



## 7 HABITS of HIGHLY EFFECTIVE BRAINS

*Adopt these habits for just 21 days,  
and watch your mind and body change!*

1. **Sleep 8+ hours/night.** Develop a pre-sleep routine (power-down electronics at sunset, limit caffeine intake, don't snack after dinner, go to bed by 9 pm), create a positive-sleep environment (dark, cool room, no electronics, cell phone in airplane mode or another room), rise at the same time every morning.
2. **Exercise 45-50 minutes, 4-5 times/week.** New research shows **exercise is #1** in maintaining cognitive health and mental fitness. Affects energy metabolism, hormones, stress response, neurotransmitters and immune balance. Walk, garden, cycle, play tennis, swim, yoga, tai chi, hike, climb, NIA, dance, kayak, canoe. Stop binge-watching internet & tv, go for a walk instead!
3. **Be selective in your diet. This is one of the most important steps you can take to turn on the brain and prevent cognitive decline!!** Get your mushrooms, onions, garlic, leafy greens, cruciferous vegies (broccoli family), wild-caught fish, pasturized eggs and good starches (sweet potatoes, rutabagas, parsnips and green bananas). Move beyond the idea that you can eat or drink unhealthy foods and beverages, snack to excess, or consume processed foods without adverse effects. Learn and adopt the best-possible eating habits for optimal brain and body fitness!
4. **Pay attention to gut health.** The digestive tract receives, breaks down, absorbs, assimilates nutrients—the start of excellent health! It holds 3-4 pounds of live bacteria which contribute necessary vitamins and factors for digestive, neural, immune, blood and hormonal health. Eat your vegies (and limited fruits). Take a probiotic, eat complex starchy foods, avoid excess sugar.
5. **Drink plenty of pure water.** Choose water or herbal teas as your main beverage. Get 1/2 ounce per pound body weight per day. Drink pure water. Use a water filter or purifier to remove chlorine, fluorine, lead, contaminants and other toxins. Check out this low-cost filter which is also classified as a purifier for home and travel use: <https://www.berkeyfilters.com/>
6. **Live a balanced life.** Maintain healthy relationships, play more and find joy in each day. Learn communication, conflict resolution and problem-solving skills. Master these skills and "be the peace" we'd like to have!
7. **Skill-up! Practice** to improve attention, cognition, brain speed and memory. Use research-based brain games such as Brain HQ, PEAK or Lumosity with targeted neurofeedback to train weak areas and maximize cognition. If you've already had a brain map, we offer a short-course of 6-8 training sessions to introduce the right apps and help you target the skills you need to improve focus, intelligence and even people skills! Text Lori at 303-638-0717 for more info.