

The Brain Health Workshop Week 4 Transcript

Hey, my friends! And welcome back to the Brain Health Workshop. My name is Dr. Titus Chiu, and this is week number four.

In last week's session, I introduced you to one of the most powerfully destructive, hidden forces when it comes to brain health—neuro-inflammation. I taught you what neuro-inflammation was. And I also shared with you some practical things that you can do to stop brain inflammation using diet and also the top ten foods to eat and avoid to help shift your microglia from the warrior to the nurturer. That was last week's session.

In this week's session of the Brain Health Workshop, I'm going to be exploring with you and going on a deep dive into some powerful antidotes for your brain as well as microglia. I'll be sharing with you the best supplements, botanicals, and nutrients for better brain health.

One of the most common questions I get from working with thousands of patients and teaching other students over the years is this, "Aren't supplements just a big waste of money? Isn't a healthy diet, lifestyle, and good stress management practices— isn't that enough when it comes to my brain health?" I actually used to think that as well, but the thing is, that would probably honestly be the case. Supplements probably are a waste of money if we lived in a pristine environment and we're not exposed to pollution in the air or water, and did not have any stress, and connect with loved ones every single day, and we're living a life of meaning and purpose, and eating foods raised in pure unadulterated soil.

Now, I don't know about you, but if you're like me and the rest of the ninety-nine percent of us on this planet, you're probably exposed to these things every single day, all the ravages of living in a modern society—stress, air, and water pollution, chemical toxins, processed foods. Also, even if you were able to get foods from a local farm or organic foods, and were able to invest in that and have access to it, a lot of those foods themselves are grown in soil that compared to merely fifty or even a hundred years ago—the soil that the food is in is depleted of these brain-healing nutrients.

So, you take stress, pollution, toxins, processed foods, and depleted soil, wrap them all up together, and what do you get? You get a serious, serious nutrient insufficiency for running our brains. And not only running our brains on a normal level, so we can go on with their everyday lives, but if you're trying to heal your brain as well, you have an additional need for nutrients as well. And over the years, I've discovered recommending supplements to my patients and seeing breakthroughs in their health and even my own experience taking supplements that are personalized to me and my brain on a consistent basis and seeing great improvements in my mood as well as my energy, and thinking I'm a firm believer that supplements can be a powerful catalyst on your journey to heal your brain. I was able to do it. And I taught many of my patients and students some fundamental principles as it relates to supplements so they can be empowered to take control of their brain health as well. And that's what you're going to learn in this week's session.

I'll be introducing you to the top five brain-boosting supplements. These are the supplements that I've seen across the board work for many, many people. In addition to that, you'll be discovering the most powerful brain-healing botanicals. Some botanicals have been used for thousands of years, but science is starting to really understand how they work on a neurological level. So, it can be very intentional with their use as well. And finally, I'll be sharing with you the food sources of some key nutrients that we'll be discussing in this week's session. So, buckle your seatbelts. We have a lot of jam-packed actions and practical things that you can do to help heal your brain and transform your life in this week's session.

The Brain Health Workshop Week 4 Transcript

As you know, I am a brain health specialist, but I'm not your brain health specialist. Be sure to check with your doctor first before starting any new supplement protocol or botanical protocol or any new protocol for that matter to make sure that it's right for you. That being said, let's dive right into some key concepts as it relates to supplements, botanicals, and nutrients for better brain health.

One thing, although supplements have a lot of benefits and can serve as a catalyst for our healing, there's some things that supplements can't do, and supplements can't trigger experience-dependent neuroplasticity. Let me repeat. Supplements can't trigger experience-dependent neuroplasticity. What do I mean by that? Well, if you recall, in week number two of the Brain Health Workshop, I taught you some brain training exercises to use to target key neural networks that might be the root cause for your brain health challenges. The thing is, supplements, although they're a powerful piece of the puzzle when it comes to your brain health, they can't specifically target your prefrontal cortex. They can't specifically target your hippocampus, or they can't specifically target your brainstem or any other neural network that might be the root cause for your brain health challenges. Only brain training can do that.

As I mentioned before, in order to trigger experience-dependent neuroplasticity, we can rely on three major experiences that we have: Physical experiences like sight, sound, smell, taste, touch, and movement, as well as mental experiences with our thoughts, and finally, emotional experiences through our emotions. Those three things can trigger experience-dependent neuroplasticity, and you know that there's specific brain training exercises that you can use to target those areas of your nervous system. But the thing is, there is no supplement that can specifically target your hippocampus. There's no supplement that can specifically target your brain stem. Why? Because supplements work on your overall neurochemistry.

In fact, one of the biggest challenges—even in conventional neuroscience these days—researchers and scientists are trying to figure out ways of developing medications or supplements or anything, any type of carrier to, like take a pill that will specifically get to the area of your nervous system that needs it, but they haven't succeeded thus far. So, again, although supplements are a very important part in a complete brain health roadmap, they can't specifically trigger experience-dependent neuroplasticity.

That being said, though, there are many benefits to supplementation. Here are some of them: Number one, they can create a ripe environment for experience-dependent neuroplasticity. What do I mean by that? That means that when you do your brain training exercises, if you don't have the proper nutrients or if you have inflammation in your nervous system, even if you're doing brain training, you're not going to get as good results or as fast improvements in your brain health as if you had a ripe environment as if your neurochemistry was optimized. One way of doing that is through the use of supplements. So, although supplements can't trigger experience-dependent neuroplasticity, they can create a ripe environment for it.

In addition to that, supplements can provide the proper building blocks for your neurons, as well as your brain chemicals needed for proper communication. And even like I mentioned earlier, even if you ate a very healthy diet, the thing is due to all the stresses that we're exposed to, your need for certain nutrients are going to be diverted to help you deal with those stressors rather than building new brain cells in turn that you need for healing. Another benefit of supplements is it provides the building blocks at a higher level for your neurons, that you would need to heal your brain.

The Brain Health Workshop Week 4 Transcript

And finally, another one of the benefits of supplements—specific supplements in the research and literature have actually been shown to shift the microglia balance and stop brain inflammation. You can get really specific with the different types of supplements, botanicals, and nutrients to shift the microglia towards the state of nurturing and healing and away from the warrior destructive expression.

So, those are the top three benefits of supplements, and there're many more, but for our conversation and for your brain health, the top three benefits of supplementation. They can create a ripe environment for experience-dependent neuroplasticity, number one. Number two, they can provide the proper building blocks at the levels that you need to heal your brain. And finally, number three, they can shift the balance of your microglia and stop brain inflammation.

Last but not least, really the bottom line is this: Supplements can accelerate your healing. If you think about your journey to better brain health as an adventure, and you're traveling on this road along the way, there are potholes based on all those stressors that I described earlier. Supplements, what they can do is they can help fill in those potholes for you and accelerate your goal, accelerate your healing, and achieving your health goals, and reaching the journey, making the journey and that adventure a much smoother ride as well. So, although supplements cannot trigger experience-dependent neuroplasticity, only brain training can, they can definitely be a powerful catalyst in accelerating your healing.

Now, that being said, it's really important to personalize the right supplements for you. And that's the thing. Everyone has unique needs based on their, number one, their current level of brain health; number two, the stresses that they're being exposed to; and finally, number three, their unique genetic needs. So, because of those three things, it's really important to personalize your supplements.

But that being said, I'm going to be sharing with you the top five brain-boosting supplements because these are the most powerful supplements that I've seen across the board that the majority of my patients and students needed and really responded to. And as you know, though, before we dive into the top five, when you go to the grocery store, there are literally a million different supplements out there, right? Just go to your local health food store, walk down the aisles, and you'll find this dizzying array. Am I right? And so that being said, it can be really confusing figuring out what supplements you need. But again, that's why I put together the top five brain-boosting supplements as a great starting point for you to fill in some of those potholes, those foundational potholes on your journey to healing success.

