# **Living the NEURO Life**

## **Healthy Habits for a Healthy Brain**

#### **NUTRITION**

The brain is negatively affected by excess sugar, unhealthy fats, high salt intake and low fiber content of the standard American Diet (SAD).

TIP: Try replacing refined sugars for 30 days, satisfy your sweet tooth with dates, monk fruit, or applesauce.

**EXERCISE** 

Poor blood flow, oxidative stress, and inflammation negatively affect the brain.

TIP: Reduce salt by seasoning with herbs and spices (Freeze fresh herbs in ice cubes).

### **UNWIND**

Altered dopamine and serotonin levels cause anxiety and depression.

TIP: Write in a iournal for 20 mins. Examine the things that cause you bad stress.

defined by activities that do not serve a purpose, do not have a clear direction

the same time every night for 7 days and get up 7-8 hours after. Condition your brain.

TIP: Go to bed at

RESTORE

While you are sleeping, you brain enters a different metabolic and processing state.

Bad Stress is or result in clear victories.

Sleep reorganizes your brain for the next day. It is the most important source of cleansing for your body.

#### **OPTIMIZE**

Cognitive reserve is the brain's intellectual store that may resist or offset damage & decline.

References:

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3. Irwin, M.R. and Vitiello, M.V., 2019. Implications of sleep disturbance and inflammation for Alzheimer's disease dementia. Lancet Neurol, 18(3): 296-306

4. Okada, T., Miyoshi, T., Doi, M. et al., 2021. Secular Decreasing Trend in Plasma

Eicosapentaenoic and Docosahexaenoic Acids among Patients with Acute Coronary Syndrome from 2011 to 2019: A Single Center Descriptive Study. Nutrients, 13(1)

5. Sherzai, D. and Sherzai, A., 2019. Preventing Alzheimer's: Our Most Urgent Health Care Priority. Am J Lifestyle Med, 13(5): 451-461

6. Stern, Y., 2012. Cognitive reserve in ageing and Alzheimer's disease. Lancet Neurol, 11(11): 1006-1012

Cognitive reserve can be developed and sustained through life-long mental and physical activity.

TIP: Have a structured conversation with a friend by phone or better yet, invite them to walk and talk.

Good stress on the other hand is purpose driven, timebound, and results in a clear victory or success.