

# 7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE



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# INTRODUCTION

Have you ever forgotten who you were calling after you dialed the phone?  
Or found your mind was wandering when you needed to stay focused on something important?  
A good memory is essential for everyone regardless of their career.

Whether you're a student or a businessman, an employee or a politician, you need to be able remember things and stay focused.

What would you feel about a speaker who is reading from his notes because they can't remember the presentation?  
Or a businessman or clerk you deal with regularly but can't remember your name?





# INTRODUCTION



You may be surprised to learn that the brain's neural connections actually start declining as early as age 20.

By age 45, this decline tends to occur even faster, which may lead to increased frequency of forgetfulness, poorer concentration- even mood swings and other issues.

In the past, a loss of brain function due to neural breakdown was assumed to be normal and unavoidable. Recently, neuroscience has taught us that our brains have “neural plasticity,” which means they're dynamic and constantly reorganizing.

# INTRODUCTION

We now know our brains can generate new brain cells (neurogenesis), and that exercise and nutrients can replace the connections so important to memory, focus and mental health.

Unfortunately, many people follow the “Don’t fix what’s not broken” phrase and do not focus on brain health until they start noticing issues or there’s a serious illness or brain-related injury.

The human brain is a truly vital organ and it’s best to look after it BEFORE issues arise.





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# INTRODUCTION

## HERE ARE SOME OF THE WARNING FLAGS:

- Memory loss
- Brain fog
- Depression
- Anxiety
- Difficulty learning
- Lack of motivation
- Tire easily
- Poor focus and concentration
- Fatigue in response to certain chemicals or foods



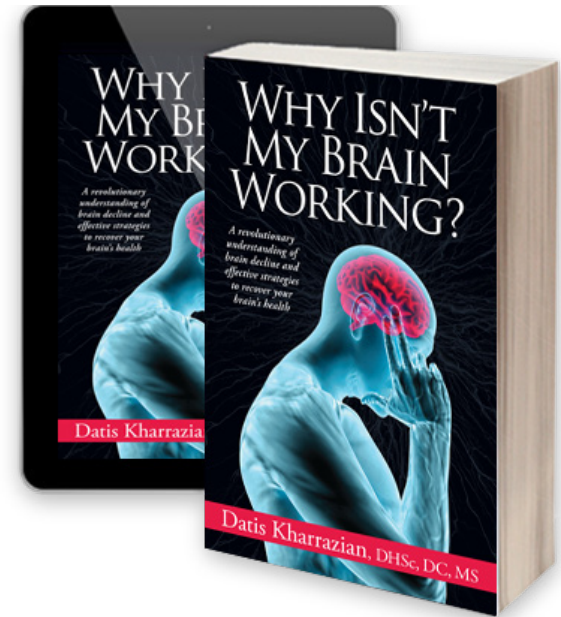
# INTRODUCTION

## BRAIN DISORDERS ARE ON THE RISE.

Dr. Datis Kharrazian, author of the book “Why Isn’t My Brain Working?”, writes that the incidence of brain disorders is actually on the rise.

He goes on to say that one in eight senior citizens develops Alzheimer’s. But what is even more alarming was that one in eight children are also diagnosed with brain development disorders, autism, ADD, and ADHD.

Anxiety disorders, such as obsessive-compulsive disorder, learning disabilities, and depression are much more prevalent today, while more low-level symptoms of poor brain health— sleep disorders, brain fog, mild depression, moodiness— have become commonplace.





# INTRODUCTION

And you may be shocked to know that the most often prescribed drugs in the United States are anti-depressants. So why aren't doctors taking better care of their patients' brains?

Because brain care is not part of the common health care paradigm in conventional or alternative medicine. In both branches, health care seems to focus from the neck down, even though the brain is arguably the most delicate and susceptible organ to health challenges caused by stress and poor nutrition.

We have a health care system that tends not to diagnose, treat or attend to brain health until an end-stage neurological disease develops.

This is why you want to take control of your own brain health.



# INTRODUCTION

Did you know that almost each of the top 50 most prescribed medications - beta-blockers, serotonin reuptake inhibitors, calcium channel blockers, protein-pump inhibitors, and so on - block, inhibit, or shut down a system of the body?

But none offer the body support.

Knowing all this makes understanding and utilizing nutrition and natural strategies a smart choice.



## WHY NOT CONTROL BRAIN DEGENERATION IF YOU CAN?

The reality is we all experience a certain amount of brain degeneration as a natural matter of course, but we don't have to let that degeneration go any faster than it needs to.

Rapid or significant memory loss and other symptoms that appear at an accelerated pace while getting older is neither normal nor healthy.

Why not learn how to compensate for it by building a healthy, active brain?