So, without any further ado, here are the top five brain-boosting supplements. Be sure to grab your Brain Health Roadmap and fill them in as we go along with this section of our session today. So, grab your Brain Health Roadmap if you don't have that and fill them in as we go. So, the top five brain-boosting supplements:

Brain-boosting supplement, number one, fish oils. Why? Because I had mentioned to you in a previous session that your brain is made up of sixty percent fat, and the fats—the healthy fats—the Omega-3 fats found in fish oils, they incorporate into your brain cells, your neurons, and they improve cellular communication across your neural networks. When that happens, your brain starts to work on all eight cylinders as intended. Not only that, but fish oils have also been shown to improve heart health as well as eye health and decrease overall body inflammation as well as brain inflammation.

The Brain Health Workshop Week 4 Transcript

So, the specific compounds found in fish oils that are so beneficial are DHA and EPA. DHA is what's known as 'docosahexaenoic acid,' and EPA is what's known as 'eicosapentaenoic acid.' So, DHA and EPA, they've been found to be not only critical building blocks for your cell membranes in your neurons, under states of brain inflammation, what the researchers have found is they can become—specifically DHA—can break down into what are known as 'pro-resolving mediators.' Meaning when your brain is under states of inflammation, your body and your brain in its wisdom, it'll take the DHA that's already built into your cell membranes, and then it'll use it and shift it into these compounds known as pro-resolving mediators. What do they do? They help to fight brain inflammation.

So again, that's why it's so important. If you experience brain fog and brain fatigue or depression or anxiety, or any chronic brain health challenge, you probably have brain inflammation. So, your need for those specific nutrients—in this case, DHA—goes way up because then the DHA, instead of being used for cellular communication, is going to be used to help put out the fire, which is essential, but then at the expense of your brain function and communication. That's why if you're experiencing brain inflammation, taking fish oils to help fill in those gaps in your physiology could be a very, very, powerful tool on your journey to healing success.

One thing I do recommend, though, is store your fish oils in the fridge or store it in a dark jar away from sunlight. That way, you can prevent them from becoming oxidized. Because when you do, if you eat fats or fish oils that are oxidized, that can actually cause more harm than good. Be sure you're storing it in a fridge away from sunlight or in a dark jar. So, there you have it, brain-boosting supplement number one: fish oils.

Brain-boosting supplement number two is vitamin D. Vitamin D, otherwise known as 'the sunshine vitamin.' But you know what? Vitamin D is actually a hormone. It has powerful effects all throughout your brain, body, as well as impacting your bone health, heart health, immune function, mood, and much, much more. And for our conversation, when we're talking about inflammation, vitamin D has been shown to help support what are known as 'T regulatory cells.' They're a form of an immune cell that helps balance and tip the balance of inflammation to anti-inflammation. It helps keep things in check within your immune system.

If you have low levels of vitamin D, your immune system could get confused, and that can lead to higher states of inflammation, as well as increase the risk for all types of neurodegenerative disorders. So, vitamin D is a very, very important supplement to add to your brain-boosting supplement routine, especially if you live in places that don't get a lot of sun in the winter, or even you live in a sunny place but you don't get outside that much.

And I'll tell you a personal story for myself; I make a point to spend time outdoors. I try to every single day get some sunlight. And I was shocked when I actually ran my vitamin D levels; I got my vitamin D levels tested in my blood. Even though I was spending a ton of time outdoors and I was pretty tan, my vitamin D levels were not optimal. They weren't deficient, but they definitely weren't optimal. So, again, it's important, even if you do spend a lot of time outdoors, it's important to get your vitamin D levels tested because you might not have adequate levels, even if you're eating foods rich in vitamin D or spending time outside. And in particular, when you do supplement with vitamin D, be sure to get the form of vitamin D that's known as 'vitamin D3.' You can figure that out by looking at the label found on the bottle of vitamin D.

The Brain Health Workshop Week 4 Transcript

In addition, I also recommend getting a form of vitamin D that's in an oil, something like MCT oil. That's a very common one. Because when you have vitamin D, because it's a fat-soluble vitamin, when you take it in an oil delivery form, like with MCT oil as an example, that'll help increase its absorption. So, again, make sure your vitamin D is vitamin D3. Look at the label. It's great if it has an additional oil delivery. It'll typically say on the label MCT oil or olive oil or some type of fat to help improve absorption.

And like I mentioned earlier, it's really important to get a sense of what your vitamin D levels are. So, be sure to ask your doctor if you want to get your levels tested for the twenty-five (OH)D vitamin D blood test, and that'll give you a sense of what your levels are. The thing is, though, many of the labs out there, their reference ranges are way outside of what I considered to be optimal. The optimal levels that I've seen in my practice, as well as what research has shown, is fifty to eighty. So, if you get your vitamin D levels checked and they're below fifty, then you probably need to increase the amount of vitamin D and/or spend more time outdoors, and then check again in a month just to make sure your levels fall within that optimal range. So, there you have it. That is brain-boosting supplement number two: vitamin D.

Which brings us to supplement number three: probiotics. Now, probiotics are a form of good bacteria that's found within our digestive systems. They form up what is known as the 'microbiome.' We spoke about this in a previous session. The microbiome helps determine the health not only of our digestive system—it's the whole community of different types of bugs that exist in our gut that actually exists all over our bodies—but a very important one for our conversation is our gut microbiome. And probiotics help to balance out the microbiome and make sure that there's not too many bad bugs in our digestive systems, and increases the level of good bugs. Because when you have an imbalance of your microbiome, when you have too many bad bugs and not enough good bugs, not only could that create issues in your digestive system with symptoms like gas, bloating, constipation, and/or diarrhea, it could also trigger an imbalance in your immune system leading to inflammation within your brain. So, that's why probiotics are the third top brain-boosting supplement.

And so specifically, two main species of probiotics are very, very important, lactobacillus species as well as bifidobacteria. So, again, if you're just getting started with taking probiotics, look at the labels. Look for a probiotic supplement that has both the lactobacillus, as well as the bifidobacteria. These are really important for both your small and large intestine health.

In addition, probiotics have also been shown to help shift the balance of your microglia. I mentioned earlier with vitamin D, it helps to support your T regulatory cells, those immune cells that are important to help shift the balance away from inflammation. Same thing goes for your probiotics. Specifically, probiotics have been shown to switch your cells—the microglia cells—from the warrior to the nurturer. Probiotics can be very, very important to help stop brain inflammation as well as help strengthen your gut-brain connection.

And finally, when looking for probiotics, I do recommend searching for probiotics that are made from dairy-free sources. Again, you can find that out by simply looking at the label. Look for a dairy-free version of your probiotic. And so that's brain-boosting supplement number three: probiotics.

Brain-boosting supplement number four: B vitamins. B vitamins are made up of a whole bunch of different vitamins, B1, thiamine; B2, riboflavin; B3, niacin; B5, pantothenic acid; B6, pyridoxine; B7, biotin; B9, folate; and finally B12—the cobalamins. So, when getting a B vitamin complex, be sure that it

The Brain Health Workshop Week 4 Transcript

contains all of these different B vitamins. Because what these B vitamins do, they're involved with hundreds, if not thousands, of different biochemical reactions in your brain and body that influence not only your brain health but also your immune health. And many of them are very important for helping your brain build the necessary neurotransmitters for brain communication.

Many people I know, including myself, when it comes to B vitamins have what are known as 'single nucleotide polymorphisms,' otherwise known as 'snips,' for short. And what snips are, they're mild genetic variations, again, that every one of us have. But with those genetic variations, it increases our need for specific types of nutrients. One of the most common snips that we see in research these days in science and also in my practice impacts our body and our brain's ability to use folate. That's why B vitamins can be a very important part of your supplement routine to fill in that genetic variation that increases your need for folate.

