



Brain Health

Your brain is essentially the command centre of your body that controls your nervous system. The nervous system is vital for controlling your memory, thoughts, emotions, bodily functions, and movement.

It is vital that your brain health is a priority throughout your life due to the wide range of functions that it controls. Additionally, there are many different neurological disorders that can present in different people as they age, highlighting the importance of focusing on your brain health.

Alzheimer's, Parkinson's and other types of dementia, depression, bipolar, drug abuse, alcoholism and anxiety are common neurological disorders that are seen in people. However, a common issue which people are facing currently is brain fog.

Brain fog can include losing your train of thought, forgetting what you were doing, having to ask someone to repeat something, finding it difficult to take in new information, feeling exhausted and fatigued and being unable to make a decision or commitment.

Additionally, there are some chronic health conditions that can contribute to declining brain health. These include high cholesterol, high blood pressure and diabetes. Making sure that you are aware of your physical health is just as important to help prevent against neurological disorders developing.

Although it seems like there are a lot of disorders which can arise, there are many different ways that you are able to support your brain health with. Try to include the following tips from the table below to help support your brain health.

Live an Active Life

Exercise is important for not only your physical health but also your mental and brain health. Exercise can help prevent against high cholesterol, high blood pressure and diabetes which in turn helps your brain. However, exercise is known to produce endorphins which gives you the 'feel good' feeling after you exercise, supporting your brain health.

Eat a Healthy Balanced Diet

Nutrition is very important in preventing a decline in your brain health. A balanced diet can provide your brain with the right nutrients it needs. Healthy, fresh, natural, wholefood sources of foods are your best option. This includes fruits, vegetables, lean protein, and healthy fats with low levels of sugars and saturated fat.

Keep your Brain Active

This is in turn the equivalent of exercise for your brain. Keeping your mind active with mentally stimulating activities can stimulate the formation of new nerve cell generation and connections. This can include anything that stimulates your mind from reading, puzzles, crafts, to crosswords and more.

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Get Enough Quality Sleep

Sleep is the time where our body is able to rest and repair. This is important as it allows us to recover from damage that occurs to our body daily. Sleep is also crucial for our brain to function optimally. Most adults need from 7-9 hours sleep per night to feel rested and not tired or sleep deprived.

Take Supplements if Required

Sometimes supplements are needed to help get us back to where we want to be with supporting our brain health. Supplements with omega 3 fatty acids, high quality supplemental protein, vitamin E, the B vitamins, resveratrol and co enzyme Q10 are just some supplements that can help.

It is important to talk to a health professional and have your epigenetics analysed first as to what supplements are best suited for you and your requirements.

The Brain — The importance of circulation



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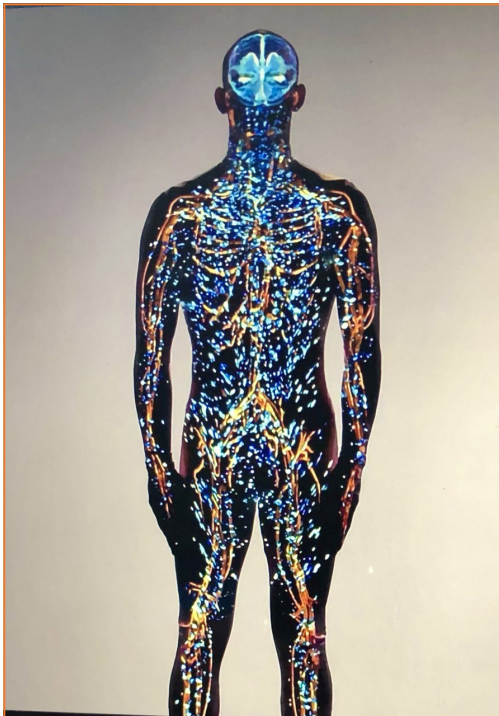


Brain Health

Neurons



Neuromuscular Connective System



We recommend that you get your epigenetics analysed regularly to prevent brain and wellbeing challenges.