

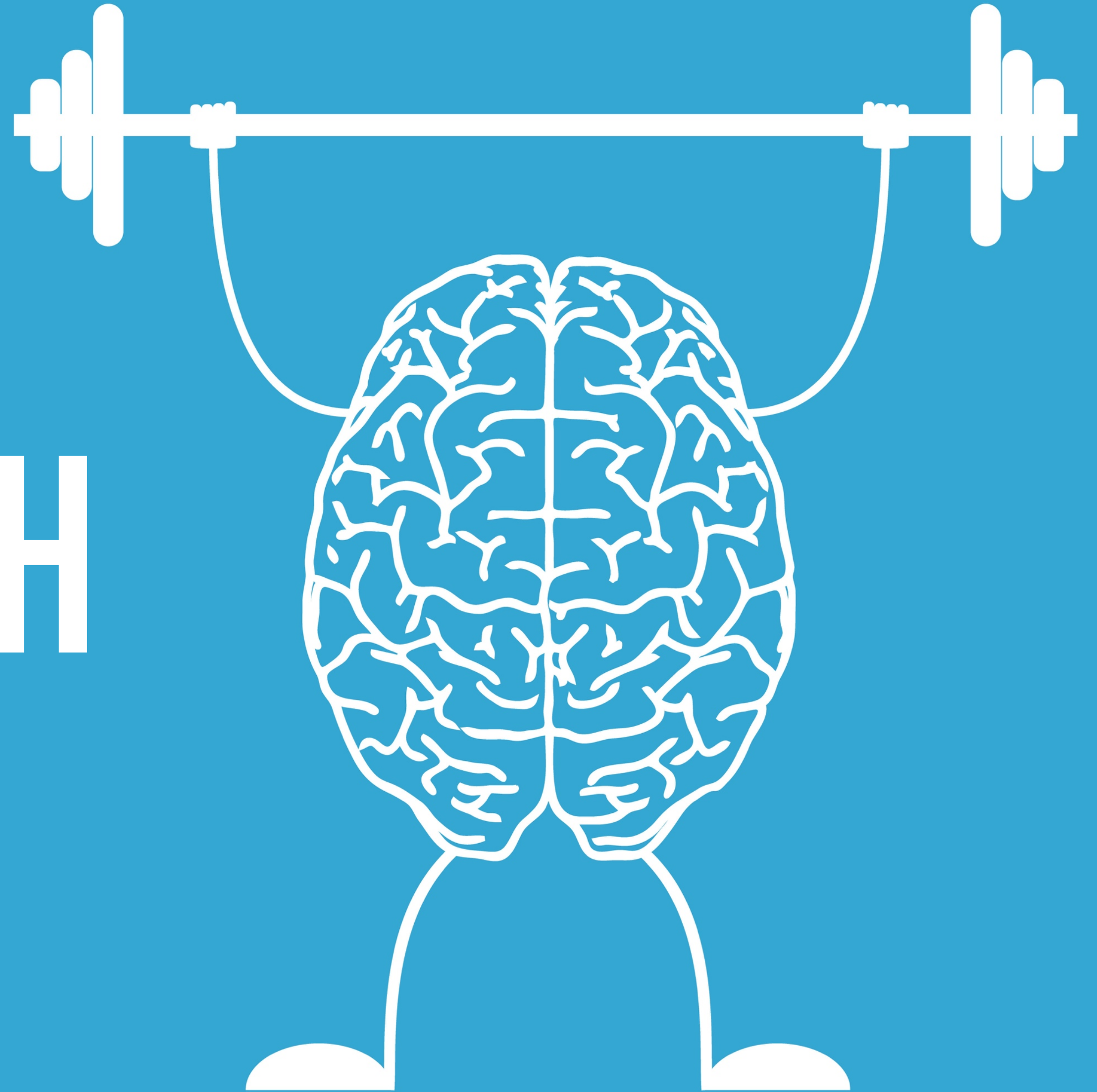
A human brain is shown in a glowing, translucent orange-red hue, surrounded by intense, swirling flames of the same color. The background is black, making the brain and fire stand out prominently. The flames appear to be consuming or surrounding the brain, creating a sense of intense heat and inflammation.

# NEURO- INFLAMMATION

*The*

**BRAIN HEALTH**

**WORKSHOP**



**SUPPLEMENTS, BOTANICALS  
& NUTRIENTS FOR**

**BETTER BRAIN HEALTH**

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**SUPPLEMENTS ARE A  
WASTE OF MONEY**

**\* STRESS**

**\* POLLUTION**

**\* TOXINS**

**\* PROCESSED FOODS**

**\* DEPLETED SOIL**

# THIS WEEK

- ▶ **Top 5 Brain-Boosting Supplements**
- ▶ **Brain Healing Botanicals**
- ▶ **Food Sources of Key Nutrients**