There's also snips that increase your need for cobalamins and other types of nutrients. But specifically, with B vitamins, there's a very common one that impacts folate, B6, as well as B12. When you do choose a B complex, be sure to get what's known as an 'activated' form of folate. Again, you can look at the label, and it should say activated folate or methylfolate, as an example. Look for those, and you can also download the cheat sheet, the Top Brain-Boosting Supplements. It'll give you more information about the types of supplements to look for as well as the dosages. So, there you have it. Brain-boosting supplement number four: B vitamins.

Brain-boosting supplement number five, last but not least, is a multivitamin plus mineral formula. What do I mean by that? There are countless different formulas out there you can get at the local grocery store or through a physician who practices integrative medicine, which combines a bunch of the essential and critical vitamins and minerals needed for your brain and body's function. So, this is a great way—the top four supplements that I just shared with you—they help to fill in many of the gaps in physiology that we need for better brain health.

This fifth one, multivitamin and multi-mineral formula, helps to fill in the rest of the gaps. So, this formulation—it's sometimes as simple as one pill—can contain a whole bunch of different vitamins and minerals to fill in the gaps in your physiology. I do recommend getting a multivitamin or mineral that is derived from whole food sources, meaning many supplements are created in a lab, and they're synthetic supplements, and those can be very helpful because you can get nutrients at very high doses. But for your multivitamin or mineral formula, I recommend getting a whole food source. And that's where the company that produces it actually extracts many of the vitamins and minerals from food sources. And although they might not be as high-dose, the combination of the extraction—the food extracts into the supplements—makes it much more bioavailable for your brain and body.

That's why I recommend getting a whole food source of multivitamin and mineral formula. And like I mentioned, the top four helped to fill in many gaps in your brain and physiology, but the multivitamin and mineral formula—the top five, the fifth brain-boosting supplement—will help to fill in the remaining gaps. So, there you have it, the top five brain-boosting supplements.

Before we move on, let me share a few pointers as it relates to the use of supplements. When looking for supplements, make sure you get the highest quality supplements available to you. How can you figure out what the highest quality supplements are? Well, ask around. Ask a friend or family member, or better yet, ask your doctor. If your doctor uses supplements in their practice, then they've probably

The Brain Health Workshop Week 4 Transcript

done the research and vetted the best supplement companies out there that really focus on the highest quality and on safety.

Because the thing is, especially in the United States, there's not too much regulation when it comes to supplements. And so you just don't know in terms of quality and safety. Who knows? Maybe the supplements that you buy at the local health food store aren't high-quality, and it is just a waste of your money. So, be sure to ask around. Ask your friends, family members, what their experiences are using supplements. If they have a good experience, then that might be right for you. Better yet, ask your doctor or find a doctor that uses supplements in their practice for their recommendations.

In addition to that, to getting the highest quality supplements, it's always important to read labels as well. I can't tell you how many times I've had patients, that when I began working with them, I can see that they're taking all these supplements. They fill in the intake forms and, oh fantastic, they're taking EPA, DHA, multivitamin, they're taking these. But then when I actually ask to look at the labels of the supplements, there're all these different fillers on there that are actually, even though the nutrients themselves in the formula are great, the fillers are actually causing problems. So, be sure to read labels. And if you see in the fine print of the label— Things like what you're looking for is gluten-free, dairy-free, and soy-free.

In addition to that, make sure that there's no other fillers that the supplement companies are using that you know you have issues with. Other common ones are eggs or corn. So, if you know you have sensitivities or food allergies to those, be sure to read the fine print of the label to avoid any negative reactions, so you can get the most benefit out of the supplements that you are investing in. And remember, when it comes to supplements, they're natural, right? They're a natural form. They're typically safe when used properly. And they're different from medications which are very powerful, and so they act very fast. Typically, you'll see results with medications usually right away, but then they come with a lot of side effects.

So, the thing is, with supplements, they're typically not as strong-acting. Therefore, the plus side of that, there aren't as many side effects with supplements if used properly. But then the fact of the matter is then it typically takes longer for you to see the benefits of it. So, when it comes to supplements, consistency is key. Don't expect to take a supplement and see immediate results. You have to stick with it for the long-term in order to have those supplements begin to incorporate—like the EPA or the DHA—incorporate into your brain cells, or the B vitamins to start shifting the biochemistry in a positive direction.

So, be sure to stay consistent with the supplements and don't expect them to be these fast-acting agents. But the plus side of that is they won't have as much side effects, especially if you use them properly and in a way that's right for you. But be sure and check with your doctor first, like I said before, to find out what is right for you, as well as the right dosages.

Here's Laura's story, and you might relate to this. I see this quite often in my practice. Laura was struggling with anxiety and insomnia for many, many years, and she actually saw a practitioner. She was able to find a doctor that used supplements in her practice. And so she began to take the supplements, and after about two or three weeks, she didn't really notice any improvements, so she just stopped. She just gave up on that.

The Brain Health Workshop Week 4 Transcript

But then, over time, her symptoms continued to get worse and worse. Her anxiety was getting worse, her insomnia. Before, she was only able to fall asleep, but she wasn't able to stay asleep. But as her symptoms got worse, now she wasn't even able to fall asleep very well either. The point is her symptoms were getting worse. So, when she reached out to me and applied to become a patient, we took a deep dive, and I looked at her supplements, and I looked at the labels, and in fact, I'm like, "Wow, these are actually high-quality. And based on my assessment, I think these are right for you." And so I encouraged her to stick with it beyond the two, three weeks that she had originally started, to stick with it for at least six weeks. She went six weeks out, she started to notice improvements. I'm like, "All right, keep running with it. Stay on them for twelve weeks."

And when she finally did that, and she stayed consistent with the supplements, that's when her symptoms started to improve. Her anxiety started to get better, and she was finally able to get good quality sleep. She was able to fall asleep easily and stay asleep through the night. Again, when it comes to supplements, consistency is key; consistent action creates consistent results. And I can't say how, time and time again, I've seen that to be the case for supplements, for many of my patients, as well as for my own personal experiences as well.

My question to you is, which of the top five brain-boosting supplements are you currently taking? And, more importantly, which of the top five brain-boosting supplements do you need to add? So, grab your Brain Health Roadmap. You should have filled in the top five brain-boosting supplements and then circle the ones that you need to add to your brain-healthy rituals. And what I recommend then, once you have that list, tape it to your fridge, put it somewhere where you can see every single day, until taking the top five brain-boosting supplements becomes second nature to you.

All right. So, we went over the top five brain-boosting supplements. Now we're going to shift gears and explore the brain-healing botanicals. So, when it comes to brain-healing botanicals, what I'm referring to are these plants that are found all throughout nature that have been used for thousands of years in ancient medicine practices. I look at botanicals as this ancient wisdom encoded in the cells of these plants and the compounds found within these plants. Specifically, the plants—these botanicals—contain very special natural chemicals that have very powerful brain-healing properties, what are known as 'phytochemicals.'

And here's some brain-healing properties of these botanicals. Botanicals have been shown to activate Nrf2, which is a very powerful transcription factor to help decrease inflammation, as well as improve detoxification and protect your brain from damage. In addition to that, botanicals have also been shown to balance your microglia from that inflammatory warrior to the healing nurturer. Not only does it activate Nrf2 and microglia balance, brain-healing botanicals have also been shown to boost brain oxygenation, increasing blood flow and oxygen to your brain, as well as increasing what's known as 'BDNF'—brain-derived neurotrophic factor. You can think of BDNF like Miracle-Gro for your brain. Remember how I talked about earlier how supplements can be a fantastic way of creating a ripe environment for experience-dependent neuroplasticity? One of the ways that supplements and nutrients can do that is by increasing levels of BDNF for your brain cells to trigger experience-dependent neuroplasticity on a much deeper level.

