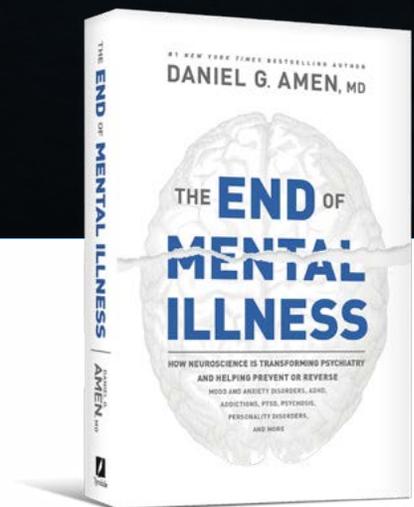


6-WEEK LIVE CLASS + CHALLENGE

Week 2: **Daily Challenges**



Daniel Amen, MD and Tana Amen, BSN, RN

| brainMD



Creating **BRIGHT MINDS**

It's time for Week 2 of your 6-Week Brain Health Revolution Challenge, which will focus on the 11 major risk factors that harm the brain and steal your mind. We developed the mnemonic BRIGHT MINDS to help you remember the 11 major risk factors. The exciting news is that there are several BRIGHT MINDS strategies you can use to minimize your risk factors. This week's 7 daily challenges are focused on incorporating these strategies into your everyday life.

DAY 1:

Fill out the BRIGHT MINDS Risk Factors and Commitments form

How long will it take?

Just a few minutes

Today's challenge will help you identify your personal BRIGHT MINDS risk factors. You will also be making a commitment to use BRIGHT MINDS strategies to eliminate or minimize your risks.

The BRIGHT MINDS risk factors are:

- B** is for Blood Flow
- R** is for Retirement and Aging
- I** is for Inflammation
- G** is for Genetics
- H** is for Head Trauma
- T** is for Toxins
- M** is for Mental Health
- I** is for Immunity and Infections
- N** is for Neurohormone Issues
- D** is for Diabesity
- S** is for Sleep

To complete today's challenge, download the BRIGHT MINDS Risk Factors and Interventions Summary and fill out the BRIGHT MINDS Risk Factors and Commitments form by clicking the button below.

[CLICK HERE](#)



DAY 2:

Listen to The Brain Warrior's Way Podcast

How long will it take?

About 15-20 minutes

On the Brain Warrior's Way Podcast, hosts Dr. Daniel Amen and Tana Amen are changing the way we look at the brain and its direct connection to all things wellness. From weight loss to love and happiness to overcoming mental conditions like anxiety, depression, and ADHD—they dive deep into neuroscience while also delivering practical, everyday tips for building the best brain and best life possible.

For today's challenge, download and listen to an episode of The Brain Warrior's Way Podcast so you can learn something new about your brain and how to use it. You can select any episode from our [digital podcast library](#) or choose from the recommended episodes below.

Episode Recommendations:

[How Automatic Negative Thoughts \(ANTs\) React In The Brain](#)

When automatic negative thoughts pop into your head, it's all too easy to believe them, which can set off a chain reaction of negativity. In this episode, Dr. Amen and Tana outline the common types of negative thoughts we have, and how we can keep them from ruining our day. [Click here to listen.](#)

[Sugar: The Bitter Truth, with Dr. Robert Lustig](#)

In 1955, President Eisenhower suffered a heart attack prompting a nationwide inquiry as to what was causing cardiovascular disease. The two camps of thinking centered around either fat or sugar as the culprit. Fat won and was subsequently demonized. In this episode, Dr. Amen sits down with Dr. Robert Lustig to discuss why this was the wrong decision. [Click here to listen.](#)

[Traumatic Brain Injury: Could You Have One and Not Have Known It?](#)

Many of the patients Dr. Amen sees have dark, often suicidal thoughts. They often attribute these thoughts to their own messed up way of thinking. But what if these thoughts are the result of a physical problem, or more specifically, a head injury? In this episode, Dr. Amen and Tana reveal the surprising connection between bad thoughts and traumatic brain injuries. [Click here to listen.](#)

DAY 3:

Hydrate your brain and body by drinking ½ your weight in ounces of water

How long will it take?

A few moments throughout the day

Your brain is comprised of 80% water and being even mildly dehydrated can negatively impact your moods—making you feel more anxious, tense, depressed, or angry—in addition to sapping your energy levels and lowering your ability to concentrate. In fact, being dehydrated by just 2% impairs performance in tasks that require attention, immediate memory skills, and physical performance.

Today, work on replacing sugary, calorie-laden drinks like cocktails, energy drinks, sodas, and even diet drinks with water. Removing sugary drinks and fruit juice cuts an average of 400 calories per day from the average American diet!

Be deliberate about your water intake and limit anything that dehydrates you (caffeine, alcohol, and diuretics). When you sweat through exercise, make sure to rehydrate.

For today's challenge, aim to hydrate your brain and body by drinking ½ your weight in ounces of water.

Smart options: Water, plain sparkling water, water flavored with slices of fruits (spa water), water with flavored stevia or [Brain Boost On The Go](#), coconut water, herbal tea, and green tea and black tea (in small amounts if caffeinated)

DAY 4:

Learn 1 new thing from the New Learning by Brain Region List

How long will it take?

