

BRIGHT MINDS

The 11 major risk factors that harm the brain and steal your mind

RISK FACTORS

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| B | BLOOD FLOW Hypertension, stroke, transient ischemic attacks, heart disease, erectile dysfunction, sedentary lifestyle |
| R | RETIREMENT/AGING Over 65, retirement, limited new learning, social isolation, less than high school education, high blood ferritin (iron) level |
| I | INFLAMMATION Leaky gut, low omega-3 intake, gum disease, joint pain |
| G | GENETICS Family member with dementia or mental health issues, apolipoprotein E4 gene |
| H | HEAD TRAUMA One or more head injuries, loss of smell |
| T | TOXINS Alcohol, drugs, smoking, pollution, pesticides, mold, carbon monoxide, BPAs, personal product toxins (phthalates, parabens, etc.) |
| M | MENTAL HEALTH Depression, Post-Traumatic Stress Disorder, Bipolar, Chronic Stress |
| I | IMMUNITY/INFECTIONS Low vitamin D, autoimmune disorders, infections, such as Lyme |
| N | NEUROHORMONES ISSUES Thyroid, cortisol, testosterone, dehydroepiandrosterone, estrogen, progesterone, insulin |
| D | DIABESITY Pre-diabetes, diabetes, overweight, obesity |
| S | SLEEP ISSUES Sleep apnea, chronic insomnia, sleeping pills |

INTERVENTIONS

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|  | LIMIT CAFFEINE , nicotine and dehydration, EXERCISE (especially racquet sports), SUPPLEMENTS - Brain and Memory Power Boost , FOODS - beets, cayenne pepper and rosemary |
|  | NEW LEARNING , daily 12-16 hours FAST , DONATE blood if ferritin is high, social support & volunteering, SUPPLEMENTS - Brain and Memory Power Boost , FOODS - cloves, oregano, shrimp |
|  | HEAL THE GUT , Boost OMEGA-3s (O3s), FLOSS , SUPPLEMENTS - Omega 3 Power , Brain Curcumins , Probrainbiotics , FOODS - walnuts, salmon, sardines |
|  | BE SERIOUS! EARLY screening! ELIMINATE all other risk factors, SUPPLEMENTS - Brain Curcumins , Neurovite Plus , FOODS - turmeric, blueberries, chocolate |
|  | PREVENT further head injuries, HBOT (hyperbaric oxygen therapy), SUPPLEMENTS - Brain and Body Power Max , foods - eggs, peppermint |
|  | LIMIT EXPOSURE , App - Think Dirty. Support 4 organs of detox: Liver - limit alcohol; Gut - add fiber; Kidneys - drink water; Skin - sweat with exercise/saunas, SUPPLEMENTS - Brain and Memory Power Boost , FOODS - brassicas (cauliflower, Brussels sprouts, broccoli, cabbage) |
|  | KILL THE ANTS , meditation, exercise, SUPPLEMENTS - Omega 3 Power , Sertotonin Mood Support , SAME , FOODS - wild fish, 8 servings of fruits and vegetables, chocolate |
|  | BOOST vitamin D, elimination diet, treat infections, SUPPLEMENTS - Vitamin D3 , FOODS - garlic, onions, mushrooms |
|  | REGULARLY TEST and OPTIMIZE hormones, AVOID hormone disruptors (BPAs, phthalates, parabens), SUPPLEMENTS - zinc, l-tyrosine, DHEA, FOODS - oysters, fiber, flaxseeds |
|  | BRAIN HEALTHY , low-glycemic, high-fiber, calorie-smart diet, SUPPLEMENTS - Craving Control , Vitamin D , FOODS - cinnamon, spinach, lentils, green peas |
|  | TARGET 7-8 hours a night, evaluate and treat sleep apnea if present, LIMIT caffeine, digital exposure after dark, noise, light, ADD blue light blockers to gadgets, SUPPLEMENTS - Restful Sleep , FOODS - don't eat within 2 hours of bedtime |