These are just a few of the brain-healing properties and benefits of botanicals—activating Nrf2 with transcription factor, very important for detoxification, and decreasing inflammation, and protecting your brain. Number two, microglia balance from shifting your microglia from the warrior to the nurturer.

The Brain Health Workshop

Week 4 Transcript

Number three, boosting levels of brain oxygenation. And finally, number four, increasing levels of BDNF, Miracle-Gro for your brain, so when you do your brain training exercises, they will pay off much bigger than if you didn't have healthy levels of BDNF.

Now, there are many different botanicals out there, but I'm going to focus on two main types as it relates to your brain health today. Number one are what are known as 'polyphenols.' And then number two are botanical herbs. What polyphenols are, they're natural compounds that are found in many different plants that research—cutting-edge research—has shown to be very, very healing to your brain. And these polyphenols work on many different levels.

It's really interesting. I actually dove deep into the science of polyphenols. What actually happens is you have all these plants, and when the plants are exposed to different types of stressors, whether stressors from weather, or stressors from not enough nutrients, or stressors from different pests and insects, what ends up happening, those plants have an antioxidant system built-in. So, when they're exposed to stress, they create these compounds that help protect them from the stresses of modern-day living. But the beautiful thing is, when the plants produce those compounds—things like phytochemicals and polyphenols—when we eat those plants, we then also get those powerful antioxidant and brain-healing characteristics from the plants and their polyphenols as well. When I learned that, it just blew my mind. It's so interesting because, as they say, you are what you eat.

As a side note, that's one of the reasons why pesticides and different types of chemicals that protect the plants and fruits and vegetables from different types of pests—that's actually one of the under-recognized reasons why pesticides are bad for you. Number one, obviously, they're toxic to your brain and body. But number two, when the plants and the fruits and vegetables are protected by the pesticides from pests, they don't get the stress on themselves, and then they don't produce these healing compounds and protective compounds for themselves. And then when we eat those foods, then we don't get the benefits either. I just thought that was a very interesting side note but very practical. Be sure, again, as a reminder from our previous lesson, be sure when choosing fruits and vegetables to choose organic. Number one, to avoid the toxins, but number two, to get all these wonderful polyphenol compounds found in these different plants.

And so, like I mentioned earlier, botanicals have been shown to activate Nrf2, which is a transcription factor found deep within yourselves. And when Nrf2 is activated, it then will create detoxifying enzymes. It'll create anti-stress compounds as well as anti-inflammatory, and it'll help protect your brain from damage. And how does it do that? Through signals from your diet, as an example. So, these polyphenols act as very powerful signals to activate Nrf2, to then create all these wonderful, protective, and healing qualities for your brain. In addition to that, polyphenols have also been shown, like I mentioned, to help shift the balance of your microglia. Earlier, in a previous session, we talked about microglia balance. We have the warrior, as well as the nurturer.

Specifically, we're going to geek out a little bit here, but when we talk about the warrior, it's actually a form of microglia we call the 'M1.' So, the M1 microglia are the warriors. Whereas the nurturers, the anti-inflammatory microglia, are what we call the 'M2.' Well, guess what? Specific polyphenols have been shown—these natural compounds found in plants—have been shown to shift your microglia from the M1, warrior, to the M2, nurture. How amazing is that? And when we understand what these polyphenols are, we can get very specific and intentional as to which ones we want to increase and how we can do that.

The Brain Health Workshop Week 4 Transcript

So, the bottom line is this when it comes to using polyphenols to shift microglia balance from M1 to M2, the nurturer, from the warrior to the nurture, the bottom line is this—polyphenols can stop brain inflammation. They can be a very powerful antidote on your journey to figuring out the best strategies to heal your brain. Here are the top polyphenol compounds that I use in my practice and that I actually personally take as a supplement form as well: curcumin, resveratrol, EGCG, sulforaphane, pterostilbene, luteolin, baicalin, rutin, apigenin, as well as lutein.

These wonderful plant compounds, that are produced from the stresses of the plants exposed to these stressors, are able to decrease brain inflammation, activate Nrf2 to help lower oxidant stress on your body, protect your brain as well as your mitochondria, which are the powerhouse of your brain cells. All these wonderful benefits from these simple natural compounds. And one recommendation that I want to make is many of you are like, *Wow, those are a lot of supplements I have to take.* I recommend—as a pro tip—find a formula, because there're special formulations out there that different supplement companies have formulated a bunch of these different compounds into one formula. One simple tablet or capsule can contain many, many of these healing polyphenols to help you protect your brain. So, there you have it. Those are the brain-healing botanicals known as polyphenols, a very, very powerful weapon in your fight against brain inflammation and in the journey to heal your brain.

That being said, now, the second brain-healing botanicals are brain-healing botanical herbs. Botanical herbs have been used in traditional and ancient forms of medicine for thousands of thousands of years. And the great thing is, science is now helping us understand how they work, and the reason why that's important is so we can be very intentional with how we use them, specifically to help heal our brains. Now there're many, many, many benefits to botanical herbs, but we'll be focusing on the three main ones as it relates to your brain health. And then, I'll be introducing you to some of my favorite botanical herbs. So, botanical herbs have been shown to number one, enhance memory and cognition; number two, boost brain oxygenation; and finally, number three, increase stress resilience.

So, when it comes to enhancing memory and cognition, many of the ways these botanical herbs work is they actually increase BDNF. We talked about that earlier—brain-derived neurotrophic factor—which is Miracle-Gro for your brain. So, when you have increased BDNF, the connections between your brain cells, what we call your 'synapses,' those get a lot stronger. Some of these herbs have actually been shown to increase the length of the neurons themselves, the actual connectivity, and the number of connections that the brain cells have as a direct consequence of outgrowth. Meaning, those neurons grow more of these fingers outwards to connect and communicate with one another. So, that's one of the ways that botanical herbs can help enhance memory and cognition.

In addition to that, many botanical herbs have been shown to boost brain oxygenation. Why is that important? Well, as you probably know, oxygen is critical for your brain health. After four minutes of being deprived of oxygen, you will sustain permanent brain damage. And if you go for another four or six minutes without oxygen, it can lead to coma and death. So, as you probably know, oxygen is critical when it comes to the health of your brain, not only to thrive, but for brain survival and to continue living.

That being said, the majority of us don't have to deal with emergency situations like that, knock on wood, right? But a lot of us do experience mild levels of what is known as 'hypoxia,' where we don't get enough brain oxygen. I'll talk about some of the most common reasons why you might not have optimized levels of brain oxygen in a little bit. But suffice to say, just know that oxygen is critical for

The Brain Health Workshop Week 4 Transcript

brain health and that botanical herbs have been shown, in the research, to boost brain oxygenation. I'll be sharing with you the top five in a little bit here.

And finally, botanical herbs have also been shown to increase stress resilience by acting as what are known as 'adaptogenic herbs.' These are special herbs and compounds that have been shown in the research to balance your stress response and help balance cortisol, your stress hormone, and actually work at the level of the hypothalamus. As you guys had learned in a previous session, the hypothalamus is one of the key nodal points in the stress response—the hypothalamic-pituitary-adrenal axis. And adaptogenic herbs have been shown to actually modulate the hypothalamus so it can better control your reactions to stress and boost your stress resilience.

