



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, 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



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