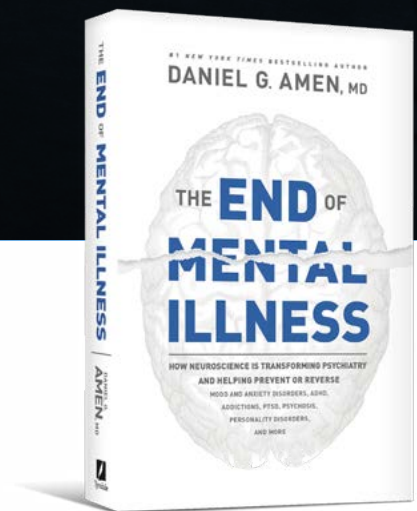




6-WEEK LIVE CLASS + CHALLENGE

Week 4: **Daily Challenges**



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| brainMD



Natural Ways to **Heal the Brain-** First Do No Harm

Welcome to Week 4 of your 6-Week Brain Health Revolution Challenge. This week, you'll be introduced to some powerful natural strategies to change your brain and heal your mind.

Let's dive in!

DAY 1:

Download and review our chart of nutraceuticals

How long will it take?

Less than 5 minutes

At Amen Clinics, we are not opposed to medications for your mind and prescribe them when necessary. However, on brain SPECT scans, we can see that some medications, especially benzodiazepines for anxiety and opiates for pain, are clearly associated with unhealthy looking scans. That's part of what sparked our interest in finding less toxic solutions, such as foods and nutraceuticals—especially if they are science-based, effective, cheaper, and have minimal side effects.

For today's challenge, download and review our chart of nutraceuticals by clicking the button below. It contains top-level scientific evidence for specific brain health/mental health issues, including:

- Anxiety and stress
- Attention, focus, and energy
- Mood
- Memory
- Psychotic symptoms
- Sleep
- Addictions/cravings

If you are struggling, consider supplements that support healthy moods, memory, attention, and more. We recommend exploring [BrainMD.com](https://www.brainmd.com)'s high-quality product line. Use code: CHALLENGE15 for 15% off your order.

[CLICK HERE](#)

DAY 2:

Walk like you're late for 45 minutes

How long will it take?

45 minutes

The benefits of exercise for brain health are lasting and impressive. In a review of research on more than 10,000 people, exercise was found to be similar in effectiveness to antihypertensive medication. Just 100 minutes a week of exercise (that's just 20 minutes a day, five times a week), together with a healthy diet, decreases brain age by nearly 10 years!

Plus, regular physical exercise also helps to:

- Lower the risk of developing depression
- Improve mood, anxiety, and even cognitive health in patients with depression and schizophrenia
- Reduce depression and anxiety in prisoners and methamphetamine abusers
- Improves anxiety, depression, and insomnia in postmenopausal women and breast cancer survivors
- Increase the size of the hippocampus, one of the brain's major memory and mood centers
- Improve cognitive flexibility
- Boost the heart's ability to pump blood throughout the body and brain, which increases oxygen and nutrient delivery
- Promote nitric oxide production and the flexibility of blood vessels, which decreases the risk for high blood pressure, stroke, and heart disease
- Enhance insulin's ability to lower high blood sugar levels, reducing the risk of diabetes
- Maintain coordination, agility, and speed
- Allow for greater detoxification through sweat
- Improve sleep quality

For today's challenge, you're going to walk fast—like you're late for an appointment—for 45 minutes. Let this be the start of building regular exercise into your lifestyle.

DAY 3:

Listen to brain-enhancing music

How long will it take?

Less than 5 minutes

The benefits of music are well documented. Music stimulates positive emotions, can improve your sleep, decrease pain, energize your mind, and soothe your anxiety. That is why we have teamed with Grammy-Award winning composer Barry Goldstein to create a special music program designed to enhance your brain and your life.

The track you'll be downloading for today's challenge is specifically intended to boost your focus. Listen to it on your way to work, before a big test, or any time you want to heighten your attention.

To complete today's challenge, click the button below and listen to the audio track.

[CLICK HERE](#)

DAY 4:

Download the “Natural Ways to Heal Anxiety” list

How long will it take?

Just a few minutes

If you have anxiety, you aren't alone. It's the most common mental health challenge in America. Anxiety disorders are very painful, but too often people reach for marijuana, alcohol, or prescribed benzodiazepines, which can be of short-term benefit but can cause long-term problems with addiction and memory issues. Fortunately, there are many natural ways to soothe anxiety that provide long-term benefits.

