

Brain Health

BEST PRACTICES & RECOMMENDATIONS



Eat a Brain Healthy Diet

FOOD IS MEDICINE

Eat: vegetables, fruits, nuts, beans, seeds, potatoes, whole grains, herbs/spices, fish, seafood, extra virgin olive oil

Eat in moderation: poultry, eggs, cheese, yogurt

Eat only rarely: red meat

Avoid: sugar-sweetened beverages, added sugars, trans fats, processed meat, refined grains, refined oils, highly processed foods

DIET OPTIONS

Gluten Free Diet: gluten causes inflammation in the gut, causing toxic bowel contents into circulation which eventually reaches the brain – causing inflammation in the brain.

Low Carbohydrate Diet: carbohydrates are the true villain causing arterial disease in brain and heart, not cholesterol!

Mediterranean Diet: reduces the risk of heart disease, diabetes, stroke, inflammation in body, and improves blood vessel function. The diet has been associated with a lower level the “bad” cholesterol that’s more likely to build up deposits in your arteries.



Complete Aerobic Exercise

Improves cardiovascular fitness, circulation, heart, lung capacity, mood, weight management, HDL “good” cholesterol, and promotes better sleep.

Reduces blood pressure and LDL “bad” cholesterol.

Examples: Running, Jump Rope, Swimming, Cycling, Zumba, Kick-Boxing and Elliptical

Goal: Get heart rate up for 30 minutes a day, to get your blood pumping.



Complete Isometric Exercise

Helps heal from injury, retains muscle tone, boosts energy, and releases endorphins into body.

Reduces painful joints, relieves tense muscles, and lowers blood pressure.

Examples: Plank, Side Plank, Low Squat, Split Squat, Wall Sit and Glute Bridge

Goal: Convenience - Can be done without equipment.

Injury prevention - Strength muscles around joint without moving joint itself.

Exercise Technique - Build mind-muscle connection and help add motion to exercise.



BRAIN
INTERCEPT

BRAIN INTERCEPT
(605) 725-8885 | BrainIntercept.com
223 8th Ave NW, Ste 2, Aberdeen, SD 57401



Complete Brain Exercise

Learn new things which may have short and long-term benefits by building new pathways in your brain.

Examples:

- Complete puzzles (Sudoku, Crosswords, Word finds)
- Educational reading
- Technology Apps to strengthen your brain: Luminosity, Brain HQ
- New skills/hobbies
- Learn to play an instrument



Practice Mindfulness

Being intentional with your time.

Being aware and accepting of thoughts, feelings, emotions.

Examples:

- Yoga
- Gratitude journals
- Meditation
- Spirituality
- Sit quietly and focus on now, not the past or the future
- Judgment free zone for yourself to "just be"...



Remain Socially Active

Remaining active in your community is beneficial in sustaining your overall health by reduced rates of disability, mortality, and depression, and provides a great connection to others.

Examples:

- Nurture your social network by maintaining close personal relationships
- If you love animals, consider volunteering at a local shelter
- Participate in a club (book club, spiritual group, walking group, art-centric club, ethnic club)



Get Quality Sleep & Rest

Sleep is essential to boost memory, increase capacity, help build muscle, control weight, improve insulin sensitivity, shrink risk of heart disease, and improve immune function.

The average adult needs 8 hours of qualitative, restorative sleep per night.

Possible modifications to support sleep:

- Limit naps to no more than 20-30 minutes
- Avoid stimulants (caffeine & nicotine) and Alcohol close to bedtime
- Exercise daily, avoid workouts close to bedtime
- Establish a nighttime routine (warm shower/bath, read a book, light stretching)
- Regular mealtimes; avoid heavy food close to bedtime
- Adapt sleep environment (temperature, light, sound, bedding)



BRAIN INTERCEPT

(605) 725-8885 | BrainIntercept.com

223 8th Ave NW, Ste 2, Aberdeen, SD 57401