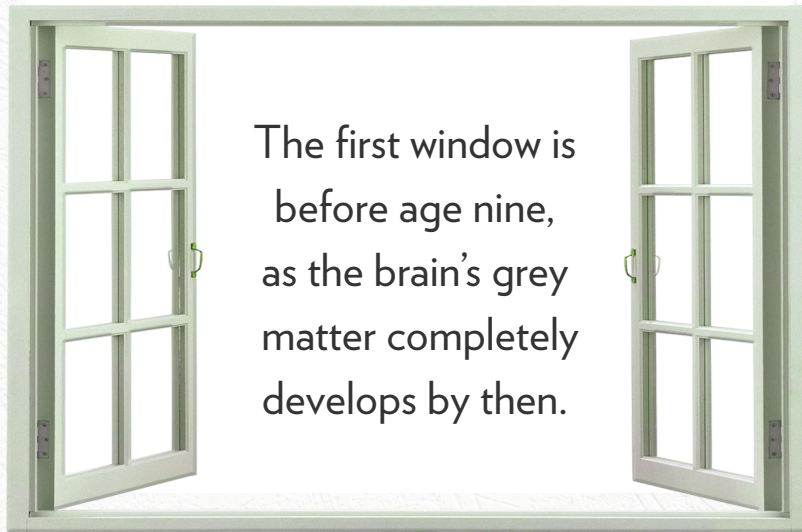
# INTRODUCTION

## IT'S WHAT MAKES YOU YOU !

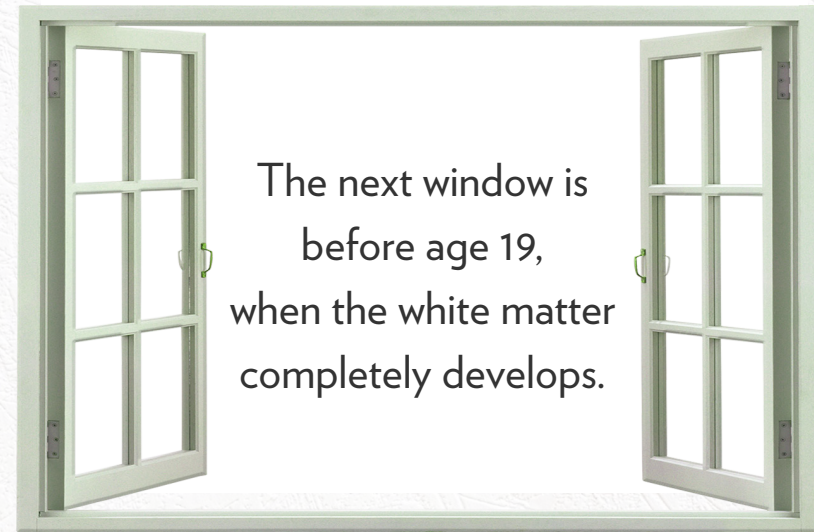
Let's face it: you are your brain and your brain's health dictates everything about you - how you perceive and react to the events in your life, your emotional health, your personality, how much you enjoy life.

### THE TWO WINDOWS OF OPPORTUNITIES

There are two great windows of time to change brain function.



The first window is before age nine, as the brain's grey matter completely develops by then.



The next window is before age 19, when the white matter completely develops.

The longer a person waits to prevent losing those neural connections, the less potential they have to make a difference.



## SO LET'S NOT WAIT!

Here are seven powerful ways you can start improving your memory and prevent cognitive degeneration today.





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7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE

# 1. GET ENOUGH EXERCISE



# 1.GET ENOUGH EXERCISE

When Dr. Johnny Bowden, PhD, C.N.S., and author of 12 books on health and nutrition was asked on a recent Medical Alert report on WBALTV11 News on NBC, “If you can only do one thing today to improve brain health what would that be?”

**He said it was exercise.**

A mountain of studies over the last few years have shown that each of us whether we’re young or old, healthy or not — can pump up our brain power by exercising regularly.



# 1.GET ENOUGH EXERCISE

In the book *The 5 Secrets to Brain Health*, it was revealed that in the largest study to date by researchers at the Cooper Institute, they tracked 19,458 physically fit adults for 24 years.

**Those who were the most fit** at midlife had a 36 percent less risk of developing dementia than those who weren't physically active. They went on to say that you rarely find neuroscientists, psychologists and physicians agreeing unequivocally on anything.

**But here's an exception:**

they all say that exercise is hands down the single best thing you can do for your brain.

Aerobic exercise “reduces the level of brain loss and keeps cognitive abilities sharp,” says John Medina, an affiliate professor of bioengineering at the University of Washington School of Medicine and author of *Brain Rules*.





# 1.GET ENOUGH EXERCISE

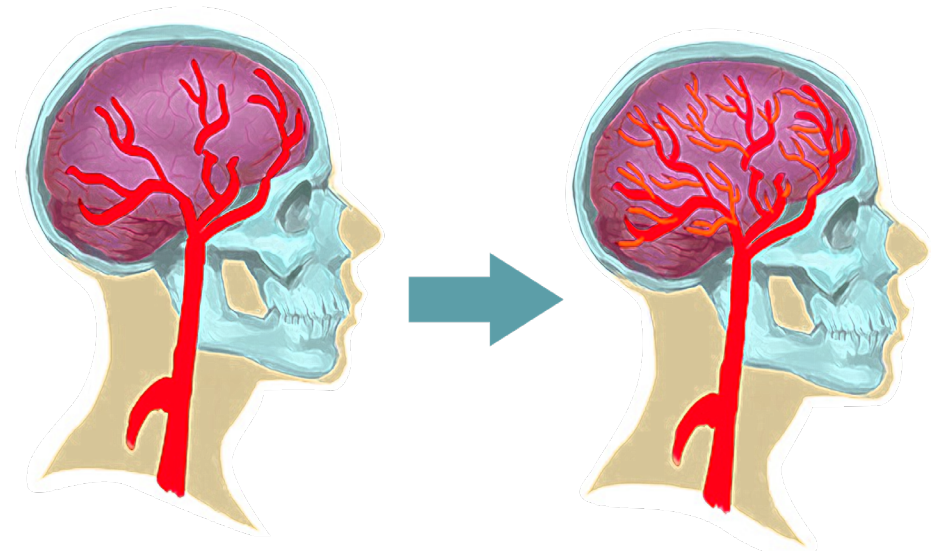
**Now it's no secret that exercise is good for us.**

But how does it improve our memory and protect against mental decline?

Scientists think exercise boosts the flow of blood to certain parts of the brain, spurring the release of brain-derived neurotrophic factor (BDNF), a brain chemical scientists have dubbed Miracle-Gro for the mind.

BDNF stimulates the formation of new neurons in the hippocampus, the area involved in memory, learning and the ability to plan and make decisions.

At the same time, the substance repairs cell damage and strengthens synapses which are the connections between brain cells.



