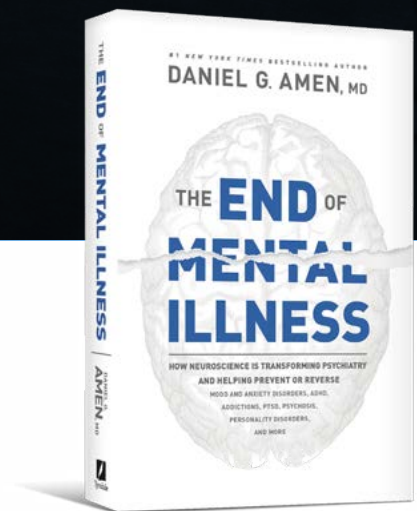




6-WEEK LIVE CLASS + CHALLENGE

Week 3: **Daily Challenges**



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| brainMD



More **BRIGHT MINDS** Strategies

Welcome to Week 3 of your 6-Week Brain Health Revolution Challenge! This week, we will continue providing you with strategies to minimize the 11 major risk factors that harm the brain and steal your mind and further explore the BRIGHT MINDS protocol.

Ready? Let's do this!

DAY 1:

Fill out the “Do I Have a Mental Health Condition?” questionnaire

How long will it take?

Less than 5 minutes

The health of your mind is an essential factor in the health of your brain. Mental health issues including ADD/ADHD, depression, bipolar disorder, and PTSD, can all contribute to a higher risk of memory and other brain health problems. This is why you need to make sure your mind is as fit as it can be. The first step to healing a mental health problem is recognizing the symptoms in yourself.

Today’s challenge will allow you to understand the symptoms of some of the most common mental health issues and see if they may be affecting you.

To complete today’s challenge, download and fill out the “Do I Have a Mental Health Condition?” questionnaire by clicking the button below.

[CLICK HERE](#)



DAY 2:

Decrease your screen time, even by just 15 minutes

How long will it take?

Aim for at least 15 minutes

Most people can't imagine living without their digital devices these days. Our phones, as well as our tablets, laptops, gaming consoles, and other devices, make our lives so much easier in so many ways, but they also come with a hefty price. Our love affair with technology is taking a toll on our brain health and is leading to tech addiction for many.

Too much time spent with our devices and social media feeds is associated with increased anxiety and depression, inattention, forgetfulness, low self-esteem, and increased impulsivity. Taking a break from technology can help reset your brain.

Today's challenge is to reduce your screen time. Take a tech timeout at some point during the day—as little as 15 minutes makes a significant difference.



DAY 3:

Get 20 minutes of sun or take 5,000 IUs of vitamin D

How long will it take?

Up to 20 minutes

Often referred to as the “sunshine vitamin,” vitamin D is actually a hormone that should be called the “immunity vitamin” thanks to its positive effects on the immune system. It also plays an essential role in overall brain health, mood, memory, weight, and other important bodily processes.

At Amen Clinics, we test the vitamin D levels of all of our patients, and a staggering number of them have low levels. In fact, half of psychiatric inpatients are deficient in vitamin D. This is troublesome because low levels of vitamin D have been associated with approximately 200 conditions, including depression, autism, psychosis, memory problems and dementia, autoimmune diseases, heart disease, cancer, and obesity.

In part, this is due to the fact that we are spending more time indoors and using more sunscreen when we’re outdoors.

That’s why today’s challenge encourages you to get out in the sunshine or pop a “sunshine vitamin” to boost vitamin D levels.

Recommended Brand:

[BrainMD Vitamin D3 5000](#)

Recommended Reading:

[9 Vital Functions of Vitamin D](#)

DAY 4:

Find 20 foods you love that love you back

How long will it take?

Just a few minutes

To be successful at optimizing your diet and changing your eating habits, you must find foods you love, that love you back.

We are creatures of habit and change can be hard. Once you allow your brain to do something, it will want to do it again, whether or not it is good for us. A diet full of nutrition is not boring. There are nutritious foods that taste amazing. Once you eliminate the foods loaded with sugar, salt, fat and artificial chemicals, in about 10 days, your taste buds will come back to life and whole foods will taste amazing.

For today's challenge, click the button below to download the 100 Foods You Love That Love You Back List. It includes 100 brain-healthy foods. Choose 20 foods from this list and start building your meals around your favorites.

[CLICK HERE](#)



DAY 5:

Find 20 foods you love that abuse you

How long will it take?

Just a few minutes

So many people say they “love” candy, doughnuts, pastries, French fries, and bread, and can’t ever conceive of giving them up. But being in love with something that hurts you is an abusive relationship that needs serious intervention. No food of any kind belongs in the same emotional place in your brain as the love you have for your spouse, children, or grandchildren. You need to eliminate the foods you love that abuse you.

For today’s challenge, click the button below to download the 100 Foods You Love That Abuse You List. Find or highlight 20 of them that you eat. Vow to eliminate these from your diet and break free from any abusive food relationships.

[CLICK HERE](#)



DAY 6:

Download the hypnosis for sleep audio

How long will it take?

Less than 5 minutes

Getting adequate sleep is vital for your brain. While you are sleeping, your brain is hard at work performing some very critical functions necessary to keep it operating at optimal levels. For example, during sleep, your brain cleans or washes itself by eliminating cellular debris and toxins that build up during the day (basically taking out the neural trash), consolidates learning and memory, and prepares for the following day. The brain processes that occur during sleep are also important for the health of your immune system, appetite control, and neurotransmitter production.

Unfortunately, an estimated 50 to 70 million Americans have some form of sleep disorder, and research shows that insomnia and other sleep issues are associated with depression, anxiety, ADHD, and other issues. Medical hypnosis is a safe and effective tool that can enhance overall health and well-being and promote more restful sleep.

For today's challenge, Download and listen to the hypnosis for sleep audio by clicking the button below. We recommend listening to it before bed to help you drift off to sleep.

[Part 1](#)

[Part 2](#)

DAY 7:

Limit your sugar intake and make a note of any hidden sugars that you find in your food

How long will it take?
A few moments throughout the day

When you consume sugar—even if it's natural honey or maple—it causes your blood sugar to spike then drop, impacting your moods and sense of well-being. High-sugar diets increase inflammation, cause fatigue and cravings, lead to erratic brain cell firing that has been implicated in aggression, and alter memory and learning.

Note that artificial sweeteners aren't the answer. Artificial sweeteners—including aspartame (NutraSweet, Equal), saccharin (Sweet'N Low), and sucralose (Splenda)—can lead to chronically elevated insulin levels, which raises your risk for depression, Alzheimer's disease, heart disease, diabetes, metabolic syndrome, and other health problems.

For today's challenge, start curbing your sugar intake and get serious about tracking how much of the sweet stuff you're consuming. Because two-thirds of packaged goods contain added sugar, it is critical to read food labels when you shop and know all the different aliases for sugar.

Are there any sugars hiding in your favorite foods?

The top 15 names for sugar include:

1. Sugar
2. Molasses
3. Caramel color
4. Barley malt
5. Corn syrup or corn syrup solids
6. Cane juice
7. High fructose corn syrup
8. Honey
9. Sorbitol
10. Fructose
11. Cane juice crystals
12. Maltose
13. Fruit juice concentrate
14. Maltodextrin
15. Dextrose

Week 3:

Recap

Congratulations!

You've now completed Week 3 and are halfway through the 6-Week Brain Health Revolution Challenge. By completing each day's challenge, you are making significant progress toward better brain health and a better life. This week we decreased our screen time, increased our vitamin D intake, improved our sleep, eliminated foods that abuse, and found foods that love us back.

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](#)



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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 condition(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.

