

ANTECEDENTS

Genetics not that important for your brain & brain function

Cognition is WHO WE ARE

TRIGGERING EVENTS

Our choices impact brain health:
 food choices
 nutrient depletion
 lack of fitness
 stress
 toxic overload

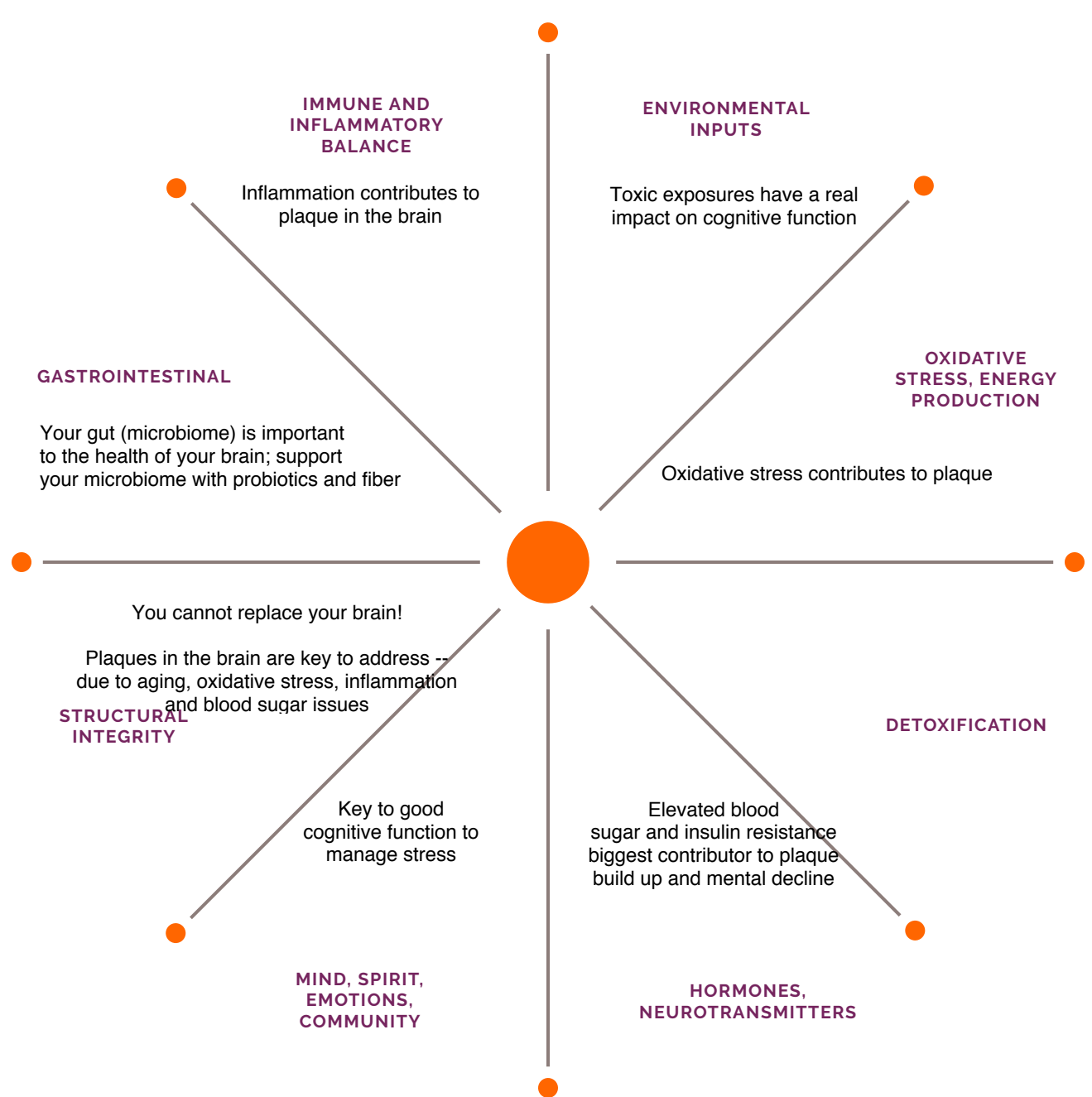
MEDIATORS

Accelerated aging caused by poor diet, stress, poor sleep, no exercise

No one magic bullet

Lifestyle choices can be overcome...

5 Keys:
 food
 nutrients
 fitness
 stress management
 toxins



Adapted from The Institute for Functional Medicine

www.functionalnutritionalliance.com

SLEEP/RELAXATION

Need a good night's sleep!

EXERCISE/MOVEMENT

Fitness (aerobic and weight training) is #1 in improving cognitive function and brain performance

NUTRITION/HYDRATION

Vitamin D, Fish Oil, B Vitamins
 Magnesium, Probiotics & Fiber
 - Pigments in foods and smart fats are important
 - Spices and herbs: Italian herbs, rosemary and turmeric

STRESS/RESILIENCE

If you are stressed out, cortisol will be high, which will lead to insulin resistance, which will lead to blood sugar dysregulation, and leads to brain shrinkage

RELATIONSHIPS/NETWORKS

Hugging others raises oxytocin
 Need love, support and care in our lives to balance cortisol and blood sugar