# 1.GET ENOUGH EXERCISE

**It's never too late to start!**

You'd be surprised how many people say I'm 55 and I've never exercised. Will it even make a difference if I start now? Isn't it too late?

**NO!** It's not too late.

Thankfully, you can start at any age and you'll notice a difference. Unfortunately, a common excuse is that exercise takes too much time and effort!

But the truth is, we all have the same hours in a day.

We just don't prioritize exercise in the same way. I promise you that after reading the next part, you'll have a change of heart.



# 1.GET ENOUGH EXERCISE

## WHAT HALF AN HOUR OF EXERCISE CAN DO

According to a study from the University of Adelaide released in June 2014, a single exercise session can induce positive brain changes that can spark better memory and improve coordination.

A group of thirteen healthy adults between their 20s and early 30s were tested after working out for half an hour:  
a few minutes of warm-ups and two 15-minute cycling sessions.



Their brains registered significant cognitive activity that induced positive brain functions.

They noted improvements with concentration and other important mental abilities.

*“We saw positive changes in the brain straight away, and these improvements were sustained 15 minutes after the exercise had ended. Plasticity in the brain is important for learning, memory and motor skill coordination. The more ‘plastic’ the brain becomes, the more it’s able to reorganise itself, modifying the number and strength of connections between nerve cells and different brain areas.”*

- Associate Professor Michael Ridding, research leader for study



# 1.GET ENOUGH EXERCISE

The truth is, we can no longer take exercise for granted.

Dr. Sarah MacKay, neuroscientist and founder of “Your Brain Health”, a site dedicated to discoveries about making mental health better, says:

*“Exercise, as neuroscience repeatedly shows, reduces the risk for cognitive decline and dementia. Exercise makes you happier and live longer.”*





# 1.GET ENOUGH EXERCISE

## A SIMPLE PLAN TO INCLUDE EXERCISE IN YOUR LIFE

You'll only need two things: **fun** and **30 minutes a day**. That's it. That's less time than your favorite show and an even more productive way to spend hours than just poring over every funny cat video on the Internet.

Find a fun physical hobby and go for it.

There are plenty of gym alternative workouts you can do: gardening, sports, joining a yoga class or just plain walking is good enough.

**The trick is to do it consistently.**

Carve out time when you feel you are at your best (we all have different peak hours), or do it with a friend.



# 1.GET ENOUGH EXERCISE

## A SIMPLE PLAN TO INCLUDE EXERCISE IN YOUR LIFE

Our other book, "7 Big Secrets to Losing Weight", recommends the following ideas for getting the most out of your workout:

- Don't let your muscles rest.
- Higher intensity for short periods
- Target more muscle groups
- Balance
- More reps



Use a pedometer to measure your steps.  
Set a goal to do 10,000 steps a day



Do basic exercises in your desk chair several times a day



Do squat or something while you're TV



Walk to work or the store



Put your laptop on a table and stand up when using Facebook

Even though getting older is not optional, having a brain that looks and feels old is!

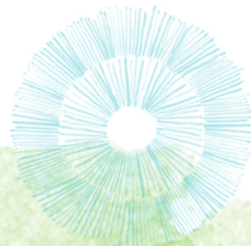


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7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE

## **2. EAT SMART.**

Take charge of your brain by taking charge of your diet.



## 2. EAT SMART.

Can something you eat really help you remember where you left your cellphone or car keys?

It sure can!

Your brain has 100 billion cells which reach out and connect to 10,000 other cells. If you do a calculation, it turns out that your brain, your unique human brain has more connections than there are cubic meters in the entire universe.

Your brain has a universe of possibilities, but that universe gets smaller and smaller if you don't feed it the right foods.

**When we change our food, we change our mood.**





## 2. EAT SMART.

Sometimes we buy into convenience more than actually thinking about what's good for the long term. We work long hours and don't have time to cook or buy the organic, healthy stuff we're told to eat.

After several years of living like this, our brain will eventually run out of juice. It has no healthy fuel!

If we look at studies of kids when we take them off of junk food and we put them on whole unprocessed foods, in just 6 weeks, 80% of them have improved behavior by both parent and teacher rating scales, 50% of those kids no longer meet diagnostic criteria for attention deficit disorder.

**Real food, heals brains.**



## 2. EAT SMART.

Hippocrates, one of the ancient world's greatest philosophers and an icon in the history of medicine, once said: **“Let food be thy medicine and medicine be thy food.”**

### Look for food that has:

- Lots of leafy greens
- Lots and lots of colors
- Whole grains, and legumes and lentils



## 2. EAT SMART.

### Eat lots of blueberries.

Dr. Steven Pratt, author of “Superfoods Rx: Fourteen Foods Proven to Change Your Life”, calls these tasty fruits “Brainberries”.

Pratt, who is also on staff at Scripps Memorial Hospital in La Jolla, California, says that in animal studies, researchers have found that blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer’s disease or dementia.

Emerging research as reported in Scientific American, also suggests that compounds in blueberries known as flavonoids may improve memory, learning and general cognitive function.



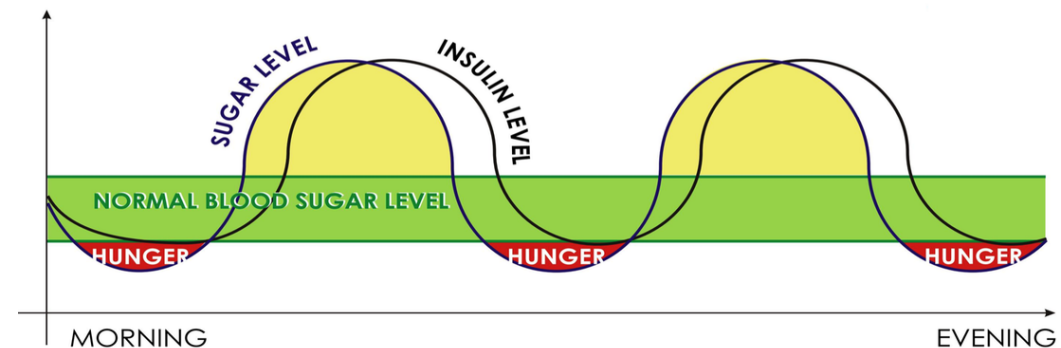
## 2. EAT SMART.