So, those are the three main benefits of botanical herbs, specifically as it relates to your brain health. So, here are the specific ones for enhancing memory and cognition. These are the top five herbs that, in the literature and the research and as well as my clinical practice, have been shown to enhance memory and cognition: bacopa, gotu kola, Panax ginseng, ashwagandha, as well as huperzine A. These are the five most powerful herbs, botanical herbs, that you can use to enhance your memory and cognition and boost your brainpower.

In addition to using herbs to enhance memory and cognition, here are the herbs that have been shown to enhance and boost brain oxygenation. Number one, vinpocetine; number two, Ginkgo biloba; number three, butcher's broom; number four feverfew; and finally, number five, cayenne pepper. As I mentioned before, it's very important— This is so important for us because the majority of us don't have a severe lack of oxygen to our brains, but many, many of us have inadequate levels of oxygen. They're not optimized. It's what's known as hypoxia or chronic hypoxia.

And there's many different reasons why that might happen. But here's some clues to know if you have hypoxia. Do you experience cold hands and feet some, if not all of the time? Is your nose cold? Go ahead, touch your nose right now. Does your nose feel like it's cold? Well, guess what? That's a window into overall brain circulation. If your hands and feet are cold, if your nose is cold, it probably means you're not getting ample oxygen to your brain. You're getting enough to survive, but are you getting enough to thrive and heal?

Those are some clues that you might have chronic hypoxia or a low level of oxygen that's not adequate or optimal for brain health. Do your lips sometimes have a palish color, overall, sometimes, maybe even a bluish color? If that's the case, or if your fingernails also are very pale and sometimes have—if you've noticed ever—a bluish color, that also means that you probably don't have adequate oxygenation, not only to your fingers and your nose and your lips but also to your brain.

And then in addition to that, obviously, if you have chronic lung issues like bronchitis or respiratory issues, a cough, or phlegm, or if you're a smoker, or you don't exercise enough, those are all clues that you are not getting enough oxygenation to your brain, and increasing and boosting brain oxygenation with these five botanical herbs can be a game-changer for you on your journey to better brain health.

And finally, before we wrap up the session of botanical herbs, here are some herbs—the top five herbs—the adaptogens, to help increase stress resilience: Number one, holy basil; number two, Rhodiola; number three, Siberian ginseng, otherwise known as 'eleuthero;' number four, licorice root;

The Brain Health Workshop Week 4 Transcript

and finally, number five, cordyceps—although technically not an herb because it's a mushroom, and is a very powerful adaptogenic herb.

And what I like to do specifically, many of these, you can actually get in tea form. As an example, as part of my rituals, I'll have a cup of Tulsi tea, which is holy basil, in the evening. Maybe an hour or two before going to bed, I'll have some Tulsi tea to help wind down my evening. Very powerful anti-inflammatory effects, as well as shifting my HPA axis so I can have good calming sleep. And then, when I wake up in the morning, I'll take a formulation, a supplement, with many of these adaptogenic herbs, all packed into one. That's how I like to approach it. You can experiment with what works best for you, but just know that many of these, you can actually find in a tea form, or you can also get formulations that have a whole bunch of these in one pill.

Now, one thing to watch out for, with specifically these adaptogenic herbs, some of them have been shown to help balance high blood pressure. As an example, things like holy basil and Rhodiola, as well as cordyceps, have blood pressure regulating and normalizing effects. But watch out if you already have high blood pressure, or your blood pressure tends to be on the higher side—Siberian ginseng and licorice root, specifically, can increase blood pressure. So, for those of you out there who tend to have low blood pressure, you might find that Siberian ginseng and licorice root can be fantastic for you. But for those of you who have higher blood pressure to begin with, be careful and cautious when using ginseng and/or licorice root.

So, there you have it, brain-healing botanicals. We went over botanical herbs just now, and we covered polyphenols previously. So, here're a few pro tips again for you guys. You don't have to go out and buy every single one of these different herbs. There are different formulations that contain many of these, or even teas, that you can try out first. And if that works for you, and you notice an improvement, like, for example, "Hey, I'm going to try some Tulsi tea." And you notice that worked for you, guess what? If you want to high-dose it later on for times that you're under more intense or chronic stress, then you can find a holy basil supplement as an example. The same thing goes for licorice tea. If you find that licorice tea worked for you and it helps to balance out your stress response, and it helps to normalize your blood pressure, as an example, then you might want to find a specific supplement, which has a higher dose of that licorice root, to then take for times that you're under more intense stress and or chronic stress.

That being said, although botanical herbs, in particular, are natural compounds found all throughout nature, here's a word of caution. Some of these herbal therapies will interact with medications and or are contraindicated in certain health conditions. Like I said before, if you have high blood pressure, there're certain herbs that you have to watch out for. Or if you have auto-immune disease, as an example, certain herbs can shift and be very immune-stimulating, such as ashwagandha. It can be very stimulating. Or licorice root can be very stimulating to your immune system, as well as cordyceps, as an example.

My point is, be sure to check with your doctor first, especially if you're taking medications and/or have any other health conditions going on. Consult with them if at any time you start any new herbal therapy, or supplement, or any treatment, and you're not feeling good, discontinue immediately and check with your doctor. Again, even though these things are natural, they're very— Especially the herbs, they're more powerful, and they come closer to the power of medications. But the great news is because they're natural, if used correctly, they come with a lot less side effects.

The Brain Health Workshop Week 4 Transcript

And also, remember this—there is no magic pill. I can't tell you how many times— One of the most common questions I get asked actually is this, "What's a supplement for anxiety?" "Can you tell me an herb for depression?" "I want an herb to have better memory." Now, there's research, and there's scientific studies that link these things like I shared with you before, like the use of herbs to help enhance memory, the use of botanical herbs that help improve or decrease inflammation, to help with anxiety, and so on and so forth.

But the thing is, there's a concept in biochemistry, that's known as 'biochemical individuality' that was coined by Roger Williams, where we all have specific neurochemical and biochemical needs, based on our level of health, based on the stress we're under, as well as our genetic variations. So, that being said, when it comes to the use of herbs and supplements, there is no magic pill. There's not one pill for one supplement. And really, personalization is the key to success, and there's a lot of different ways you can personalize your supplements.

Number one, through trial and error, like I told you before, just becoming very aware of your antidotes. What are the things that you've noticed that helped you before? Or you can try certain teas and easing into that, and when you find that a tea worked for you, then increasing it to a formula of an herb. As an example, trial and error, just trying it out and see if it works for you. Another way to personalize the herbs or supplements that are right for you, and this was the nutrients, is through lab testing.

In my practice, I run so many different labs based on what my patient's needs are. There are blood tests that we can run, stool tests, urine, and saliva tests, all different types of tests that we can get a really deep dive look at what's happening with the person's specific physiology. Where are the imbalances? What's the level of inflammation? How much stress is a person actually under? And so on and so forth. There's even tests where we can measure levels of key nutrients, as an example.

In my practice, when I work with private clients, as well as patients, we'll do a whole battery of tests. But that being said, if you don't have access to an integrative practitioner or a brain specialist who knows this and can run tests, the second-best approach is just through trial and error. And finally, just educating yourself. Learning and becoming aware of your triggers, as well as your antidotes, and understanding how these nutrients in these compounds in these herbs work. Because when you understand how they work, then you can be very intentional with the ones you choose. Find the ones that are right for you and your unique needs.

Because one last note, before I share Mary's story with you, one of the things that when it comes to this idea that there's no magic pill, you have to understand for each symptom, there could be multiple different root causes. You following me? So, for example, I've worked with patients who have anxiety. And when I do a workup, I find out their anxiety is strictly due to their gluten sensitivity. When they get rid of gluten, guess what happens? Their anxiety clears up.