About 5-10 minutes

Use it or lose it! New learning is critical for maintaining healthy cognitive function as you age. Working out different regions of your brain is the best way to strengthen your overall brain power. Exercises by brain region include the following (you can find a more complete list in today's download):

Prefrontal cortex: language games, crossword puzzles, and chess

Temporal lobes: 3D video games, musical instruments, and memory games

Parietal lobes: math games, golf, and juggling

Basal ganglia: balancing and synchronizing arm movements

Cerebellum: coordination games like table tennis, dancing, and tai chi

To complete today's challenge, click the button below to download the New Learning By Brain Region List and choose 1 new activity or exercise and start learning!

[CLICK HERE](#)



DAY 5:

Take omega-3 fatty acids

How long will it take?

Less than a minute

At Amen Clinics we typically recommend that all of our patients take omega-3 fatty acids because they are critical to optimal brain function. Low levels of omega-3 fatty acids are linked to:

- Depression and bipolar disorder
- Suicidal behavior
- ADHD
- Cognitive impairment and dementia
- Obesity
- Heart disease

At Amen Clinics in 2016, we tested the omega-3 fatty acids levels of 50 consecutive patients who were not taking fish oil (the most commonly used source of omega-3 fatty acids) and found that 49 had suboptimal levels.

For today's challenge, consider taking omega-3 supplements. Research shows that taking a high-quality omega-3 regularly can improve blood flow, brain function, memory, and mood; as well as reduce brain shrinkage from aging and inflammation.

Recommended Brand:

[BrainMD Omega-3 Power](#)

Recommended Reading:

[Where Can I Get High Quality Omega-3s?](#)

DAY 6:

Fill out the “Have I Ever Had a Head Injury?” questionnaire

How long will it take?

Less than 5 minutes

According to the CDC, over 2 million new head injuries occur in the U.S. every year. Common causes of head injuries include falls, motor vehicle accidents, violence, sports injuries, and explosive blasts and other combat injuries. At Amen Clinics, we see patients with head injuries from all of these causes.

Head trauma is a major cause of psychiatric illness but very few people know it because most mental health professionals never look at the brains of their patients. Research shows that head injuries increase the risk of:

- **Depression**
- **Anxiety and panic disorders**
- **Psychosis**
- **PTSD**
- **Suicide**
- **Drug and alcohol abuse**
- **ADHD**
- **Learning problems**
- **Borderline and antisocial personality disorders**
- **Dementia**
- **Aggression**

At Amen Clinics, we routinely ask patients several times whether or not they have had a head injury. Many people forget they've had a head injury in the past or they think it was too insignificant to mention.

For today's challenge, fill out the “Have I Had A Head Injury?” questionnaire by clicking the button below. Think carefully about whether you've ever had a head injury, even a mild one that didn't cause you to blackout. It could be contributing to any symptoms you may be experiencing.

[CLICK HERE](#)

DAY 7:

Take the Toxins questionnaire then download the Think Dirty® app so you can scan your personal care products and household cleaners

How long will it take?

About 5 minutes

Toxins such as alcohol, marijuana, and other drugs as well as environmental toxins such as mold and pesticides prematurely age the brain and increase the risk of mental illness symptoms, memory problems, and dementia.

To avoid toxins, quit smoking, address any drug or alcohol abuse, remove any amalgam dental fillings, avoid aluminum and Teflon cookware, reduce intake of toxin-contaminated foods, purify your air, decrease the use of unsafe personal care products, and clean your house with fragrance-free, chemical-free household cleaners.

Today, you'll become aware of your level of exposure to toxins. To complete today's challenge, download and the Toxins questionnaire by clicking the button below. This will help you identify the toxins in your home and in your life so you can eliminate them.

[CLICK HERE](#)

For bonus points, download the Think Dirty® app, a simple tool that empowers ingredient-conscious consumers to choose the safest beauty, personal, and household products.

[IPHONE](#)

[ANDROID](#)

Week 2: Recap

Congratulations!

You've now completed Week 2 of the 6-Week Brain Health Revolution Challenge. You learned the BRIGHT MINDS mnemonic, upped your water intake, discovered tools to help you minimize your exposure to toxins, and hopefully learned something new. By completing each day's challenge, you are making significant progress toward better brain health and a better life. In just a few short weeks, you'll be a Brain Health Revolutionary.

Keep up the good work!

The downloads enclosed in this document will also be uploaded to our webpage. Please click the button below to view all.

[CLICK HERE](#)



MEDICAL DISCLAIMER

The content contained within Dr. Amen's Brain Health Revolution Live Class + 6-Week Challenge is intended for educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The materials, by necessity, are of a general nature and should not be viewed as a substitute for an evaluation or treatment by a competent medical specialist. Please work with your health care provider for advice about your specific medical conditions(s) and treatments(s) for such condition(s). Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or medications. We recommend working with your doctor or other qualified health provider before beginning the program, starting or stopping any medications, and making any changes to your life to make sure that it is appropriate for your needs—especially if you are pregnant or have a family history of any medical concerns, illnesses, or risks.

If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional. Stop exercising immediately if you experience faintness, dizziness, pain, or shortness of breath at any time. Please do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read or heard throughout this program.