## TODAY'S AGENDA

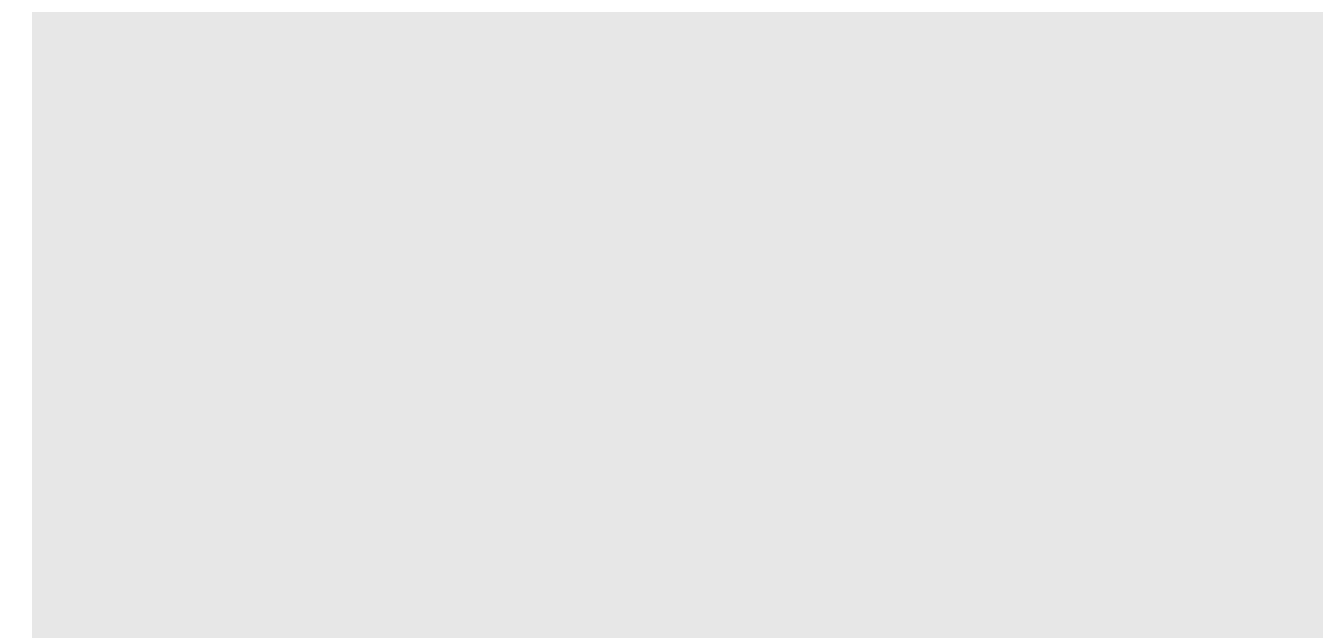
### Daily Tasks



### Schedule for Today



### Inspirational Quote



**Any information in this workshop is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any specific diseases or medical conditions.**

**You should always speak with your physician or other healthcare professional before taking any nutritional, herbal, or homeopathic supplement or adopting any treatment for a health problem.**

**Information and statements regarding dietary supplements, have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat cure or prevent any disease.**

**For a full Disclaimer, go to [brainsave.com](https://brainsave.com)**



# KEY CONCEPTS

**SUPPLEMENTS CAN'T TRIGGER  
EXPERIENCE DEPENDENT  
NEUROPLASTICITY**

# BENEFITS OF SUPPLEMENTATION

- ▶ **Create ripe environment for EDN**
- ▶ **Provide building blocks for neurons**
- ▶ **Shift microglial balance and stop brain inflammation**



**SUPPLEMENTS CAN  
ACCELERATE YOUR HEALING**

# TOP 5 BRAIN-BOOSTING SUPPLEMENTS



# TOP 5 BRAIN-BOOSTING SUPPLEMENTS

**#1 FISH OILS**

# FISH OILS

- ▶ **DHA + EPA**
- ▶ **Pro-resolving mediators**
- ▶ **Store in fridge or in dark jar away from light**



