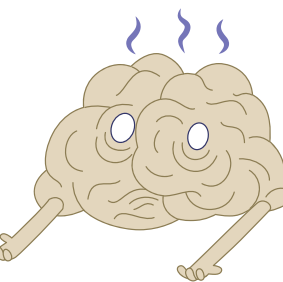
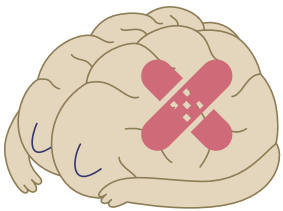
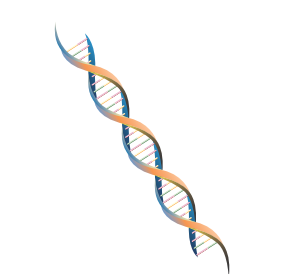
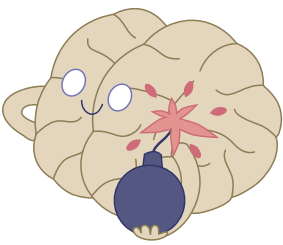
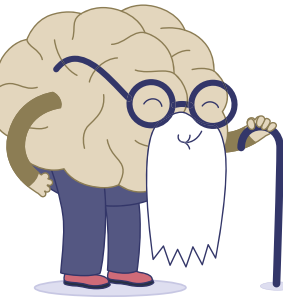
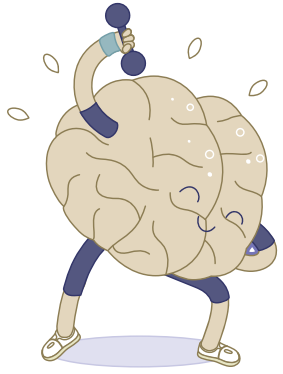


# BRIGHT MINDS

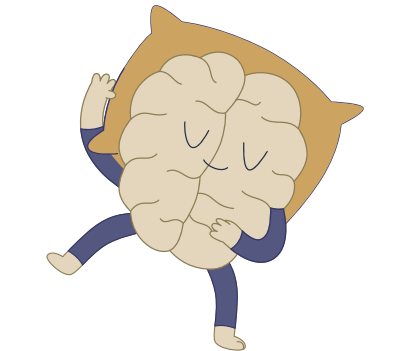
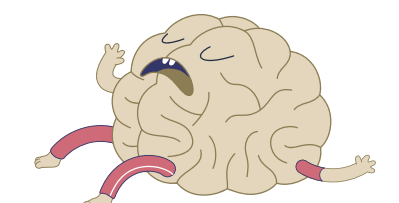
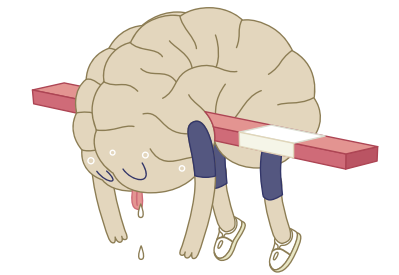
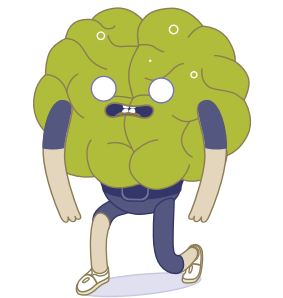
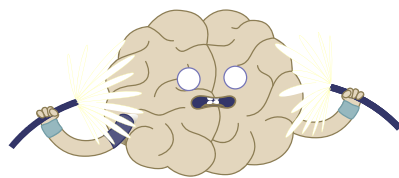
## Risk Factors and Interventions Summary

### RISK FACTORS

|          |  |
|----------|--|
| <b>B</b> | <b>BLOOD FLOW:</b><br>Hypertension, stroke, transient ischemic attacks, heart disease, erectile dysfunction, sedentary lifestyle                           |
| <b>R</b> | <b>RETIREMENT/AGING:</b><br>Over 65, retirement, limited new learning, social isolation, less than high school education, high blood ferritin (iron) level |
| <b>I</b> | <b>INFLAMMATION:</b><br>Leaky gut, low omega-3 intake, gum disease, joint pain   |
| <b>G</b> | <b>GENETICS:</b><br>Family member with dementia or mental health issues, apolipoprotein E4 gene  |
| <b>H</b> | <b>HEAD TRAUMA:</b><br>One or more head injuries, loss of smell  |
| <b>T</b> | <b>TOXINS:</b><br>Alcohol, drugs, smoking, pollution, pesticides, mold, carbon monoxide, BPAs, personal product toxins (phthalates, parabens, etc.)        |



|          |  |
|----------|--|
| <b>M</b> | <b>MENTAL HEALTH:</b><br>Depression, Post-Traumatic Stress Disorder, Bipolar, Chronic Stress                             |
| <b>I</b> | <b>IMMUNITY/INFECTIONS:</b><br>Low vitamin D, autoimmune disorders, infections, such as Lyme                             |
| <b>N</b> | <b>NEUROHORMONES ISSUES:</b><br>Thyroid, cortisol, testosterone, dehydroepiandrosterone, estrogen, progesterone, insulin |
| <b>D</b> | <b>DIABESITY:</b><br>Pre-diabetes, diabetes, overweight, obesity   |
| <b>S</b> | <b>SLEEP ISSUES:</b><br>Sleep apnea, chronic insomnia, sleeping pills  |



### INTERVENTIONS

|  |
|--|
| LIMIT caffeine, nicotine and dehydration, EXERCISE (especially racquet sports), SUPPLEMENTS - <b>Brain and Memory Power Boost</b> , FOODS - beets, cayenne pepper and rosemary   |
| NEW LEARNING, daily 12-16 hours FAST, DONATE blood if ferritin is high, social support & volunteering, SUPPLEMENTS – <b>Brain and Memory Power Boost</b> , FOODS – cloves, oregano, shrimp   |
| HEAL THE GUT, Boost OMEGA-3s (O3s), FLOSS, SUPPLEMENTS – <b>Omega 3 Power, Brain Curcumins, Probrainbiotics</b> , FOODS – walnuts, salmon, sardines  |
| Be SERIOUS! EARLY screening! ELIMINATE all other risk factors, SUPPLEMENTS – <b>Brain Curcumins, Neurovite Plus</b> , FOODS – turmeric, blueberries, chocolate   |
| PREVENT further head injuries, HBOT (hyperbaric oxygen therapy), SUPPLEMENTS – <b>Brain and Body Power Max</b> , 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 – <b>Brain and Memory Power Boost</b> , FOODS – brassicas (cauliflower, Brussels sprouts, broccoli, cabbage) |
| KILL THE ANTS, meditation, exercise, SUPPLEMENTS – <b>Omega 3 Power, Sertotonin Mood Support, SAME</b> , FOODS – wild fish, 8 servings of fruits and vegetables, chocolate   |
| BOOSTvitaminD,eliminationdiet,treatinfections,SUPPLEMENTS – <b>Vitamin D3</b> , 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 – <b>Craving Control, Vitamin D</b> , 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 – <b>Restful Sleep</b> , FOODS – don't eat within 2 hours of bedtime                                     |