



Brain fog? Constant overwhelm? Procrastination? Worried about Alzheimers?

Yeah, me too. And I want to get ahead of it, to strengthen and protect my brain with natural remedies.

This is my chosen brain-protecting formula/approach (*keep reading for the why and how*):

- Daily outdoor exercise (enhanced blood flow and reduced inflammation)
- Water - 8oz first thing in the morning - even before coffee! - because the brain needs hydration
- Coffee - we'll talk about that next
- Adaptogens (*According to the [Cleveland Clinic](#): Adaptogens are plants and mushrooms that help your body respond to stress, anxiety, fatigue and overall wellbeing. You can take adaptogens by adding them to food or beverages or take them as tinctures. Adaptogens bring your body back to a steady balance by managing both physical and mental stressors.*)
- Microdosed cannabis product formulations incorporating adaptogens, intentionally and strategically used

This is a wellness newsletter on how natural remedies - including caffeine, adaptogens (restorative botanicals) and modern legal cannabis products - can holistically help us deal with these common concerns. Please note: this is not medical advice. [Email me](#) or comment if you have a question while reading or watching.

Let's talk about coffee first, since who doesn't love coffee?

I'm guessing this is a daily habit for many of you as it is for me. Trying to improve my sleep, I've been (reluctantly) limiting my caffeine intake to one morning espresso, mainlining decaf for the rest of the day.

Imagine my joy when I found out scientists have recently declared that the regular (2-3 cups/day MORE is not better) use of coffee (primarily caffeine) reduces the chance of Alzheimers ([alzinfo.org](#) Fisher Center for Alzheimers Foundation) by roughly 18%! Caffeine from tea counts as well.

Oh it gets better. That same amount of coffee sharpens our thinking skill and reduces "forgetfulness". This makes me so happy - quite literally since caffeinated coffee is known to improve mood, too.

If coffee can stave off Alzheimers, I'm going to guess a little "brain fog" doesn't stand a chance.

Coffee is so effective against brain fog because it temporarily blocks the "sleepy signal", boosting alertness and focus. Coffee helps many of us overcome procrastination - first coffee, then work! And if I'm overwhelmed - both paralyzed and panicking - preparing a cup of coffee can be the calming break that can hit the reset button.



While we enjoy another cup of coffee, let's talk about adaptogens. This is the fancy umbrella term for herbs and **functional** mushrooms that do all sorts of wonderful things in the body, including improving and preserving brain power.

Some of the most effective brain-support adaptogens:

- Lion's Mane (mushroom for improving memory and neuron growth)
- Reishi (mushroom for stress support)
- Ashwaganda (herb that reduces stress response and cortisol levels)
- Rhodiola Rosa (herb that fights mental fatigue)
- Schisandra (herb for focus)
- Holy Basil/Tulsi (herb to encourage calm clarity)
- Bacopa (herb to boost memory - works like acetylcholine (*neurotransmitter that helps stave-off Alzheimers*))
- to improve learning and brain-restoring sleep)

Let's stop here for a quick public service announcement: for best results, talk to your doctor - or skilled herbalist - before taking adaptogens.

Coffee is not an adaptogen, but there are companies that add functional mushrooms - often Lion's Mane and Reishi - to their [coffee mixes](#). Expect no buzz - beyond the caffeine - and believe it or not, "mushroom coffee" tastes much better than it sounds.

Coffee is not the only natural product that makes good use of added adaptogens - and other natural compounds/active ingredients - to preserve and boost brain health. Many modern legal cannabis products are formulated to do the same.

I am a cannabis wellness educator working as The Green Alchemy Guide. I am always happy to talk about modern legal cannabis product formulations. You can find my website and social media posts under that name.

"I didn't inhale" - really I didn't - until 7 years ago when the Adult Use cannabis industry was approved by voters. I go all-in with my chosen subject matter - before cannabis it was skincare at Sephora - and I soon found out that legal cannabis is about far more than "just getting high".

Legal cannabis - both "medical cannabis" and Adult Use cannabis - is neuro-protective, neuro-generative and reduces inflammation throughout the nervous system.

Therapeutic cannabis - my preferred term - is recognized as a science-backed complementary treatment for ADHD, dementia, and the evil twins anxiety and depression. For more well-written articles on this subject, subscribe to Dr. Ben Caplan's (Massachusetts-based cannabis doctor) [Substack](#) called Doctor Approved Cannabis.

As Dr Caplan tells us, "how much" cannabis to take is an important issue. Avoid high doses of THC - the most well known intoxicating AND widely therapeutic active ingredient in cannabis - choosing low doses of more



sophisticated and balanced formulations. [Email me](#) for more personalized information on “choosing and using” the 100s of legal cannabis products on the market.

My favorite brain-power-boosting legal cannabis product? The 1906 brand appropriately-named product called “Genius: plant-based pills for brainpower”. A quick case study: the legal dispensary I worked at last is near Harvard University, and lots of 21+ Harvard students - and employees - would ask me for “something to help me stop procrastinating/to help me calm down and focus!” “Genius” pills are one option to address this concern.

The 1906 brand “Genius” is a very sophisticated legal cannabis product:

- fast-acting pill format (expect results about 15 minutes after swallowing a pill)
- micro-dosed (2.5mg) THC:CBD:CBG in equal amounts (these are cannabinoids, the active ingredients extracted from the cannabis plant)
 - THC (at low doses THC stimulates mental clarity and promotes motivation and a positive attitude)
 - CBD (anti-inflammatory and anti-anxiety to support emotional resilience and mood balance)
 - CBG (supports calm clarity)
- brain-supporting adaptogens
 - Galangal (herb for reducing inflammation and boosting brain function)
 - Theobromine (mild and steady stimulant that improves blood flow to the brain)
 - Rhodiola (herb to increase focus and reduce stress)
 - Bacopa (herb to increase mental speed)
 - green-tea caffeine
 - L-theanine (reduces potential caffeine-related jitters)

Microdosing - intentionally and strategically taking very small amounts of cannabis - is a great way to preserve functionality while improving so many aspects of life.

There are other cannabinoids (active ingredients in cannabis) that support brain power - such as THCV - [email me](#) for more information on this cannabinoid and the product formulations available.

Please [email me](#) if you would like to know more about microdosing legal cannabis and/or about the other “functional” formulations from the brand [1906](#). *(For those of you not living in a state that allows legal adult-use cannabis, the 1906 brand produces a very similar line of products with super-low-dose THC formulations, available by mail. If cannabis is legal in your state, check your local dispensary for the national 1906 dispensary-based brand.)*

And if you are now wondering - where can I get this stuff, and how will I know what’s right for me? Check out my [website](#) and/or email me. Options include personalized guidance on “the right cannabis products” for you, your friends, and/or your groups. Book club, anyone?

Guidance is available online nationally/internationally or via in-person dispensary shopping in eastern Massachusetts. Go to my [website](#) to book a guidance appointment.