# #2 VITAMIN D

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# VITAMIN D

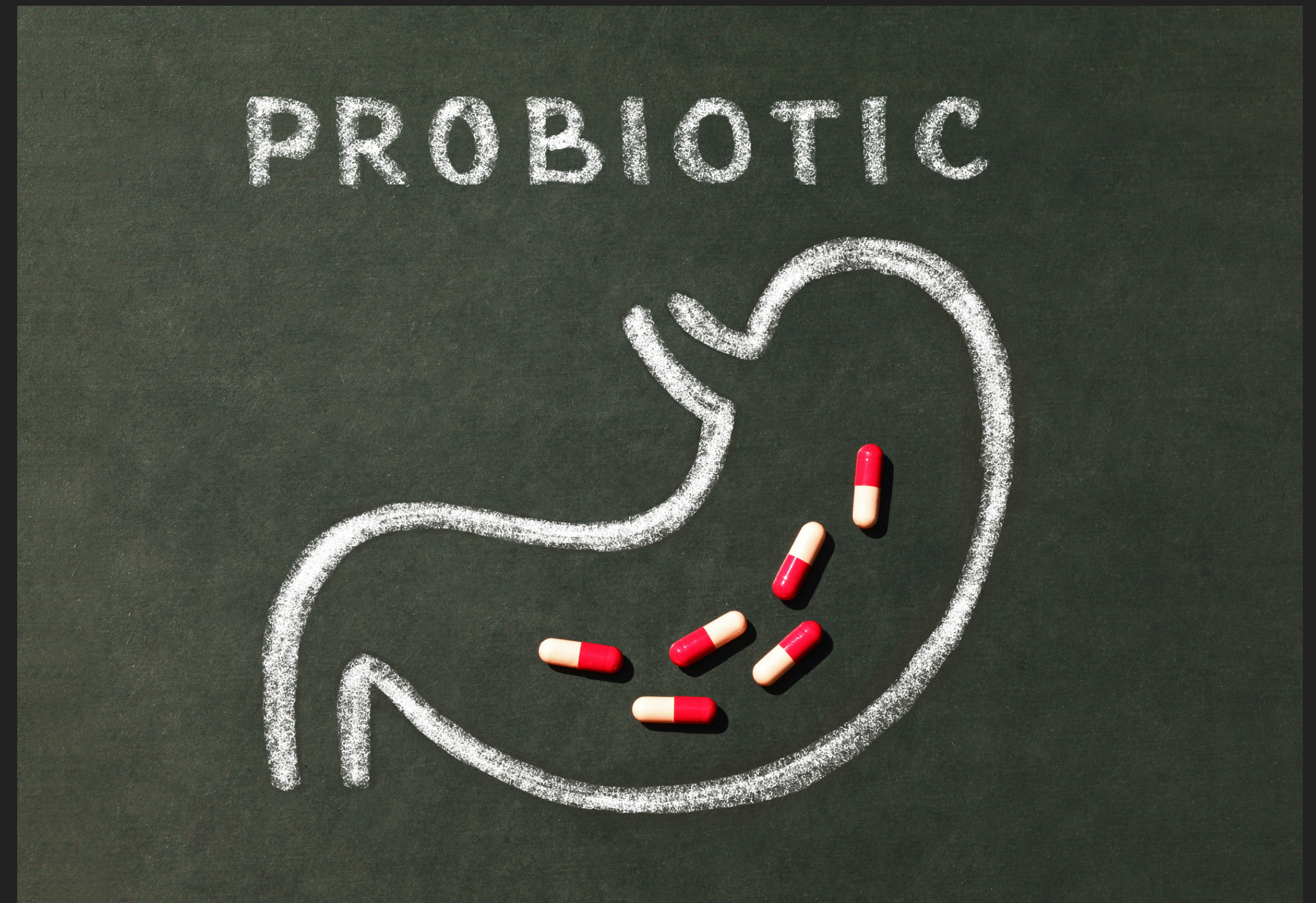
- ▶ **Vitamin D3**
- ▶ **25-OH-D**
- ▶ **50 to 80 ng/ml**



# #3 PROBIOTICS

# PROBIOTICS

- ▶ **Gut-brain**
- ▶ **Lactobacillus + Bifidobacterium**
- ▶ **Microglia balance**
- ▶ **Dairy-free**



# #4 B-VITAMINS

# B-VITAMINS

- ▶ **B1 - Thiamine**
- ▶ **B2 - Riboflavin**
- ▶ **B3 - Niacin**
- ▶ **B5 - Pantothenic acid**
- ▶ **B6 - Pyroxidine**
- ▶ **B7 - Biotin**
- ▶ **B9 - Folate**
- ▶ **B12 - Cobalamins**



# #5 MULTIVITAMIN/ MINERAL FORMULA



# TOP 5 BRAIN-BOOSTING SUPPLEMENTS

**A FEW POINTERS**


**REMEMBER . . .**

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# LAURA'S STORY

- ▶ **Anxiety, insomnia**
- ▶ **Saw practitioner**
- ▶ **Symptoms getting worse**



A photograph featuring a yellow ceramic mug filled with coffee on the left. In the center, a stack of cream-colored paper napkins is placed on a light brown, fibrous textured surface. The top napkin has the phrase "Consistent action creates consistent results." written in blue cursive ink. A sleek, silver ballpoint pen lies horizontally across the bottom of the napkins.

Consistent  
action creates  
consistent  
results.

---

**WHICH OF THE TOP 5 ARE YOU TAKING?**

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**WHICH DO YOU NEED TO ADD?**

# THIS WEEK

- ▶ Top 5 Brain-Boosting Supplements
- ▶ **Brain Healing Botanicals**
- ▶ Food Sources of Key Nutrients

