



# 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**, **Serotonin 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