



Power Foods for the Brain:

Protect your mind and strengthen your memory

Everyone knows good nutrition supports your overall health, but few realize that certain foods - power foods - can protect your brain and optimize its function, and even dramatically reduce your risk of Stroke, Alzheimer's Disease, low energy, poor sleep patterns, irritability and lack of focus.

Recommendations to protect your mind and strengthen your memory:

- ◆ Get your sleep (sleep 7-9 hours nightly)
- ◆ Eat more Color (consume more whole plant foods rich in color and vitamin E)
- ◆ Consume a low fat diet (avoid or drastically limit saturated fat, trans fat and cholesterol)
- ◆ Be mindful of metals (metals are a double edged sword - you need a little but not too much)

— Copper: 0.9 milligram per day for men and women. Healthful sources include: beans, green leafy vegetables, nuts, whole grains and mushrooms.

— Iron: 8 milligrams per day for adult men and women over 50. 18 milligrams for women between 19 and 50. Healthful sources include: green leafy vegetables, bean, whole grains and dried fruits.

— Zinc: 11 milligrams per day for men, 8 milligrams per day for women. Healthful sources include: oatmeal, whole-grain bread, brown rice, peanuts, beans, nuts, peas and sesame seeds.

— There is a growing link between aluminum and Alzheimer's - Avoid aluminum where possible.

- ◆ Move more through physical activity and exercise
- ◆ Stimulate and challenge your brain through mental work



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

Get your Sleep



Be Mindful of Metals

Copper, Iron & Zinc.
Avoid Aluminum

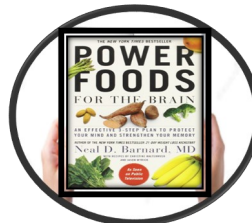


Move More

Eat more Color



Low Fat Nutrition



Stimulate your Brain