



ENJOY YOUR BRAIN

Welcome to my October newsletter. This issue outlines some significant practical strategies to avoid brain deterioration. If your brain is healthy, your body is healthy and happy. Each month will focus on these and other boosters to understand the path to health and wellness at any age.



BRAIN WELLNESS SECRETS

How to boost your brain and avoid decline as you age.

1. **Movement:** Your body and brain are designed by nature to move, not sit. Exercise keeps dementia away. A sedentary lifestyle is irrational.
2. **Learning.** The ultimate purpose of your life is to discover and experience life. Gain knowledge on how to enhance, protect and maintain optimum brain functions. Knowledge is power.
3. **Diet.** This is critical. Don't poison it with junk foods. Take supplements.
4. **Sleep.** Your next day's energy needs it. Get in sync with your circadian rhythms.
5. **De-stress.** Excess stress kills neurons. Why promote free radicals with sleep deprivation? Love your brain.
6. **Protection.** Wear helmets. Concussions are brain damage.
7. **Social Connections.** We are social creatures. Relationships and partnerships are critical.
8. **Experience.** the more the brain does, the more it is capable of doing. Experience is our greatest teacher.
9. **Pay Attention.** Aging is not inevitable. Are you living and working in a brain compatible environment? How well do you know your brain!!
10. **Change.** Your brain changes every single day of your life. For things to change I must change. You control and manifest your own destiny. Make positive changes.