

# Brain Health

## Harmony & Health

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Quality Products for Health

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Our brains are full of information and memories that we store and retrieve, day in and day out. Under good conditions, when we are at our best, information is retrieved quickly and efficiently. On other days we have trouble recalling the simplest of memories, we suffer from brain fog, or our thoughts just can't get organized. Most of these issues can be improved with hydration, good nutrition, and improved circulation, i.e. exercise.

### Areas that directly affect our brain function, moods and memory:

- **Circulation** influences nutrition & oxygen levels to the brain, thus poor circulation hinders brain health. To promote circulation, start with exercise, sauna, and Ginkgo Biloba Extract, a traditional herb that has been considered brain food to enhance circulation to the brain.
- **Aging process**--antioxidants can help maintain our vitality & protect the brain; good sources include: Thai-Go, Super Antioxidant, Power Greens, Power Beets, & Turmeric
- **Stress** creates wear & tear on the nervous system, including the brain. Too much stress and we lose our ability to concentrate and remember well. **Nutri-Calm** is a blend of B-complex and adaptogens, in a base of calming herbs to help your body handle stress better. Also, find ways to release stress & relax: dance, laugh, read, pray, etc. **Adaptagens**, ie **Maca & Ashwagandha**, shown to slow age-related cognitive decline.
- **Good nutrition** is vital for keeping your blood sugar levels normal & your brain alert. Make sure your meals are balanced with a combination of quality proteins, good fats, and complex carbohydrates.

### Nootropics are Cognitive-enhancing supplements that can help boost brain power.

#### Some healthy herbal examples:

- o **Ginkgo**-helps circulation, brain health, shown to benefit working memory & information processing speed
- o **Ginseng** - increases the activity of the antioxidant enzymes superoxide dismutase & glutathione peroxidase, preventing age-related oxidative protein & cell damage
- o **Creatine monohydrate**- helps build muscle, may improve reasoning skills & short-term memory; increases levels of ATP.
- o **Phosphatidylcholine**, from Lecithin, are phospholipids that increased acetylcholine in the brain & improved memory
- o **Rhodiola** -helps anxiety, stress, confusion, & depression; showed improvement in general mood after two weeks use.
- o **Brain Protex** blend of Ginkgo, Alpha Lipoic Acid, & Huperzine A, enhancing acetylcholine, a neurotransmitter involved in memory & muscle coordination; antioxidants which protect the brain from free radical damages, & phospholipids for age related mental clarity & focus.
- o **Mind Max** -magnesium l-threonate, gotu kola, ginkgo & bacopa blend for short-term memory loss or trauma, as well as age-related issues. Supports proper brain function, memory and concentration.
- o **Focus Attention Formula** - nutrients to balance brain activity & energy levels; often used in children for ADD/ADHD.
- o **DHA** - source of essential fatty acids essential for brain function. Food sources are fish, flax, chia seeds & walnuts.

**Don't forget to drink water!** Lack of water is the #1 cause of daytime fatigue. Drink half of your body weight in ounces. (ie If you weigh 150 pounds, drink 75 ounces of water.) Also, a mere 2% drop in body hydration can trigger fuzzy short-term memory and other focusing issues.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*