### EATING SMART MEANS...

#### A. MAINTAINING HEALTHY BLOOD SUGAR LEVELS

Studies have shown that low or unstable blood sugar levels are directly linked to a host of health problems, including heart disease, fertility problems and poor memory.

Keeping it at a stable level not only energizes your metabolism but also helps your brain avoid mental issues commonly associated with anxiety, depression or fatigue.



Monitoring your blood sugar doesn't have to be that hard.

You can maintain a healthy level by:

1. Timing meals at consistent hours during the day, so that your energy level stays even.

Skipping meals, especially breakfast, sabotages your ability to concentrate.



## 2. EAT SMART.

### A. MAINTAINING HEALTHY BLOOD SUGAR LEVELS

A Cardiff University study conducted in Wales concluded that test subjects who had a nutritious high-fiber cereal breakfast reduced their risk for fatigue and depression by as much as 10 percent. They also had better cognitive skills.

#### PLAN YOUR MEALS AND SNACKS AT INTERVALS OF ABOUT EVERY 3 HOURS

Here's an example timetable:

TIME	MEAL
7AM	BREAKFAST
10AM	SNACK
1PM	LUNCH
4PM	SNACK
7PM	DINNER

## 2. EAT SMART.

### A. MAINTAINING HEALTHY BLOOD SUGAR LEVELS

2. Stocking up on fruits and nuts (apples, citrusy fruits), giving special attention to high-fiber foods.

Fiber slows down digestion, which in turn frees up more energy to fuel you up for the rest of the day.

3. Grazing instead of gorging at meal times.

Have you ever noticed how after a full meal you find it harder to stay alert?

Overeating makes our minds foggy. Scheduling five small meals a day keeps hunger in check so you that you don't have to binge on the next meal.



## 2. EAT SMART.

### B. REDUCING SUGAR AND PROCESSED OIL INTAKE

Processed sugar and oil get a bad rep for their disease-causing qualities, and deservedly so.

Of these two, sugar is considered the worse. Alzheimer's, the most severe form of dementia, has the same diagnosing factors as Type 2 Diabetes.

Neurologist Dr. David Perlmutter, MD, author of "The Grain Brain", says that the most important step to fighting this devastating disease is to reduce sugar consumption.

Your body does need a certain amount of sugar (glucose) to function properly.

But a diet packed with sugar and the simple carbs regularly sends blood glucose soaring. High glucose levels, in turn, block blood flow to the brain, depriving it of the energy it needs to generate new neurons.

Too much glucose has also been implicated in the formation of the tangles of Alzheimer's disease.

## 2. EAT SMART.

### B. REDUCING SUGAR AND PROCESSED OIL INTAKE

Processed oils are unrefined oils you find in most food labels. The key is to avoid any oil that says “hydrogenated” in the ingredient list.

These kinds of oil can slow down blood circulation to the brain, which can lead to long-term mental health issues, like - you guessed it - Alzheimer’s, Parkinson’s, and even ADHD.





## 2. EAT SMART.

### B. REDUCING SUGAR AND PROCESSED OIL INTAKE

If you're looking for healthier oils to feed your brain, I suggest:



almond oil



canola oil



coconut oil



flaxseed oil



fish oil



sesame seed oil

Take note that only some need refrigeration. Some oils like coconut and olive do not require it to keep fresh. All of them, however, will need to be stored in dark bottles as light accelerates expiration. Don't forget to keep them covered as well.

## 2. EAT SMART.

### C. INCREASE THE INTAKE OF:

#### **B Vitamins (B6, B12)**

These vitamins are a class of water-soluble vitamins that are in most dairy, fish, poultry and meat products. A recent National Academy of Sciences study from the UK shows that they protect from brain shrinkage by as much as 90%. They also help boost memory.



#### **Omega-3 fatty acids**

Omega-3 fatty acids are considered the building blocks of gray matter in the brain. You can find them in healthy oils like canola and flaxseed, fruits and vegetables, along with fish. People who consume fish at least once a week are said to be 40% less likely to acquire dementia.





## 2. EAT SMART.

### C. INCREASE THE INTAKE OF:

#### Vitamin E

A daily supplement of vitamin E is said to reduce the annual mental decline rate in dementia patients by as much as 19%. This antioxidant reduces cell stress, which promotes better memory. You'll also get double the benefits: it's also shown to support healthy insulin and blood sugar levels.



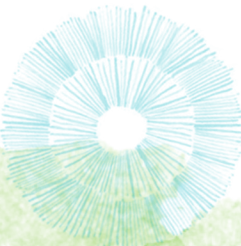




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7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE

# 3. IMPROVE BLOOD FLOW

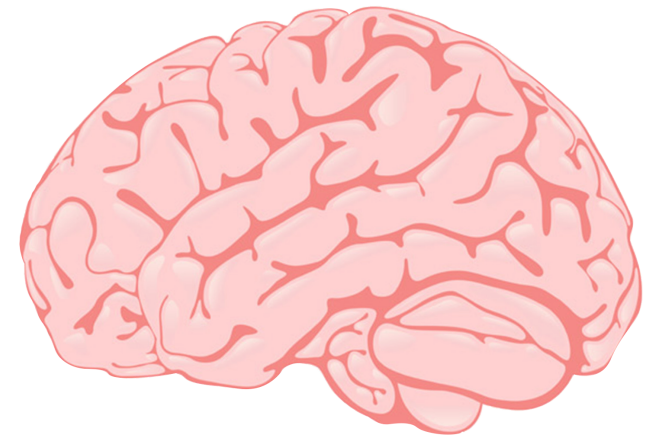


### 3. IMPROVE BLOOD FLOW

Your brain may weigh just 3 pounds but it demands 20 - 25% percent of the blood from each heartbeat. One reason is due to its high demand for oxygen.