To complete today's challenge, click the button below and review the “Natural Ways to Heal Anxiety” list. This list includes the interventions we typically recommend for our patients with anxiety, including:

- **Anxiety-inducing foods to avoid**
- **Simple strategies to calm your busy mind**
- **The 3 health numbers you need to get checked (to see if there's a biological cause for your symptoms)**
- **A proven way to change your anxious thinking patterns**
- **The best physical exercises for anxious minds**
- **The most effective supplements to soothe stress and anxiety**
- **A non-invasive therapeutic tool that retrains your brain**

After downloading the list, begin adopting the recommendations into your everyday life to help you overcome feelings of anxiety.

[CLICK HERE](#)

DAY 5:

Download the “Natural Ways to Heal Depression” list

How long will it take?

Just a few minutes

Depression can be devastating, but too often people are put on SSRIs in a quick office visit before attacking the underlying cause. SSRIs are often very hard medications to stop. Fortunately, research has found that many natural methods can be as effective as SSRIs in treating depression.

To complete today’s challenge, click the button below to download the “Natural Ways to Heal Depression” list. This list includes the interventions we typically recommend for our patients with depression, including:

- Foods that are linked to depression that you should eliminate
- The 1 common (and treatable) medical issue linked to depression
- The nutrient levels most depressed people need to optimize
- A simple way to change your negative thinking patterns
- The most effective supplements to promote healthy moods

[CLICK HERE](#)

DAY 6:

Don't drink any calories today

How long will it take?

Less than 5 minutes

At Amen Clinics, we meet a lot of people who are trying to be more mindful about what they eat, but many of them aren't aware that a lot of their daily calories come from what they're drinking. Sodas, coffee concoctions, fruit smoothies, juices, and cocktails can be full of sugar, artificial sweeteners, and calories.

For today's challenge, replace all those drinks with water. Removing sugary beverages and fruit juice cuts an average of 400 calories per day from the average American diet!

DAY 7:

Know the BRIGHT MINDS Food Rules and consider doing an elimination diet

How long will it take?

Less than 5 minutes
to digest the rules and
elimination diet steps

Knowing what to eat doesn't have to be confusing. If you follow these 11 BRIGHT MINDS rules, your brain health/mental health will start to improve within days.

BRIGHT MINDS Food Rules

1. Only love foods that love you back.
2. Go for the highest quality calories you can find, and not too many of them if you need to lose weight.
3. Hydrate, but don't drink your calories.
4. Eat high-quality protein at every meal to balance blood sugar and keep cravings away.
5. Eat and cook with high-quality fat.
6. Go for smart carbohydrates (colorful, low glycemic & high fiber).
7. Use herbs and spices like medicine.
8. Make your food as clean as possible (eliminate artificial sweeteners, colors, preservatives, and foods in plastic containers)—read the labels.
9. If you struggle with any brain health/mental health or physical issue, eliminate any potential allergens or internal attackers, such as sugar, MSG, gluten, corn, soy, and dairy for a month to see if you improve.
10. Use intermittent fasting to supercharge your brain.
11. Get a routine that serves your health rather than hurts it; find 20 foods you love that love you back.

At Amen Clinics, many of our patients have food allergies or sensitivities that can lead to many “mental” symptoms, including fatigue, brain fog, slowed thinking, irritability, agitation, aggression, anxiety, depression and bipolar conditions, ADHD, learning disabilities, autism, schizophrenia, and even dementia. We often recommend trying an elimination diet for one month to see if symptoms improve.

[Continue Reading](#) -->

Know the BRIGHT MINDS Food Rules and consider doing an elimination diet

How To Do An Elimination Diet

1. Cut out the 6 most common potential food allergens—sugar, artificial sweeteners, gluten, soy, corn, and milk—for one month.
2. After a month, slowly reintroduce food items one at a time every 3-4 days. Eat the reintroduced food at least 2-3 times a day for 3 days to see if you notice a reaction.
3. Look for symptoms, which can occur within a few minutes up to 72 hours later. (If you notice a problem right away, stop consuming that food immediately.) Reactions to foods to which you have allergies can include:
 - brain fog
 - difficulty remembering
 - mood issues (anxiety, depression, and anger)
 - nasal congestion
 - chest congestion
 - headaches
 - sleep problems
 - joint aches
 - muscle aches
 - pain
 - fatigue
 - skin changes
 - changes in digestion and bowel functioning
4. If you have a reaction, note the food and eliminate it for 90 days, and maybe forever. This will give your immune system a chance to cool off and your gut a chance to heal.

When our patients follow an elimination diet, it often makes a dramatic difference. Remember, you don't have to lose all of these foods forever, unless you are sensitive to them. Click the button below to learn more.

[CLICK HERE](#)

Week 4:

Recap

Congratulations!

You've now completed Week 4 and are more than halfway through the 6-Week Brain Health Revolution Challenge. This week we enhanced our minds with music, learned natural ways to heal anxiety and depression, embraced walking as exercise, and practiced the BRIGHT MINDS food rules. How are you feeling? Hopefully better! By completing each day's challenge, you are making significant progress toward better brain health and a better life.

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 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.