## TODAY'S AGENDA

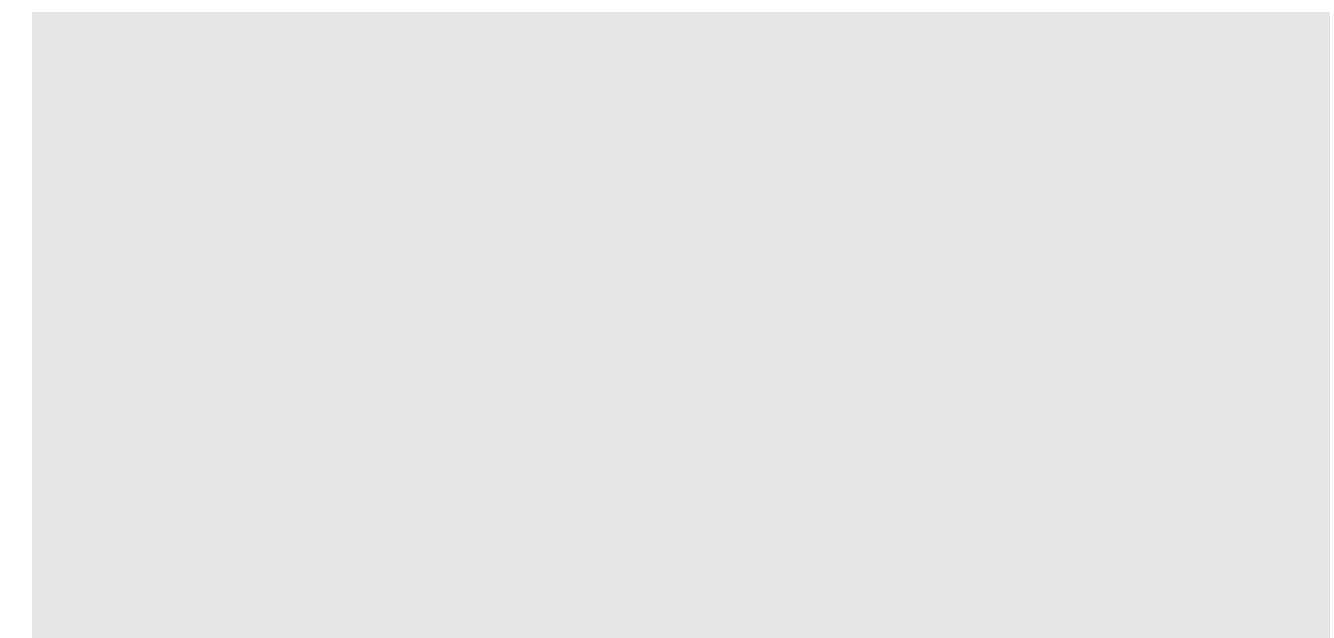
### Daily Tasks



### Schedule for Today



### Inspirational Quote



**BRAIN HEALING**

**BOTANICALS**

# BRAIN HEALING BOTANICALS

- ▶ **Activate Nrf2**
- ▶ **Microglial balance**
- ▶ **Boost brain O2**
- ▶ **Increase BDNF**



