

# **BRAIN** **HEALTH**



**HOW TO NURTURE AND NOURISH YOUR BRAIN  
FOR TOP PERFORMANCE**

## **Your Brain Boosting Cheat Sheet**

In the main ebook, we discussed many different strategies that you could use to enhance your brain health and went into a lot of depth regarding the nature of the brain and how neurons and more work.

But while it was all very illuminating, you might have found yourself getting a little lost. Where precisely is the best place to start, if you just want to see improvements in cognitive function right away?

This cheat sheet will help walk you through it:

### **Diet**

The best diet for brain health involves reducing the amount of fat preservatives (to decrease omega 6 fatty acid) and avoiding 'empty calories'. Instead, seek out nutrient dense foods that provide you with the amino acids, vitamins, minerals and more that your brain needs to create neurotransmitters.

### **Supplements**

Numerous different supplements can help you to enhance your brain function. These can work by providing you with the raw building blocks of neurotransmitters, enhancing your brain's energy efficiency, improving circulation or combating free radicals.

Avoid the 'smart drugs' like modafinil that cause sudden changes to your brain's chemistry. Instead, focus on using supplements that come from natural sources and that can gradually enhance your overall brain health.

See the resource sheet for much more on the best nutrition and supplementation for better brain function.

### **Sleep**

Getting better sleep enhances your brain function in numerous ways in both the short and long term. Not only will this replenish your neurotransmitter stores, it will also help you to cement neural pathways and to increase your brain's energy levels.

Enhancing your sleep is probably the number one way to get a significant increase in mental performance. Try to keep your room darker, go to bed at a set time, have a warm bath prior to sleeping and avoid doing things that will make you more alert right before bed.

### **Learning and Training**

The brain loves novelty and it loves learning. One of the worst things you can do for your brain is to fall into a static routine and remove all of the learning that you enjoyed as a child.

For these reasons, you should aim to try and learn a new language, go to a new place, learn a new sport or kind of dance, meet new people...

Whatever it is, don't let yourself fall into a regular routine. This is better and more useful than conventional forms of 'brain training'.

### **Computer Games**

Failing the ability to go out and do more, one of the best ways to train your brain and get it to keep growing, learning and adapting is to play computer games. Your brain views computer games as new motor skills to learn and new environments to explore. This is never mind the fact that you can train specific areas of your brain by practicing games – such as the ability to make quick decisions or make out subtle changes in colour.

### **Exercise**

Perhaps most important of all is to get more exercise. Your brain is designed largely for the sake of moving your body – and this is what most parts of your brain are dedicated too. Move more and you will think better!