEMENTS TO BOOST
YOUR MEMORY, FOCUS,
AND MOOD.

BRAIN HEALTH 101

Why it matters

Your brain works tirelessly 24 hours a day, 7 days a week. Even while you sleep your brain is hard at work!

Your brain controls your thoughts, emotions, memory, and movements. Basically, it acts as the boss of your body, regulating your breathing, heart rate, circulation, and so much more.

That's why keeping your brain healthy is crucial for your overall well-being.

Genetics and age play a role in brain health. In fact, it's *normal* for your brain to change with age!

That said, you have more power over your brain health than you think.

The choices you make *today* impact your brain health tomorrow... and in the years to come.

Implementing certain brain-friendly lifestyle habits can help:

- Improve your memory
- Boost your mood
- Sharpen your focus
- Reduce your risk of brain diseases such as Alzheimer's and Parkinson's



So read on to learn everything you need to know to keep your brain in tip-top shape.

BRAIN FACTS

- The average adult brain weighs 3 pounds and has a texture like firm jelly.
- 60% of your brain is made up of fat.
- Brain information travels at a whopping 268 miles per hour.
- The human brain can create about 23 watts of power. That's enough to power a lightbulb!

BUILDING NEUROPLASTICITY

How to do it

Neuroplasticity refers to your brain's ability to adapt and respond to change. Every day, your experiences and actions have the power to help your brain form new neural networks. Below are 5 ways to help boost your brain's neuroplasticity.



Learn something new

Every time you try something new, it challenges your brain to form new neural networks. So learn a new language, take a salsa class, or try a new musical instrument. Your brain will thank you.



Read

Reading helps your brain stay balanced and sharp. Reading fiction enhances your creativity and imagination, while reading non-fiction stretches your brain to learn valuable new skills.



Play games

Playing games isn't just fun, it stimulates your brain to form new neural networks. Board games, chess, crossword puzzles, card games, Sudoku, and even escape rooms all give your brain a workout!



Alter your routine

The brain thrives on novelty. Even little shifts can help build neuroplasticity. So take a different route to work. Brush your teeth with your left hand instead of your right. Every little change helps.



Exercise

Physical movement reduces stress, improves sleep, and promotes blood flow to the brain. It also triggers the release of chemicals that boost learning and mood. Aim for at least 150 minutes of exercise every week.

RECHARGE YOUR BRAIN

Why rest is important

While your brain needs activity to function well, it also needs rest. Here are four ways to help your brain unwind and get the cognitive rest it needs.



Get plenty of sleep

While you sleep, your brain clears away toxins that build up during the day. Sleep also helps your brain process emotions and improves your memory. Aim for 7-8 hours of sleep every night. To improve your sleep quality, try sticking to a regular sleep schedule and avoiding screens 1-2 hours before bed.



Stay connected

Social connection eases stress and reduces depression and anxiety. Research shows people who stay socially connected have the slowest rates of memory decline. So look for ways to connect with family and friends. Have a game night, share meals, go for a hike, or plan a coffee date.



Meditate

Meditation creates a sense of calm, and improves your attention, memory, and focus. It boosts happy chemicals like serotonin and reduces the stress hormone cortisol. Studies show meditation can even delay brain aging. If you're new to meditation, [Insight Timer](#), [Calm](#), and [Headspace](#) are all great resources.



Spend time in nature

Being in natural environments can act as a balm for your busy brain. Spending time in nature improves memory and attention, lowers stress, and boosts your mood. So get outside all you can. Walk your dog, garden, hit the beach, enjoy meals al fresco, or go camping.

EATING FOR BRAIN HEALTH

The best foods

The foods you eat can make or break your brain health. So choose wisely. Avoid processed foods and added sugars and eat plenty of the brain-boosting foods below:



Salmon & other fatty fish

Broccoli

Berries

Leafy greens



Dark chocolate

Eggs

Avocados

Extra virgin olive oil



Coffee

Green tea

Turmeric

Nuts



Seeds

Rosemary

Tomatoes

Beets

BRAIN HEALTH SUPPLEMENTS

Boost your brain

Eating a healthy diet is the best way to fuel your brain with supportive nutrients. That said, certain supplements can help fill in nutritional gaps or provide extra support for your brain.



Omega 3 fatty acids

Fish oil is rich in DHA and EPA, two types of omega-3 fatty acids. Taking fish oil is shown to reduce cognitive decline linked with aging. You can get your omega-3's by eating fish, or opt for a supplement instead.

Brands: [Nordic Naturals](#) & [Carlson](#)



B vitamins

B vitamins help your body create energy, boost your mood, and metabolize homocysteine, which reduces the risk of cognitive decline. B vitamins get depleted by stress. Taking a B complex can help you get your fill of these vital nutrients.

Brands: [Garden of Life](#) & [Thorne](#)



Resveratrol

This antioxidant is found naturally in the skin of grapes, raspberries, and blueberries. Some studies suggest resveratrol may improve memory and brain function.

Brands: [Garden of Life](#) & [Designs for Health](#)



Bacopa Monnieri

Bacopa is an herb used in Ayurveda that's linked with cognitive health. It's shown to improve memory and reduce anxiety. But it takes 4-6 weeks of consistent use to see results.

Brands: [Himalaya](#) & [Gaia Herbs](#)