



## Age-Proof Your Brain

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Take Home Tips to Boost Your Brain Today and Protect Your Brain Years from Now

- Sleep:** Enhance your sleep quality by making your bedroom darker. This simple adjustment allows your brain clock to release more melatonin, a hormone that promotes deep sleep. Deep sleep is when you wash your brain and is also crucial for brain health as it facilitates brain rejuvenation and memory strengthening.
- Learn New Things and Be Socially Engaged:** Keep your brain clean by learning new things outside your expertise. One way to do this is to be social. When we are social, we are learning new things and using our hearing, which is critical for memory protection. Feeling isolated or lonely raises the risk of dementia by 50%. Just taking time to be engaged and social can bring this risk down significantly.
- Manage Stress/Mindfulness:** While a burst of stress or cortisol is good for the brain, we don't want too much, too often. Use the mindfulness technique we discussed to take a break from stress or give yourself a dose of nature. Ten minutes of green time or being in the presence of nature can significantly lower stress levels.
- Moderate Exercise/Walking**—Physical activity, particularly walking, is a powerful tool for brain health. Just 30 minutes of walking daily can reduce the risk of dementia by 60%. Recent studies suggest that within the 30 minutes of walking having 10 minutes of brisk walking most can boost memory. So, consider picking up the pace for part of your daily walk.
- Underlying Conditions** - Treat the underlying conditions that raise the risk of memory loss, such as heart disease, diabetes, inflammation, hearing loss, sleep apnea, and gingivitis. These conditions might not seem related to brain health, but they are. We have excellent treatments for all these conditions, which are avenues to protect the brain.
- Eat Real Food**—Whole, natural foods lower inflammation that can spread from the gut to the brain. Try to have a rainbow of colorful fruits and vegetables at most meals. 5 foods that have been shown to protect the brain are salmon, avocados, nuts, berries and cruciferous vegetables such as broccoli. Just adding these foods to our plate and minimizing the inflammatory ultra processed foods that contain high additives and preservatives can provide a powerful brain health benefit.