But then they go and they tell their friend, they're like, "Oh my goodness, I worked with Dr. Chiu, and I went gluten-free, and it changed my life." And then their friend tries it out, who has anxiety, and they have no response. How many of you can relate to a story like that? Like you heard from a friend, or maybe you read an article, or even you watched a webinar, in which you're like, "Oh, this is the cure. This specific pill or supplement will help, is for anxiety." That's just not simply the case because there can be multiple root causes for the same symptom.

The Brain Health Workshop Week 4 Transcript

On the flip side, I've worked with other patients with anxiety. And we found out that their anxiety was because they are under chronic levels of stress. And once they got a handle on their stress, and one of the ways they did that was through the use of adaptogenic herbs, that's when their anxiety started to decrease. When they changed their diet, there wasn't much change at all. It didn't mean that they didn't have an issue with gluten, but it meant that there were other things that needed to be addressed. So, I just want to paint the big picture for you. Again, there is no magic pill. It's all about biochemical individuality, and personalization is the key to success.

But the great news is you are now empowered with this information. I'm sharing with you some core principles. And now it's up to you to become very aware of your triggers, as well as your antidotes, so you can figure out what your brain health roadmap will be to healing success. Now let me share Mary's story before we move on to the next section, 'Food Sources of Key Nutrients.'

Mary was a student of mine. Mary was struggling with depression and brain fog her entire life, but she didn't want to take medications because she tried them before, and she just felt terrible. She wanted to try a different, natural approach. And so she tried many different things out there. After reading a blog article or recommendations from a family member who said, "Oh my goodness, St. John's wort completely changed my life." But the thing is when Mary would try these different things, she tried the St. John's wort, she'd tried other different natural remedies she read about, it didn't do anything for her. It didn't make any changes.

But then she saw one of my webinars, where I talked about the top five brain-boosting supplements, as well as she learned about how brain oxygenation could be one of the key things and missing ingredients when it comes to brain health and can trigger all different types of brain symptoms, including depression and brain fog. So, she decided to try a specific brain formulation, not for depression but for brain oxygenation. She learned everything that you guys just learned. She did the little test. She was like, "Oh my goodness, I do tend to have cold hands and feet, and wow, my nose is cold." So, after starting the top five brain-boosting supplements, the foundational ones that she never did before consistently, and then adding the herbal formulations to increase brain oxygenation, slowly but surely, her depression started to lift.

It wasn't because the brain-boosting oxygenation herbs—all the ones that I taught you—were the cure for depression, nor were the top five brain supplements specific to depression or brain fog. It was because those specific nutrients and herbs had targeted the root cause for her brain health challenges, namely specific nutrient insufficiencies, as well as chronic hypoxia. So, she learned how to do it by educating herself and becoming empowered and then personalizing her own antidotes. I was able to do it through trial and error for many different years, and thousands of my patients and students have done it. And now you can too, with this information that you have learned in not only this week's Brain Health Workshop but the previous ones, as well as the other two that are to come.

You got this, and don't forget—personalization is the key to success. And now, you're empowered with the tools needed. You have your Brain Health Roadmap, and you're becoming aware of your triggers as well as your antidotes. So, you can personalize your plan to heal your brain and transform your life. Now, before we wrap up for the week, I'm going to introduce you to the Food Sources of Key Nutrients and actually shine a spotlight on a special, fun guy as it relates to your brain health.

The Brain Health Workshop Week 4 Transcript

But before we get there, here are some food sources of key nutrients. Many of you out there might be saying to yourself, *I heard you, Dr. Chiu, about the whole thing about chronic stress and modern society, but you know what? I just want to rely mainly on my diet. I want to see if I can get healthier just through diet changes and these other brain training and lifestyle things that you're teaching me.* Awesome. More power to you because I firmly believe—like my philosophy—is you want to get as close to the source as possible. And if it's possible for you to achieve your health goals without the use of supplements, awesome.

In addition to that, I know a lot of you out there might not have access to high-quality supplements. Maybe you just can't get them for whatever reason. So, for that reason, I put together this compendium, the Food Sources of Key Nutrients. These are the top food sources of key nutrients that we went over in today's session. So, food sources for the top five brain supplements—as an example, some great sources of DHA and EPA, as you already know, are fish. Especially fatty fishes, things like SMASH fish—salmon, mackerel, anchovies, as well as the sardines and herrings. Those SMASH fish are fantastic sources for DHA and EPA.

In addition, for you vegans, I had already mentioned algae, or flaxseed, as well as chia seeds, are also great sources of omega-3 fatty acids. Algae is high in DHA and some levels of EPA. Seaweed has some levels, but definitely not as high. And then flaxseed and chia seeds have higher levels of different types of healthy omega-3 fatty acids—the essential fatty acids—which can actually be converted in your body to DHA and EPA. Point being, there's a lot of healthy food sources for these key nutrients, such as healthy fats, omega-3 fats, as was DHA and EPA, namely being fish, algae, seaweed, and specific types of nuts and seeds.

Number two, healthy food sources of vitamin D are—I told you, it's not a food source—but if you can actually think of the sun as a source of nutrients and nutrition for your skin because when the sun hits your skin, there's a whole biochemical reaction that happens. And then, through a whole process, your body then produces vitamin D to do all the wonderful things I already described earlier in this session. In addition to sunshine, there're also food sources of vitamin D as well. Like I mentioned earlier, with DHA and EPA, these oils, these fatty fish, have been shown to have high concentrations of vitamin D, as well as foods such as egg yolks and organ meats. So, that's a great source of vitamin D.

And number three, for probiotics, there're all different types of fermented foods. And you can actually create your own probiotics. One thing you can do is get fermented foods or ferment your own, and then add specific species of probiotics. One great way to approach that is try getting a probiotic formulation, see if that helps with your gut health, as well as your brain health, and if it does, you can use that specific powder or the capsule and to create your own fermented foods. So, then eventually, you can rely on food to get the right amount of probiotics.

In addition, there're many different food sources of B vitamins, many of the different foods I already described—the different types of meats and organ meats. But for those of you who are vegan or vegetarian, there's also great food sources for B vitamins, as well, things such as nuts and seeds, as well as beans, lentils, and leafy greens. You can get a lot of the different B vitamins through those types of foods. But one very common nutrient deficiency that I've seen with vegans over the years is, and what the research shows, is B12. And the thing is, there's not too many high-quality vegan sources of B12. So, that's one supplement I do recommend vegans and or vegetarians do take, or at the very least get your B12 levels checked to make sure that they're at adequate levels, and adjust your lifestyle accordingly.

The Brain Health Workshop Week 4 Transcript

And finally, number five: multivitamin, multiminerals. There's so many different multivitamins and minerals that are found all throughout nature and in food sources.

So, those are some of the different food sources for the top five brain-boosting supplements. Now the key is really, it's all about eating a wide variety of foods. The wider your variety of foods you eat, the more of the different nutrients that your brain and body need for healing and sustenance. So, make sure that you eat a wide variety of different foods, and don't just get stuck eating the same things over and over again.

Because not only is it important in terms of getting adequate nutrition that your brain and body need, but like I mentioned before, when you eat a wide variety of foods, that helps expand your gut's health and resilience, as well as keep things fun and novel, and for your brain. Here're some food sources for the polyphenols that we had talked about. For example, turmeric, high in curcumin, and red grapes, as well as red wine, very high in one of my favorite polyphenols known as 'resveratrol.'

Green tea is really high in EGCG, as well as broccoli—has high levels of sulforaphane, a very powerful polyphenol that's been shown to help decrease inflammation and even help to heal your blood-brain barrier after any type of head trauma, concussion, or even emotional traumas. So, broccoli is fantastic, with high levels of sulforaphane. And then blueberries have very high levels of what is known as pterostilbenes, a fantastic polyphenol. One of my personal favorites. And parsley, celery, pomegranate seeds, chamomile, and carrots, all high-end—those different polyphenols that we had mentioned earlier that had brain-boosting, body-nourishing, as well as mitochondrial-activating properties.