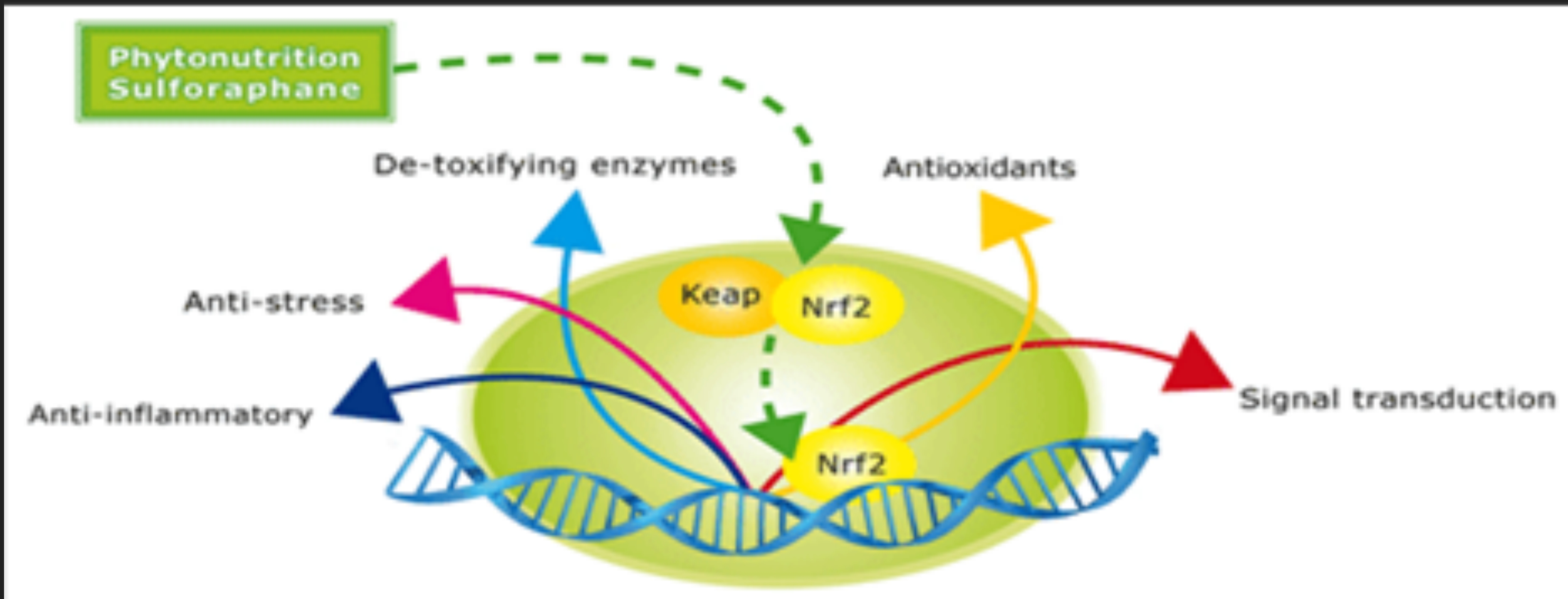
# BRAIN HEALING BOTANICALS

- ▶ **Polyphenols**
- ▶ **Botanical herbs**

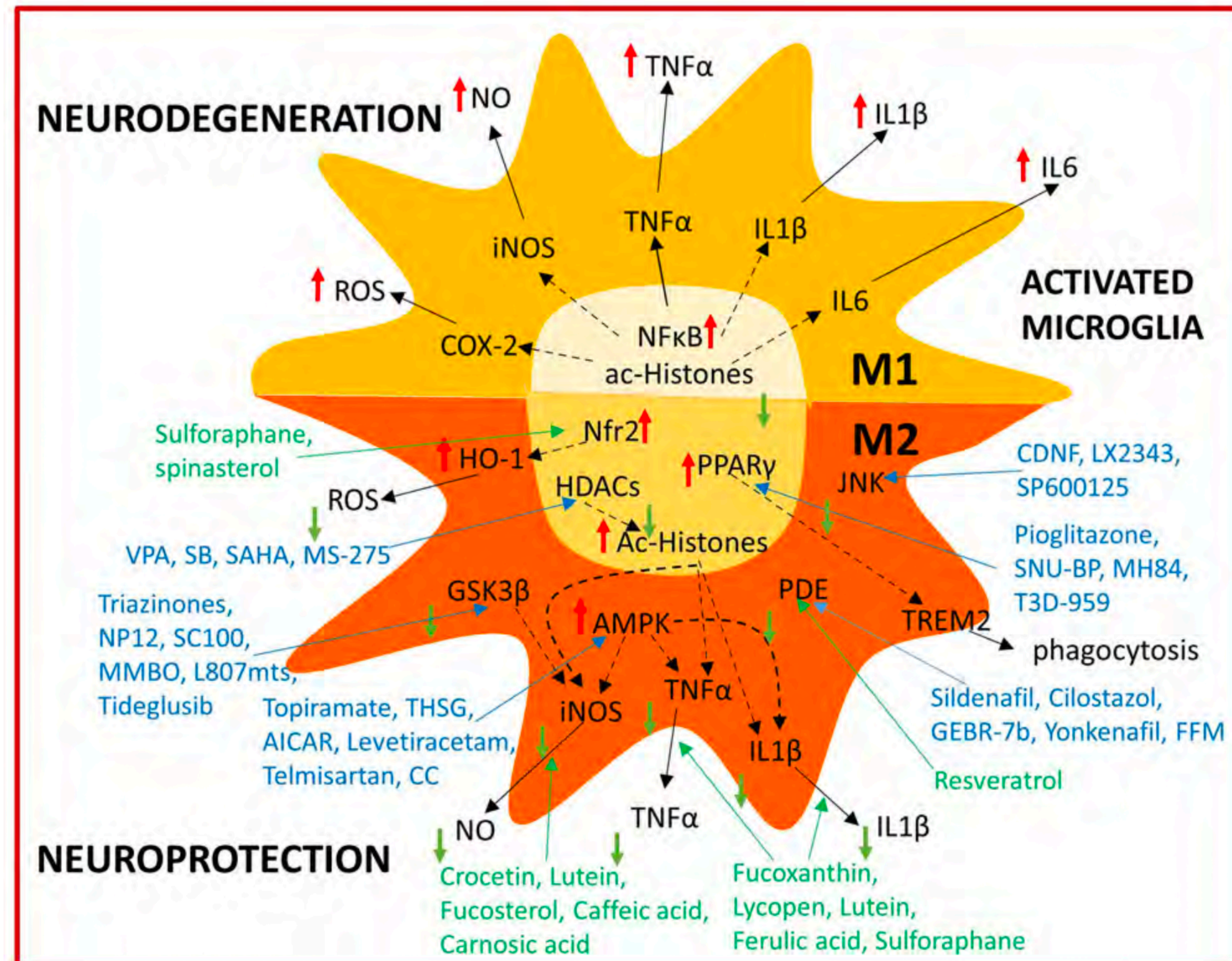


**POLYPHENOLS**

# NRF2



# MICROGLIA BALANCE



**STOP BRAIN  
INFLAMMATION**

# POLYPHENOLS

- ▶ **Curcumin**
- ▶ **Resveratrol**
- ▶ **EGCG**
- ▶ **Sulforaphane**
- ▶ **Pterostilbene**
- ▶ **Luteolin**
- ▶ **Baicalin**
- ▶ **Rutin**
- ▶ **Apigenin**
- ▶ **Lutein**