Dr. Barry Sears, a former research scientist at the Boston University School of Medicine, writes that your brain's energy, is made by energy powerhouses called mitochondria that are found in each cell.

Oxygen enables mitochondria in your brain cells to pump out an energy chemical, adenosine triphosphate (ATP). Without adequate levels of ATP, your brain suffers from an energy drain and its function decreases.



This means a healthy mental state relies on good circulation like the desert needs the rain.

## 3. IMPROVE BLOOD FLOW

### HERE ARE TIPS TO IMPROVE BLOOD FLOW:

#### **Manage your stress.**

Not being able to cope and recover from stress deprives our brains of much needed oxygen.

#### **Check for anemia issues.**

A low red blood cell count signals poor circulation. It's important to have a CBC test done to diagnose for symptoms and resolve memory problems.

#### **Stabilize your blood sugar levels.**

Chronic blood sugar disorders (also caused by anemia, or unstable blood sugar levels) inhibit blood flow.

#### **Exercise**

Physical and mental exercises offer proper brain stimulation to improve circulation.



### 3. IMPROVE BLOOD FLOW

#### HERE ARE TIPS TO IMPROVE BLOOD FLOW:

##### Supplement with Grape Seed Extract

Egyptians ate grapes at least 6,000 years ago and praised them for their nutritional and medicinal value. Even ancient Greek philosophers praised the healing power of grapes.

Grape seed extract is one of the most powerful antioxidants known and contain valuable chemicals called “polyphenols” over 50 times more potent than Vitamin C or E.

Researchers found that it can penetrate the “blood-brain barrier” and prevent oxidative stress at the cellular level. This means it can get inside brain cells to protect them.

Grape seed extract is well known for strengthening small blood vessels, which improve circulation and blood flow to the brain. It's commonly used as a preventive measure against many eye and brain diseases, including cataracts, Parkinson's, Alzheimer's, and other conditions related to mental decline.





### 3. IMPROVE BLOOD FLOW

#### HERE ARE TIPS TO IMPROVE BLOOD FLOW:

Unfortunately, grapes in general tend to carry a fairly high toxic residue because so many producers rely on the use of pesticides when growing their grapes.

In fact, there are over 200 suppliers of grape seed extract on the market today but the quality and purity varies greatly among these suppliers.

So if you do get a supplement that contains grape seed extract, it's important to look for one whose finished product was tested for purity.

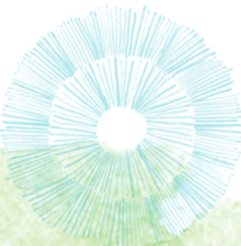




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7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE

## 4. USE PRODUCTS WITH GUARANA EXTRACT



## 4. USE PRODUCTS WITH GUARANA EXTRACT

Guarana is a colorful little berry native to the Amazon. As it ripens, the fruit splits and a small black seed emerges.

The guarana seed was used for a long time by the Guarani tribe who lived in the Amazon Basin in Brazil. They considered the seed to have medicinal and magical powers, and hailed it for its ability to almost instantly restore a person's energy, and now we're starting to understand why.

It's the natural extract from this seed that several clinical tests have shown, to have enhanced memory, sharpened focus and improved reaction time.

There are three powerful alkaloids found in the guarana seed.

The key factor in guarana is guaranine, which is chemically identical to natural caffeine.

These alkaloids tone the central nervous system and the heart. Additionally, they promote mental focus and clarity, with the added enhancement of memory functions.



## 4. USE PRODUCTS WITH GUARANA EXTRACT

Guarana is one of the richest sources of caffeine, containing up to three times the amount of caffeine as coffee.

This is one of the reasons it's often promoted in energy drinks. Typically, the key active ingredient they're extracting is the caffeine.

This brings me to an important point.

When you're looking for a cognitive boosting product that contains guarana, be sure to find one where they're not after the caffeine.

You want to find a product where they've selected an extract that reflects the complexity of the seed's natural profile. As with the grape extract - find one that's tested for potency AND purity.







7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE

# 5. BRAIN TRAINING



## 5. BRAIN TRAINING

Like every muscle in the body, your brain needs exercise in order to stay healthy, resilient and ready for big challenges. Flexing those neurons encourages your brain to establish greater power and new “muscles”, so to speak.

Each time you learn a new skill or idea or gain a new memory, your neurons form new connections, creating stronger neuron-to-neuron signals and a more powerful brain.



## 5. BRAIN TRAINING

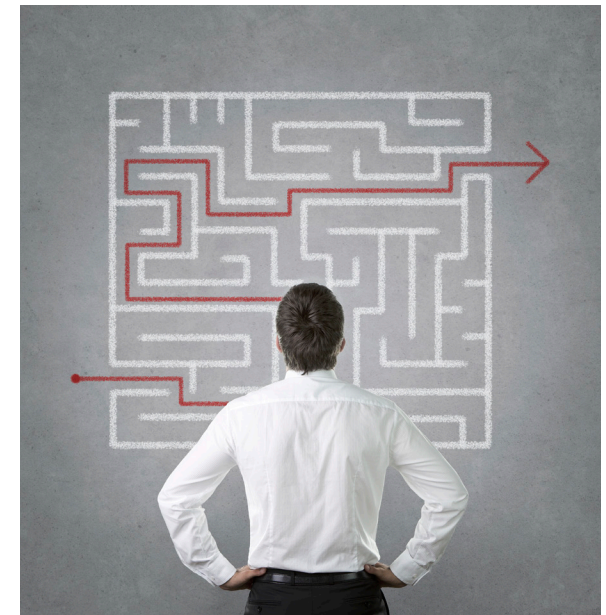
### Age Doesn't Automatically Mean Poorer Memory



Although a younger person has more neurons, an older person has more branches and improved communication.

