



Boosting Brain Health and Memory

By Morning: Spirit: Wolf-D.R.M.

We all have those moments when we forget where we put our keys, blank on a name or the directions, or only remember after arriving at the supermarket that we've left the shopping list at home.

Such occasional lapses are common under stressful conditions, but if you're experiencing these "senior moments" more often than occasionally there are natural things you can do to prevent and to reverse memory loss and regain brain health and function. By keeping your brain healthy with a Peak Frequency® Food plan and exercising it to keep cognitive function strong, you can boost memory and brainpower.

Get a Healthy Gut, Enjoy a Healthy Brain

The health of your small and large intestines, and their beneficial microbes (probiotics or intestinal flora) impacts your ability to think, remember, and to produce neurotransmitters. As a matter of fact we derive many of our physical functions from intestinal health: the bulk of our ability to defend ourselves against pathogens, digest and circulate food nutrients, have a functional nervous system, and to create balanced brain chemistry. There are about 86 billion neurons in the human brain and they communicate with each other via brain chemicals called neurotransmitters.



Dopamine is one of these neurotransmitters and it's a key contributor to motivation, productivity, focus, and memory. An overabundance of bad intestinal bacteria leaves toxic byproducts called

lipopolysaccharides which lower levels of dopamine produced in the brain.

What Dopamine Does

Dopamine is a brain “motivation molecule” that boosts our drive, focus and concentration. It enables us to plan ahead and resist impulses so we can achieve our goals, and then gives us that “I did it!” thrill when we accomplish what we set out to do. Dopamine is in charge of our pleasure-reward system, allowing us to have feelings of enjoyment, bliss, and even euphoria.

Too little dopamine can leave us unfocused, forgetful, unmotivated, energy deprived, lethargic, sleepless, moody, sex drive-less, and even depressed.

Natural Supplements that Increase Dopamine & Brain Health

Mind formula is derived from herbal medicines that may repair pituitary and brain damage, enhancing brain/mind axis and enabling clear thinking, and increased intelligence. Mind may balance brain and neurological chemistry, increase concentration, and eliminate memory loss, epilepsy, and neurological disorders.



Gotu Kola is the herb that repairs damage in the colon, restores its healthy function in producing balanced probiotic microbes, and increases self-cleaning. Gotu Kola has been used traditionally to improve IQ and for a variety of brain-related problems — poor focus and concentration, forgetfulness, headaches, fatigue, mental confusion, depression, and anxiety.



Turmeric's active ingredient, Curcumin, as a liquid supplement readily crosses the blood-brain barrier, and is a known circulation stimulant, anti-oxidant and anti-inflammatory. It can boost levels of dopamine, helping to alleviate obsessive actions and improve associated memory loss by increasing dopamine.



Probiotic Microbes balance in the gut insures balanced neurotransmitters in the brain. Many people need supplements in amounts upwards of 25-100 billion microbes with each meal to create balanced corresponding brain hormones.



L-theanine increases levels of dopamine along with other neurotransmitters, such as serotonin and GABA, and improves recall, learning, and positive mood.

L-tyrosine — the precursor to dopamine — as a supplement is best taken as acetyl-L-tyrosine — a more absorbable form that readily crosses the blood-brain barrier.

B-complex vitamins provide the substance for every metabolic function, including the resources for creating brain hormones, such as dopamine serotonin, tryptophan, norepinephrine, and melatonin. In a liquid glycerin form, B-vitamins cross the blood/brain barrier effortlessly and effectively, giving the brain ability to de-stress, reconnect, and reboot.



Vitamin C puts all hormones into action, especially peptides (hormones made in the hypothalamus) and feel good hormones to help prevent depression and anxiety, and help brain cells release aluminum and other heavy metals that have been associated with dementia and Alzheimer's.



Memory Reviving, a Restoring & Revitalizing formula made up of herbal medicines, has proven to be effective with accessing both long and short term memory, assisting memory reclamation, and uncovering latent memories.



Activities that Increase Dopamine & Brain Function

Physical exercise is one of the best things you can do for your brain. It boosts production of new brain cells, slows down brain cell aging, and improves the flow of nutrients to the brain. Exercise, including dancing, can also increase your levels of dopamine and the other "feel good" neurotransmitters serotonin and norepinephrine.

Meditation benefits have been proven in over 1,000 studies, wherein regular meditators experience enhanced ability to learn, increased creativity, and deep relaxation, along with more dopamine, improving focus and concentration.

New thinking patterns are mental stimulation for the brain, which "prefers" novelty and unexpected events. Mental challenges on a regular basis create goals and rewards, improving dopamine production and reducing our risk for age-related memory loss.

Crafting hobbies of all kinds — knitting, quilting, sewing, drawing, photography, woodworking, and home repair all increase dopamine, ward off depression, and protect against brain aging.

Listening to music can cause of release of dopamine, and you don't even have to hear music to get this neurotransmitter flowing — just the *anticipation* of listening can do that.

Keep your happy thoughts - after a bad day, simply press "eject" on your mental DVD player and pop in a feel-good memory - complete with the dialogue, sights, smells, and feelings. Happy memories spark brain changes that can help turn your mood—and your long term health—around. Studies showed people who frequently experience positive emotions were 60% less likely to develop mild cognitive impairment and scored better on memory tests.

Use Your Brain's Reward System for Dopamine Balance

Dopamine releases feel-good energy when a great opportunity is in front of you. It rewards us when our needs are met, but we're not designed to experience a non-stop dopamine buzz – that gives us obsessive/compulsive behaviors and addictions.

Get a dopamine surge every time you try something new: make a short or long term goal, have a future plan to look forward to, find a new friend, take on a new challenge, go to a different eating place, find a new cooking ingredient, get a new hobby or interest, seek a hard-to-find collector's item, or that perfect gift for a loved one. The act of seeking and finding activates your reward circuits — with no regrets later.



Healthy Brain Foods

Eat raw cashews daily

People who partake in a small handful of raw cashews have shown marked increase in all mood enhancing hormones, and some have been able to get off their anti-depressant drugs altogether.

Eat avocado daily

Eating half an avocado each day supplies the brain with all the proper fats (of which the brain is over 30%), amino acids, and neurological elements required for intelligent thought, sleep, creativity, and positive mood.

Take extra virgin olive oil daily

Taking 2 daily tablespoons of extra virgin olive oil, from the Mediterranean region, restores lipoic and linoleic acids to declining fats in the brain required to produce balanced brain chemistry, eliminating brain fog and restoring neurological functions.

Have fish twice a week

People who eat wild caught salmon, trout, orange roughy or jumbo shrimp fish once a week have a 60% lower risk of developing Alzheimer's disease, according to Rush University Medical Center in Chicago. DHA, a type of omega-3 fatty acid found in large quantities in the brain and in cold water species of fish, may slow cognitive decline by 10% per year—the equivalent of turning back the clock 3 to 4 years.

Foods that Increase Dopamine:

- almonds
- bananas, after being in the sun for 5 hours to release gas
- barley
- beets, red
- cacao, dark chocolate
- green leafy vegetables: arugula, broccoli, cilantro, kale, Swiss chard, spinach
- lima beans
- red potatoes
- sea vegetables
- wheat germ

Foods high in natural probiotics such as goat yogurt, kefir, and cultured unsalted butter and sour cream can also increase natural dopamine production.