# PROTIP



# BRAIN HEALING BOTANICALS

- ▶ **Polyphenols**
- ▶ **Botanical herbs**



# BOTANICAL HERBS

# BOTANICAL HERBS

- ▶ **Enhance memory & cognition**
- ▶ **Boost brain oxygen**
- ▶ **Increase stress resilience**



# ENHANCE MEMORY + COGNITION

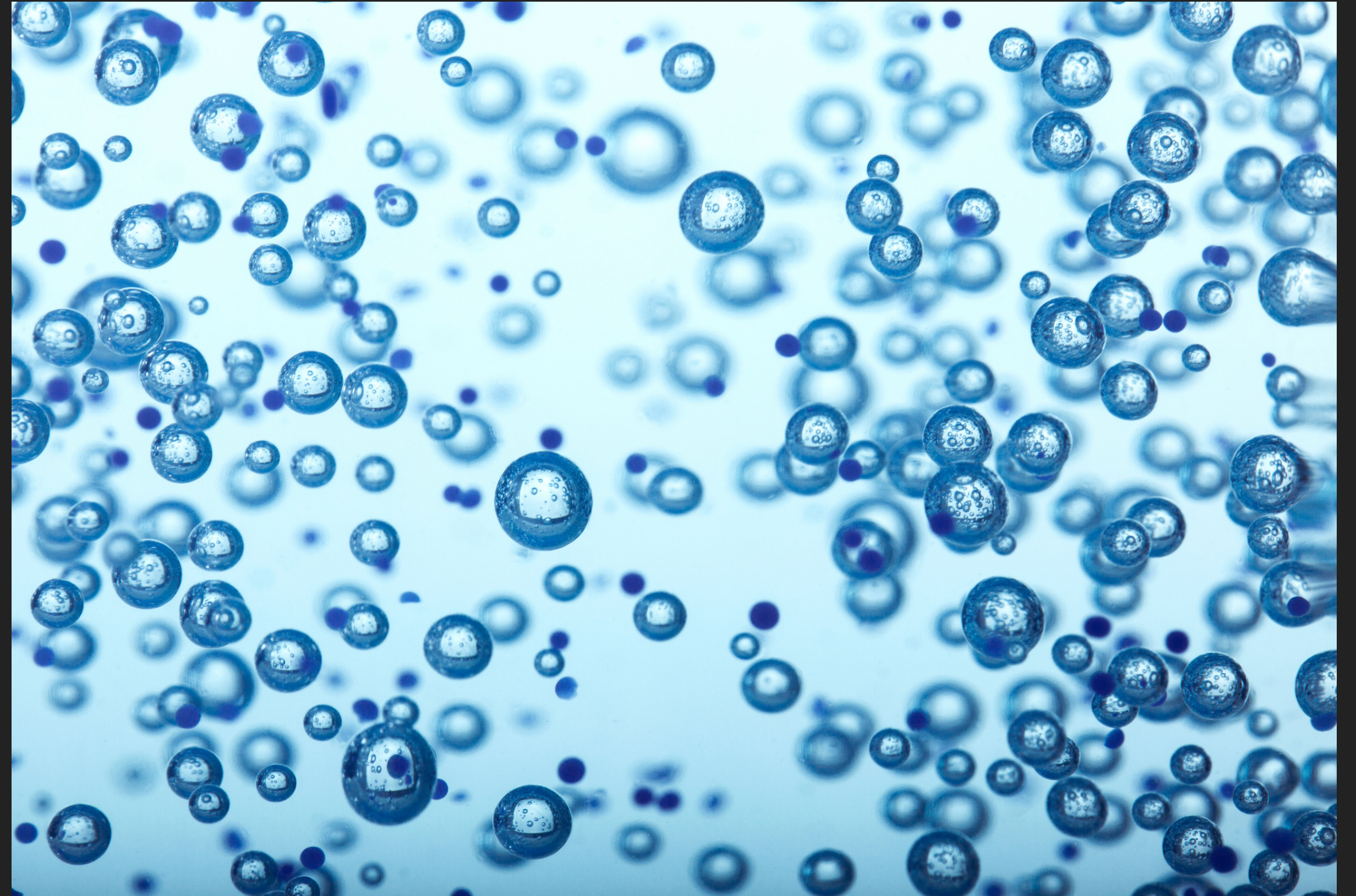
- ▶ **Bacopa**
- ▶ **Gotu kola**
- ▶ **Panax ginseng**
- ▶ **Ashwaghandha**
- ▶ **Huperzine-A**



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# BOOST BRAIN OXYGEN

- ▶ **Vinpocetine**
- ▶ **Ginkgo biloba**
- ▶ **Butcher's broom**
- ▶ **Feverfew**
- ▶ **Cayenne pepper**



# CLUES



# INCREASE STRESS RESILIENCE

- ▶ **Holy basil**
- ▶ **Rhodiola**
- ▶ **Siberian ginseng**
- ▶ **Licorice root**
- ▶ **Cordyceps**



