

BRIGHT MINDS

Risk Factors and Interventions Summary

Risk Factors	Interventions
<p>BLOOD FLOW: Hypertension, stroke, transient ischemic attacks, heart disease, erectile dysfunction, sedentary lifestyle</p>	<p>LIMIT caffeine, nicotine and dehydration, EXERCISE (especially racquet sports), MEDITATION, SUPPLEMENTS - ginkgo and FOODS - beets, cayenne pepper and rosemary</p>
<p>RETIREMENT/AGING: Over 65, retirement, limited new learning, social isolation, less than high school education, high blood ferritin (iron) level</p>	<p>NEW LEARNING, daily 12-16 hours FAST, DONATE blood if ferritin is high, social support & volunteering, SUPPLEMENTS – huperzine A and acetyl-L-carnitine, FOODS – cloves, oregano, shrimp</p>
<p>INFLAMMATION: Leaky gut, low omega-3 intake, gum disease, joint pain</p>	<p>HEAL GUT, Boost OMEGA-3s (O3s), DENTAL FLOSS, SUPPLEMENTS – O3s, curcumins, probiotics, FOODS – walnuts, salmon, sardines</p>
<p>GENETICS: Family member with dementia or mental health issues, apolipoprotein E4 gene</p>	<p>Be SERIOUS! EARLY screening! ELIMINATE all other risk factors, SUPPLEMENTS – green tea extract, vitamin D, curcumins, FOODS – turmeric, blueberries, chocolate</p>
<p>HEAD TRAUMA: One or more head injuries, loss of smell</p>	<p>PREVENT further head injuries, HBOT (hyperbaric oxygen therapy), SUPPLEMENTS – O3s, phosphatidylserine, FOODS – eggs, peppermint</p>
<p>TOXINS: Alcohol, drugs, smoking, pollution, pesticides, mold, carbon monoxide, BPAs, personal product toxins (phthalates, parabens, etc.)</p>	<p>LIMIT EXPOSURE, App - Think Dirty. Support 4 organs of detox: Liver - limit alcohol; Gut - add fiber; Kidneys - drink water; Skin – sweat with exercise/saunas, SUPPLEMENTS – NAC, FOODS – brassicas (cauliflower, Brussels sprouts, broccoli, cabbage)</p>
<p>MENTAL HEALTH: Depression, Post-Traumatic Stress Disorder, Bipolar, Chronic Stress</p>	<p>Therapy, KILL THE ANTS, meditation, exercise, SUPPLEMENTS – SAME, O3s, saffron, 5HTP if worrier, FOODS – wild fish, 8 servings of fruits and vegetables, chocolate</p>
<p>IMMUNITY/INFECTIONS: Low vitamin D, autoimmune disorders, infections, such as Lyme disease</p>	<p>BOOST vitamin D, elimination diet, treat infections, SUPPLEMENTS – aged garlic, mushroom extracts, FOODS – garlic, onions, mushrooms</p>
<p>NEUROHORMONES ISSUES: Thyroid, cortisol, testosterone, dehydroepiandrosterone, estrogen, progesterone, insulin</p>	<p>Regularly TEST and OPTIMIZE hormones, AVOID hormone disruptors (BPAs, phthalates, parabens), SUPPLEMENTS – zinc, L-tyrosine, DHEA, FOODS – oysters, fiber, flaxseeds</p>
<p>DIABESITY: Pre-diabetes, diabetes, overweight, obesity</p>	<p>BRAIN HEALTHY, low-glycemic, high-fiber, calorie-smart diet, SUPPLEMENTS – chromium picolinate, alpha lipoic acid, FOODS – cinnamon, spinach, lentils, green peas</p>
<p>SLEEP ISSUES: Sleep apnea, chronic insomnia, sleeping pills</p>	<p>TARGET 7-8 hours a night, evaluate and treat sleep apnea if present, LIMIT caffeine, digital exposure after dark, noise, light, ADD blue light blockers to gadgets, SUPPLEMENTS – melatonin and magnesium, FOODS – don't eat within 2 hours of bedtime</p>



Name: _____

Brain Type: _____
(www.brainhealthassessment.com)

Brain Health Score: _____

My **BRIGHT MINDS** Risk Factors

Blood Flow: _____

Retirement/Aging: _____

Inflammation: _____

Genetics: _____

Head Trauma: _____

Toxins: _____

Mental Health: _____

Immunity: _____

Neurohormones: _____

Diabetes: _____

Sleep: _____

My **BRIGHT MINDS** Commitments

