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Brain Health Diet Dos

Smart Nutrients – Choline

- Essential for the body to make vital neurotransmitter.
- Adequate intake helps avoid poor memory and lethargy.
- Combine with vitamin B5 to aid memory and mental performance.
- Good sources: egg yolk, wheat germ, codfish, chicken, milk, cauliflower, spinach, and tofu.
- If taking a supplement, The best supplemental source of choline is lecithin, which also supplies phospholipids. Not all lecithin supplements are the same – look for products that contain at least 30% phosphatidyl choline.

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Week 2

- ✓ Diet Don'ts for Mental Clarity
 - Sugar & Caffeine
 - Alcohol & Drugs
 - Artificial Ingredients
- ✓ Lifestyle Dos for Brain Health
 - Physical Activities
 - Stress Management & Sleep

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Medical Conditions

Note: content in this section is for informational purpose only. It's not intended to diagnose any condition, or to provide treatment. If you suspect you may have any of these conditions, consult your healthcare provider.

Hypothyroidism

- Thyroid hormone plays an important role in brain development and the maintenance of cognitive functions. Deficiency may lead to irreversible brain damage.
- Low levels are associated with memory impairment, loss of cognitive functions, dementia and confusion.
- Foods that support healthy thyroid function:
 - Sea vegetables, such as kelp.
 - Chlorella and algae
 - Good fats such as avocado and coconut oil (especially helpful for hypothyroidism); Omega-3 fats, such as salmon and sardine.

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Week 4

- ✓ Boost Energy & Physical Stamina
 - Eat For Sustained Energy
 - Reduce Toxicity
- ✓ Celebrate Success
- ✓ Take the Next Step

Week 1

- ✓ Welcome
- ✓ Set the Stage For Success
- ✓ 4 Basic Principles
- ✓ Diet Dos for Mental Clarity
 - Smart Nutrients
 - Low GL Diets

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Brain Health Diet Don'ts

Sugar and Processed/Refined Carbohydrates

- Create large fluctuations in blood sugar level, leading to spikes and crashes in energy level and mental focus.
- Sugar is an addictive substance... your cravings is not your fault!
- Tips to kick your sugar habit:
 - Eat low GL meals so you don't look for that "energy quick fix"
 - Stay hydrated as dehydration can be perceived as hunger
 - Eat "sweet vegetables" such as onions, carrots and sweet potatoes to satisfy your "sweet tooth"
 - Ensure sufficient intake of protein
 - Ensure sufficient intake of chromium, sulfur and the amino acid tryptophan

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Week 3

- ✓ Lifestyle Don'ts for Brain Health
- ✓ Medical Conditions
 - Overweight
 - Diabetes
 - Sleep Apnea
 - Hypothyroidism

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Nutrition For Sustained Energy

Nutrient-dense "superfoods"

- "Big bang for your calories bucks"
- Doesn't have to be fancy! Good examples are leafy greens such as collard, kale, and sea vegetables.

The right amount of protein

- Different people need different types and amount of protein for optimal energy production.
- Keep a food journal, observe and record how the type of protein and the sequence of eating protein and carbohydrates affect your energy.

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