# BRAIN HEALING BOTANICALS

- ▶ **Polyphenols**
- ▶ **Botanical herbs**



**PROTIP**

**WORD OF CAUTION**

**THERE IS NO MAGIC  
PILL**

**BIOCHEMICAL**

**INDIVIDUALITY**

**PERSONALIZATION IS  
KEY TO SUCCESS**

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# MARY'S STORY

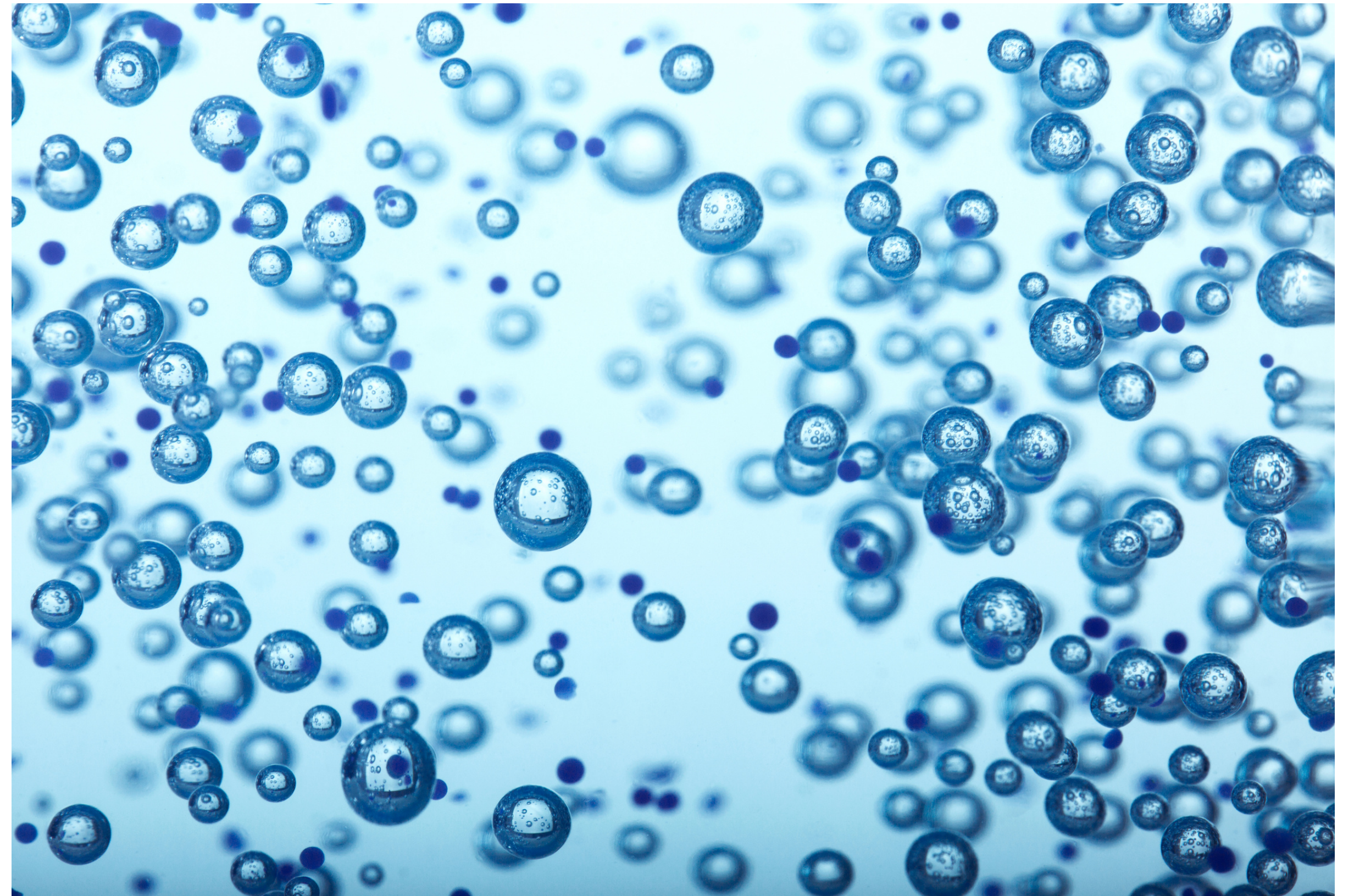
- ▶ **Depression and brain fog**
- ▶ **Didn't want to take medications**
- ▶ **Tried many different natural remedies**



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# CASE STUDY

- ▶ **Started TOP 5 Brain-Boosting supplements**
- ▶ **Herb formulation for brain oxygenation**



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# MARY'S STORY

- ▶ **Depression started to lift**



**PERSONALIZATION IS  
KEY TO SUCCESS**

# FOOD SOURCES OF KEY NUTRIENTS

# TOP 5 BRAIN SUPPLEMENTS

- 1. DHA + EPA**
- 2. Vitamin D**
- 3. Probiotics**
- 4. B-complex**
- 5. Multivitamin/mineral**



**EAT A WIDE VARIETY OF  
FOODS**

# FOOD SOURCES

- ▶ **Turmeric**
- ▶ **Red grapes/  
wine**
- ▶ **Green tea**
- ▶ **Broccoli**
- ▶ **Blueberries**
- ▶ **Parsley**
- ▶ **Celery**
- ▶ **Pomegranate  
seeds**
- ▶ **Chamomile**
- ▶ **Carrots**