The key to excellent brain function as you age is maintaining the health of this communication, while also maintaining as many healthy neurons as you can.

Even if you're young, if you aren't maximizing your brain power, chances are, you're bound to suffer from poorer brain functions than a senior who does brain training regularly.



## 5. BRAIN TRAINING

### 3 DS OF POOR MEMORY

Dr. Chris Wolf, author of “Brain Health: Simple Steps to a Better Memory,” says there are three Ds that lead to poor memory, regardless of age.

#### 1. Disbelief

If you don't believe that your brain is a remarkable and powerful organ capable of greatness, no amount of brain exercise can force you to unlearn old habits and learn new ones. You must first fully understand that your brain, whatever age it's in, generates new cells every day and is efficient enough to perform things beyond routine.

#### 2. Disinterest

Ignorance kills, as they say. Same goes for your brain cells. Sticking to the same repetitive tasks every single day keeps your brain static and hastens mental decline. But when you take on a new pursuit, you gain new insights and experiences and your brain creates new pathways.

So go out, explore and keep the flair of curiosity burning.





## 5. BRAIN TRAINING

### 3 DS OF POOR MEMORY

#### 3. Disuse

The impact of regular brain exercises on brain health cannot be stressed enough. The lesser you use it, the less capable and slower the brain becomes in extracting and processing information.

Dr. Wolf recommends starting off on something as basic as memory mantras, like chanting “Ohm” for 10 minutes every day. Meditation channels your focus into something peaceful and calm, helping you improve awareness and concentration. It also lowers stress hormone levels particularly cortisol, a leading cause of mental decline.





**7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE**

# **6. SOCIALIZING**



## 6.SOCIALIZING

The best pill in the world? Living social.

As studies reveal, staying socially active does not only reward the soul but the brain as well. In fact, these studies reveal that people with frequent social interactions develop fewer memory problems and a reduced risk for dementia and depression later on in life than their introverted equivalents.



The reason: shared experiences, particularly when verbalized, encourage brain activity by stimulating key areas in the brain that cater to memory and learning.



In addition, mingling has been proven to decrease stress in the body, increase immunity, and prevent plaques in the brain that lead to cognitive disorders like Alzheimer's.

In fact, people who are socially engaged are shown to be 50 percent less likely to die prematurely than those who are often isolated. Suffice to say that a happy brain is a healthy brain.



## 6.SOCIALIZING

Here are a few suggestions on how to achieve that:

- **Maintain close connections with key people in your life.**  
Keeping tightly-knit friendships allow you to build a sense of trust, happiness and comfort in enriching relationships – things that no solo pursuit can offer.
- **Engage in activities that promote social interactions.**  
Keep yourself active in the community. For example, you can sign up for a local tree planting activity, a book club, cooking or dance classes, yoga, or any kind of leisure activity that you can explore with someone else.
- **Be more open.**  
Don't be afraid to strike up a random conversation with someone in the grocery. Say yes to a random invite or better yet, initiate the invite yourself (a small tea-and-cake party, perhaps?).  
Has a neighbor invited you over for coffee? Has a long-lost classmate asked you to watch an opera?  
It's fun to do these things once in a while. It will help you exercise better flexibility too.





## 6.SOCIALIZING

Here are a few suggestions on how to achieve that:

- **Travel**

Seeing new destinations and gaining new experiences encourage new insights. There are plenty of organizations out there that offer all kinds of tours for travelers: some are focused on families, some on singles, some on elders. It's also a great way to meet people who share similar perspectives.



- **Help out**

Keep yourself active in the community. For example, you can sign up for a local tree planting activity, a book club, cooking or dance classes, yoga, or any kind of leisure activity that you can explore with someone else.





**7 WAYS TO IMPROVE FOCUS, MEMORY AND REDUCE MENTAL DECLINE**

# **7. STRESSING LESS**



## 7. STRESSING LESS

There's no doubt that stress impacts our physical and emotional states.

But did you know that it can also raise the stakes on brain cell death and mental illness?

It's all tied to an increase in the stress hormone cortisol and two important brain tissues collectively called matter.

### What's the matter with matter?

Your central nervous system or CNS - the part of your brain that's responsible for processing signals from all your five senses and responding to them - is composed of two kinds of tissue: **gray and white matter**.



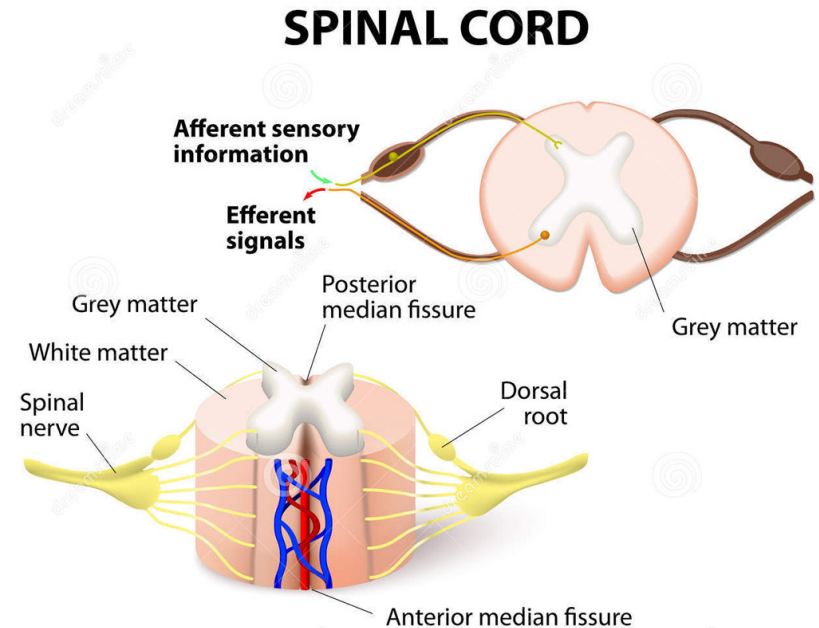
## 7. STRESSING LESS

Gray matter houses the cell bodies and synapses and takes care of math, thinking, and decision-making.