So be sure to increase your levels of these different types of foods. Even if you do decide to take supplements and take the top five brain-boosting supplements, as well as a polyphenol formulation, I encourage you to increase these levels of foods anyways. That's what I do. Every single day, I take my different supplements as part of my ritual. And on top of that, I've incorporated more and more of these foods, these key food sources with these key nutrients, so I can make sure that all my bases are covered. One way to approach it, like I mentioned, to really kind of wade through this— I know it's a lot of information in terms of, *Okay, what am I going to eat exactly?* So, one way outside of just lab testing to figure out specifically for you is just listen to the wisdom of your body.

I firmly believe that all of us have a wisdom. Our brains, and our bodies, they know what they need. It's just a matter of just clearing out the static that gets in the way sometimes. One way to approach that and think about it is like this, though—which of these foods that I just spoke about are you drawn to? Are you drawn to the different types of polyphenols? Are you drawn to berries? Are you drawn to things like green tea or colorful foods? Or maybe certain types of colors? For me, I'm actually really drawn to darker fruits and vegetables, things like the purple cabbage, or things like grapes or pomegranate seeds—all those darker colors, as well as blueberries. I absolutely love those, and I know—because specific for me, those polyphenols, like resveratrol as well as pterostilbene—my brain thrives on that. But even if I didn't understand the science behind it, my question to you is, which of those foods are you drawn to?

Take a few moments right now. Write them in your Brain Health Roadmap. What foods are you drawn to? Which ones do you want to start eating more of? That's one way—just by becoming in tune with what your body and your brain and your wisdom is teaching you and telling you—start eating more of those different types of foods. So, things like turmeric, parsley, celery, pomegranate seeds, as well as

The Brain Health Workshop Week 4 Transcript

the top five brain-boosting supplements, the food sources of those that I had listed and described for you. So, write those down in your Brain Health Roadmap—which of those foods are you drawn to? And just start eating more of those. That's one way to approach it. And the more you do that, the more you're going to get in tune with your wisdom, your body's wisdom, and your intuition, and the better you'll feel in those choices and decisions that you make that are life-promoting. Then you get more evidence and more confidence in listening to that wisdom and intuition, and it becomes this positive movement in the right direction.

So, be sure to write down which of the foods that you're drawn to, and also download the handout that we've prepared for you—Food Sources of Key Nutrients—it's a cheat sheet of all the top food sources of these brain-boosting nutrients that you can find in your diet. Even if you are going to take those supplements and you want to help fill in your potholes and accelerate your healing, I highly encourage you to continue to expand your diet so you can heal your brain and shift your microglia balance, stop brain inflammation, and turn your health around.

Before we wrap up for the day, I want to share with you a little surprise, a spotlight on a fun-loving guy that your brain absolutely loves. That is 'lion's mane.' Lion's mane is a brain-boosting mushroom that's found in North America, Europe, as well as Asia and has been used for thousands of years in ancient forms of medicine, such as Chinese medicine. In fact, Japanese Buddhist monks considered lion's mane to be a mystical source of nutrition, and rightfully so because fast forward a thousand years later, breakthroughs in neuroscience and understanding of neurochemistry show us why lion's mane is such a superstar. It helps increase neurite outgrowth. What does that mean? It means our neurons with all the different connections and communications it makes with your other neurons, it helps to grow those arms that help those neurons communicate with one another. That's what we call 'neurite outgrowth.' What does that lead to? Enhanced brain communication as well as stronger experience-dependent neuroplastic changes in your brain, so a stronger brain as well as stronger axon and neurite outgrowth.

Lion's mane has also been shown to increase synaptogenesis. What does that mean? Synapses are the communication junctions between your neurons. That's where all the chatter happens that allows your neural networks to do all the wonderful things that they do. And lion's mane has been shown to increase the formation of new synapses. What's known as 'synaptogenesis,' as well as strengthening existing ones, what we call 'synaptic plasticity.'

If that's not enough, research has also shown lion's mane to increase memory in mild cognitive impairment. People who have cognitive decline, as well as memory issues—lion's mane, has been shown to improve that and also be a powerful antioxidant, decrease inflammation, and just be an overall brain-boosting superstar.

So, here's all the different things that lion's mane does for you in this list: Powerful anti-inflammatory, powerful antioxidant, very strong immune-stimulating functions—like I mentioned a second ago—it enhances synaptic plasticity and synaptic genesis, so you have stronger neural networks. It's also shown to improve cognitive decline in mild cognitive impairment. For all those reasons, lion's mane is our spotlight and fun-loving, brain-boosting mushroom for Week Four's Brain Health Workshop.

One awesome thing too, depending on the climate that you live in, in North America, as an example, or even certain parts of Europe and Asia, you can grow your own. So, there are kits that you can buy online. Go ahead, buy an online kit, start growing your own lion's mane, add it to your food, pick from

The Brain Health Workshop Week 4 Transcript

your herb garden that you're growing at your window sill, and create a brain-boosting meal specific to you and your brain's needs.

One word of caution, though, again—although this has been used for thousands of years in ancient medicines, and it's been revered as a mystical source of nutrition, lion's mane does have powerful immune-stimulating functions. So, if you have any type of immune challenges, such as autoimmunity or perhaps even cancer, be sure to check with your doctor first before starting lion's mane. And for those of you out there, even if you're healthy and you don't have any conditions impacting your immune system, if you experience any negative reactions with lion's mane, stop, discontinue use, and check in with your doctor to make sure it's safe for you to proceed.

But all that being said, lion's mane has been shown to be used for thousands of years, a mystical source of nutrition, and one of the superstars and spotlights for this Brain Health Workshop. Lion's mane can be a fantastic addition to your Brain Health Roadmap. So, give it a try, test it out, see how it goes, and become very aware. Can lion's mane be one of your most powerful antidotes in your journey to heal your brain? Put it to the test and find out.

Before we wrap up here, here're a few do's and don'ts as it relates to supplements, botanicals, and nutrients for better brain health: Do be consistent. Like I mentioned earlier, supplements, they take time—botanicals even, they take time to work their magic. So, give it the time that it needs. It takes a while for it to build up in your system, and the changes could be gradual. Some things you can watch out for, specifically, if you don't notice improvements in your brain symptoms immediately, are, perhaps, you're sleeping better, or maybe your skin is clearing up a bit, or maybe you have more energy, or you just notice your mood is starting to improve. Those are little clues that you're moving in the right direction. Many times your brain symptoms might not improve immediately, but there's other clues that are telling you that you're moving in the right direction. So, become very aware after you start any type of new protocol to see if it's right for you and if it's moving you in the right direction, and that way, it'll give you the confidence to be consistent and continue on your journey with a brand-new antidote that you just discovered for your brain.

Now, when it comes to supplements, don't think you can supplement your way out of bad habits. You need to identify your triggers. So, if you're eating foods that are creating inflammation, or you're just crazy stressed all the time, you don't have downtime, or you're not training your brain and strengthening your weakened neural networks, don't think that you can just take and pop a magical pill that will be the answer to all of your life's problems. Supplements are a fantastic piece of the puzzle, but in no way are they a substitute for all the foundational things that you have learned and will learn in the rest of the Brain Health Workshop. So, again, don't think you could supplement your way out of bad habits. At the end of the day, when it comes to brain-healing and health, brain health is not an event, it's a habit, and many habits—the right habits—build over time. Don't forget—you can't supplement your way out of bad habits.