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**WHICH OF THESE FOODS ARE YOU  
DRAWN TO?**

# FOOD SOURCES OF KEY NUTRIENTS

# SPOTLIGHT: LION'S MANE



# LION'S MANE

- ▶ **Brain-boosting mushroom**
- ▶ **North America, Europe and Asia**
- ▶ **Thousands of years history**
- ▶ **Mystical source of nutrition**



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# LION'S MANE

- ▶ **Anti-inflammatory**
- ▶ **Anti-oxidant**
- ▶ **Immune stimulating**
- ▶ **Enhances synaptic plasticity**
- ▶ **Improvement in cognitive decline**



**GROW YOUR OWN!**

**WORD OF CAUTION**

# SPOTLIGHT: LION'S MANE



**DO'S & DONT'S**

DO

**DON'T**

**COMMON KNOWLEDGE IS  
NOT COMMON PRACTICE**

---

# STEVE'S STORY

- ▶ **29-year old "Biohacker"**
- ▶ **Latest and greatest supplements, gadgets, apps**
- ▶ **Fatigue, mental sluggishness**



**SUPPLEMENTS, BOTANICALS  
& NUTRIENTS FOR**

**BETTER BRAIN HEALTH**

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**BEST PRACTICES**

# BEST PRACTICES

## 1. Eat a brain healthy diet

1. Increase top 5 foods

2. Identify and remove your triggers

## 2. Take the Top 5 Brain-Boosting Supplements

3. Add 1 new supplement/ formulation at a time



# REVIEW

- ▶ **Top 5 Brain-Boosting Supplements**
- ▶ **Brain Healing Botanicals**
- ▶ **Food Sources of Key Nutrients**

## TODAY'S AGENDA

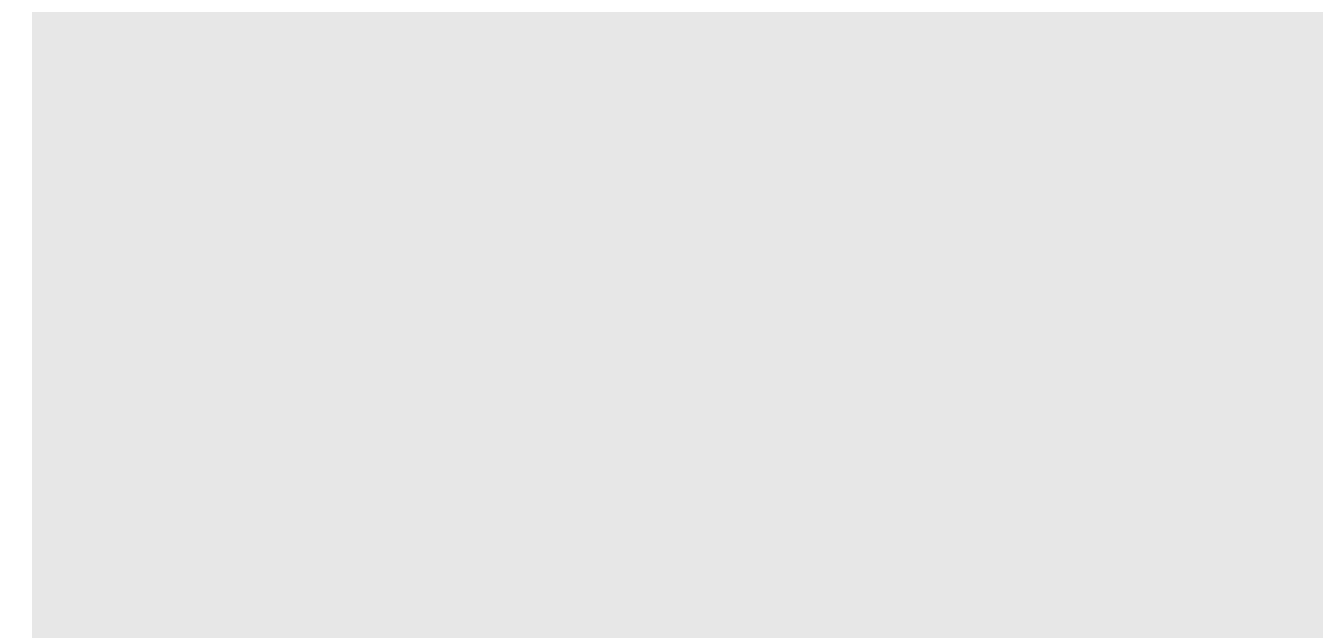
### Daily Tasks



### Schedule for Today



### Inspirational Quote



# NEXT WEEK

- ▶ **Critical lifestyle practices to sustain your brain**



# HOMEWORK:

1. BEGIN TOP 5 BRAIN-BOOSTING  
SUPPLEMENTS

2. DOWNLOAD FOOD SOURCES HANDOUT

3. FILL OUT YOUR BRAIN HEALTH ROADMAP

# BONUS:

- TRY OUT 1 NEW BOTANICAL