White matter is where the tiny nerve fibers of the brain cells called axons, which connect all neurons, reside.

White matter is snuggled in a layer of myelin - the myelin sheath - which helps speed up signal generation in the axons for better mind-to-body communication.

Basically, white matter acts as the communications network where signals get transmitted before they are acted upon.





## 7. STRESSING LESS

Now, when you are stressed, your body produces cortisol to bolster myelin production and prepare you for any urgent task.

**However, with constant stress,** there's also an overproduction of myelin and consequently, an imbalance in the white and gray matter ratio. The wires that connect your brain cells become constantly hypercharged; your mind goes on hyperdrive.

### **The result:**

the communication balance is lost, young brain cells don't mature, and learning and recall shuts down.

Worse, your risk for mental disorders including PTSD, depression, schizophrenia, and ADHD, among many others, also shoots up.



## 7. STRESSING LESS

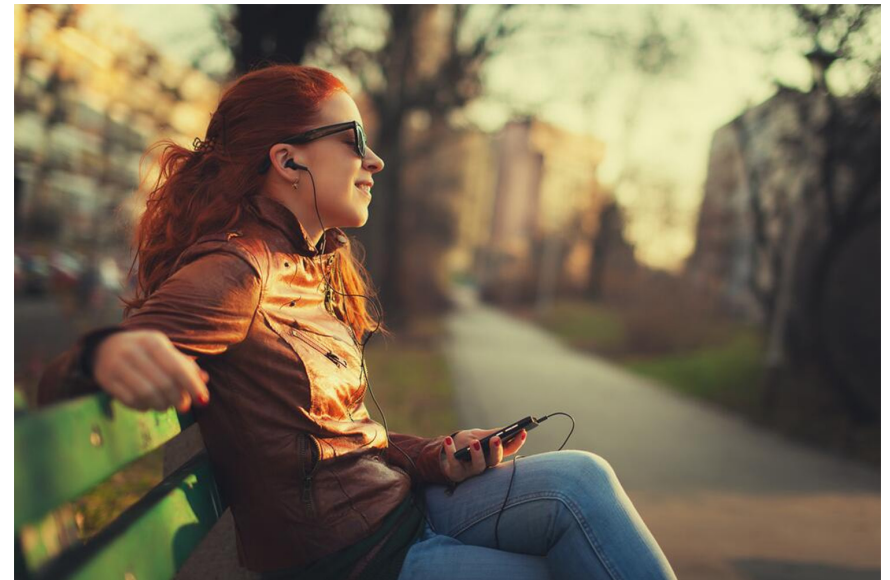
### Make It Mind Over Matter

Moderate stress like exercising for a school try-out, playing chess, or reviewing for a test are all considered beneficial - even necessary - for a keen and hardier brain. Prolonged stress however, creates chaos.

Don't sweat the small stuff. Learn to laugh at bloopers and mishaps.

Find diversions to help you relax when you're stressed. Take a walk, read a book, write a journal, take a rejuvenating bath, talk to a friend, listen to music, meditate - whatever floats your boat.

The earlier you get out of a stressful situation, the greater will be your brain's ability to bounce back from the effects of stress.

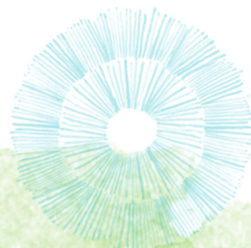




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Here's a quick recap of the

**7 WAYS TO IMPROVE FOCUS, MEMORY  
AND REDUCE MENTAL DECLINE**





# QUICK RECAP

## 1. Get enough exercise

- Even walking just 30 minutes a day can make a big difference

## 2. Eat Smart

### Look for food that has:

- Lots of leafy greens
- Lots and lots of colors
- Whole grains, legumes and lentils
- Eat lots of blueberries
- Maintain blood sugar
- Reduce sugar and processed oils
- Increase B vitamins, Omega 3, Co Q 10, Lecithin, Vitamin E





## QUICK RECAP

### 3. Improve Blood Flow

- Exercise
- Manage stress
- Supplement with chardonnay grape seed extract

### 4. Use Products with Guarana Extract

- Find products that don't focus on the caffeine

### 5. Brain Training

- Remember the 3 d's of poor memory
- Take up new hobbies, learn new things



## QUICK RECAP

### 6. Socializing

- Maintain connections
- Travel, join and help others
- Get on social networking sites

### 7. Stressing Less

- Don't sweat the small stuff
- Take a walk in the park
- Do things you love





## SUMMARY

By the time you reach your 20s, your brain loses at least 10,000 neurons a day. Add aggravating factors like smoking and stress into the mix and you could be losing up to 30 times more neurons than that.

Imagine how many connections you've lost by the time you reach 40, 50 or 60.

The most obvious takeaway from all this: the more connections you lose, the poorer your brain performs and the higher your risk for cognitive disorders.



## SUMMARY

There's no better day to start building those protective blocks than today.

Don't delay until it's irreparable. The earlier you start taking steps toward a healthier brain, the better-guarded you are from cognitive impairment.

