



BRIGHT MINDS

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

RISK FACTORS

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, BPA's, 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

	LIMIT CAFFEINE , dehydration and dehydration, EXERCISE (especially racket 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 - clams, oysters, shrimp
	HEAL THE GUT , Boost OMEGA-3s (D3) , FLORA , SUPPLEMENTS - Omega 3 Power, Brain Curcumin, Probiotics, FOODS - walnuts, salmon, sardines
	BE SERIOUS! EARLY (evening!) ELIMINATE all other risk factors, SUPPLEMENTS - Brain Curcumin, Neuriva Plus, FOODS - turmeric, blueberries, chocolate
	PREVENT further head injuries, HBOT (hyperbaric oxygen therapy), SUPPLEMENTS - Brain and Body Power Max, FOODS - eggs, peppermint
	LIMIT EXPOSURE , Age - Think Dirty, Support 4 organs of detox: Liver - limit alcohol; Gut - add fiber; Kidneys - drink water; Skin - sweat with exercise/sauna, SUPPLEMENTS - Brain and Memory Power Boost, FOODS - cruciferous (broccoli, Brussels sprouts, broccoli, cabbage)
	KILL THE ANTS , meditation, exercise, SUPPLEMENTS - Omega 3 Power, Serotonin 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 (BPA's, phthalates, parabens), SUPPLEMENTS - zinc, l-tyrosine, DHEA, FOODS - soybeans, 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