Think of how much better life could be if you had a better memory, sharper focus and you had the peace of mind of long-term protection for age-related brain degeneration.





## SUMMARY

I want to thank you for taking the time to read this special report and I sincerely hope the information you've found here has helped you or a loved one feel and function better.

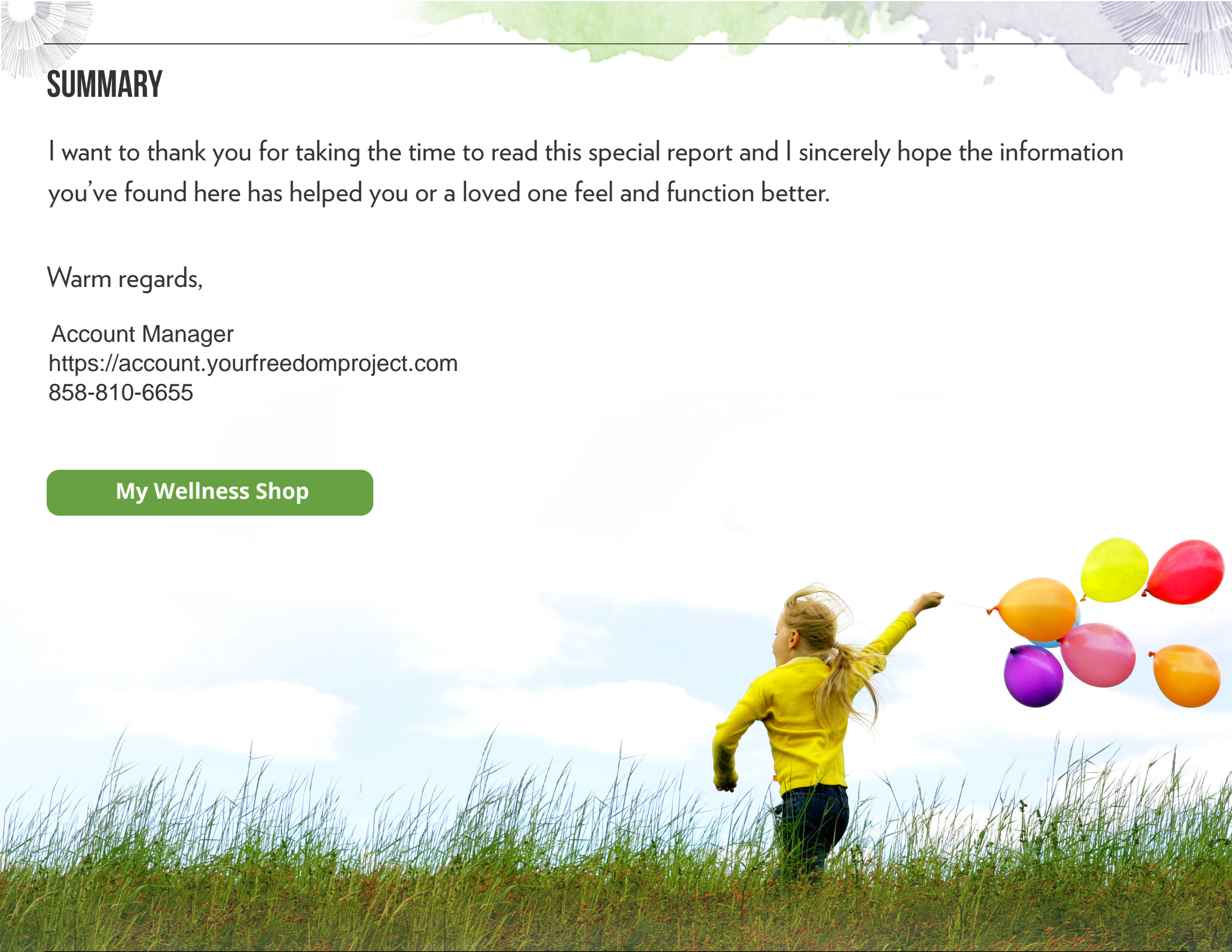
Warm regards,

Account Manager

<https://account.yourfreedomproject.com>

858-810-6655

[My Wellness Shop](#)





# RESOURCES



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# RESOURCES

## Books

Kharrazian, Datis (2013-05-01). Why Isn't My Brain Working?

AARP (2013-11-05). AARP's 5 Secrets to Brain Health.

Wolf, Dr. M. Chris (2012-07-29). Brain Health: Simple Steps to a Better Memory.

Amen, Daniel G. Md (2012-02-14). Use Your Brain to Change Your Age: Secrets to Look, Feel, and Think Younger Every Day.

Tanzi, Rudolph E. Phd; Chopra, Deepak (2012-11-06). Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being.

## Videos

The science behind MindWorks

<http://www.youtube.com/watch?v=ltswgkxA0CY>

Interview with Dr. Johnny Bowden

<http://www.wbaltv.com/news/medical-alert-improve-brain-health/28306284>

A brain food prescription from the 'FARMACY'

<http://www.foodmatters.tv/content/a-brain-food-prescription-from-the-farmacy-tedx-video>





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# RESOURCES

## Articles

[http://www.human-memory.net/disorders\\_age.html](http://www.human-memory.net/disorders_age.html)

<http://www.emedexpert.com/tips/brain.shtml>

<http://www.rain-tree.com/guarana.htm#.VGO2h5CUeYg>

<http://yourbrainhealth.com.au/30-minutes-cycling-equivalent-half-spin-class-promotes-brain-plasticity/><http://womensbrainhealth.org/>

## Mind Training

<https://memorise.org/category/memory-training>

## Guarana

<http://www.rain-tree.com/guarana.htm#.VGO2h5CUeYg>

<http://altmedicine.about.com/od/completeazindex/a/guarana.htm>