In addition to that, don't just supplement without having a strong foundation and expect to have brain health as well. So, diet, brain training, lifestyle practices that I'll be teaching you—all those things are really important, as well as some of the top five brain-boosting supplements—these foundational strategies are really, really important to fill in the gaps and give you a strong foundation. And then, from there, the supplements can be a fantastic way of filling the potholes in your road to healing success. So, again, don't just supplement without a strong foundation and expect to have great brain health.

The Brain Health Workshop Week 4 Transcript

And finally, don't underestimate the basics. Some of you out there might be like, *Yeah, yeah, Dr. Chiu, I've heard about DHA and EPA and probiotics and all this stuff. I've heard it a million times. I could have taught this session.* So don't be that person who knows it all, because one thing that I've seen, common knowledge is not common practice, and it's not just the knowledge that you acquire that will change your brain and change your life. It's the specific actions that you take, the right actions, and taking consistently over time that will help you reach your health goals.

So don't be the person that's just like, *Oh, yeah, I've heard of that before. You know, I know it all.* So, that's the thing. If you know it all, awesome. I acknowledge you for wanting to learn this stuff and continue to learn and grow your brain cells just through the learning process. But again, if your ultimate goal is to have better brain health and brain function, you need to take action, and you need to take consistent action. Because, like I said, common knowledge is not common practice. Be sure to follow through with these things, put it to the test, and not only add to your knowledge bucket but add to your actual experiences. Because my hope for you is that everything that you learn you'll then apply, and then the more you apply, you'll then identify what the triggers are as well as the antidotes for you and your brain.

Before we wrap up this week's session, I want to share with you Steve's story. So, Steve, he considers himself a biohacker; he's a twenty-nine-year-old biohacker. He's always looking for the latest and greatest supplements, gadgets, as well as apps to help hack his brain and to optimize his health. But the thing was, despite doing and investing a lot of time, money, as well as energy in learning these things and trying out all these different breakthroughs, he was still struggling with fatigue and mental sluggishness, and he was just confused as to why. He was like, "I'm taking these supplements, I've tried these different gadgets, I'm doing the apps and all these different things," and he was just not feeling good. He wasn't getting the return on his health that he was looking for.

So, he reached out to work with me, and right off the bat, the first thing that I identified with him was that he didn't have the strong foundation in place. Yeah, sure, he knew about all the breakthroughs and all the herbs and the botanicals and the neurotropics and all the different gadgets, and he was experimenting with a ton of different things, but he didn't have a strong, consistent foundation with his diet. He was actually still eating dairy. I found that he was gluten-free, but he was still having dairy with his coffee. He was having butter, grass-fed butter, but it was still dairy. And we figured out that that was one of his triggers. In addition to that, even though he was trying and experimenting with all these different supplements, he didn't have a core foundation of the top five brain-boosting supplements, and not only that, he tried those in the past, but he wasn't consistent with them.

So, what we did, we created a strong foundation for him. We really got to work on the basics. We got him a hundred percent dairy-free; we got him consistent with the top five brain-boosting supplements. And then, in addition to that, he continued with some of the different botanical herbs, as well as he was using these gadgets and apps. But with that strong foundation, that's when he started to experience the breakthroughs in his health that he was looking for, having more mental clarity, as well as mental energy and endurance. He was able to do it after learning the foundations. You are learning the foundations, powerful strategies, right? So, do this whole process as you continue and become aware of your triggers and antidotes, and you will be able to get the results you're looking for as well. I am rooting for you one hundred and ten percent. I'm sure if Steve knew about your situation, he would be as well.

The Brain Health Workshop Week 4 Transcript

So, there you have it, ladies and gentlemen. The best supplements, botanicals, and nutrients for better brain health. Now I know this was a ton of information. I gave you some great foundational principles, strategies, as well as secrets and practical actions, but that being said, I understand it's a lot to take in. So, what I've done is I've summarized the best practices as it relates to supplements for you right now. This is the best way to approach it if you're new to this whole process or you're looking to upgrade your supplement regimen.

Number one, start with a healthy foundation, eat a brain-healthy diet, increase the top five foods that we talked about in last week's session, as well as continue to work on identifying and removing your triggers. Become aware of that or, if you want to, look into functional testing as well. So, number one, just work on the foundation of eating a brain-healthy diet because through that process, you'll be decreasing inflammation and feeding your microbiome, your microglia, your brain, and your mitochondria.

Number two, start taking the top five brain-boosting supplements to help fill in some of those gaps. These are the most common ones that I've seen. The most common gaps in working with thousands of patients over the years, as well as healing my own brain. So, number two, take the top five brain-boosting supplements.

And finally, best practice number three to start this process is to add one new supplement or formulation in at a time. Once you have the top five brain-boosting supplements— You've written them down in your Brain Health Roadmap. You circled the ones you needed to add; once you get that into place. You've increased the top five foods to start eating to feed your brain and stop brain inflammation. You begin to identify or remove your triggers. That's step number one.

Then, from there, you can add one new supplement or formulation at a time. So, feel free. Look through the information, review this information, as well as download the handouts found in your member's area. Click on the link and find them in the handout section of your member's area. For cheat sheets, as well as food sources, and all dosages as well, we actually have a handout for you for the top five brain-boosting supplements' common dosages as a starting point. So, download those handouts, look through them, read through them, and you can get started with these best practices to begin building your supplement routine and/or increasing the food sources of the key nutrients that your brain and body are craving.

Wow, that was a bunch of information! Quick review before we wrap up this week's session. We went deep into the top five brain-boosting supplements. I introduced them to you, the most common ones and nutrient potholes that I see in patients, as well as healing my own brain over the years.

Number two, I also introduced you to the brain-healing botanicals, specifically the polyphenols, as well as the botanical herbs, that you can start using and experimenting and figuring out which is your antidote for better brain health.

And number three, I also introduced to you the Food Sources of Key Nutrients, for those of you who don't want to necessarily take supplements, or you don't have access to high-quality supplements and/or you do want to do that, and on top of that, you also want to build a really strong foundation. So, you have the Food Sources of Key Nutrients. I have a handout for you with a list of all those.

The Brain Health Workshop Week 4 Transcript

And finally, as a special surprise, we did a spotlight on a fun-loving guy—lion's mane—fungi, that your brain absolutely loves.

For next week's session, we're going to be diving into some critical lifestyle practices to sustain your brain. So, don't forget from now until next week, this is your homework. So, number one, I want you to begin the top five brain-boosting supplements. You've already written them down in your Brain Health Roadmap, and you should have circled the ones that you need to add.

Number two, download your food sources handout. I put together a Food Sources of Key Nutrients cheat sheet for you with a list of all the different food sources of many of these nutrients that we went over in this week's session. So if you don't want to start the top five brain-boosting supplements, you can start eating more of these different types of foods if you're not.

And finally, number three for your homework, be sure to fill out your Brain Health Roadmap. If you had it with you during this week's call, you're already filling it out. If you haven't, be sure to download it, go back and watch the replay, and fill out your Brain Health Roadmap because this is the single piece of paper—the handout for you—that will be a guide on your journey to a better brain.

And finally, as a bonus, if you want to, and you want to challenge yourself, I encourage you to try out one new botanical. You can start with either a polyphenol or perhaps try out an herb—an herbal tea, as an example. Just get started, try it out for those of you who want bonus brain points, try out one new botanical, but be sure to do at least these three homework items.

And that wraps up week number four of the Brain Health Workshop. Thank you so much for your attention and your engagement, be sure to engage in our online community. We want to hear from you. Post your questions, share your wins. We want to celebrate with you all the wonderful things that you're learning, as well as the breakthroughs you're having. Let us know what are some triggers that you've identified; perhaps you've learned about some new best antidotes. We want to hear from you so we can continue to support you on your journey to better brain health.

My name is Dr. Titus Chiu. Thanks so much for participating in this week's session. This has been another session of The Brain Health Workshop. See you next week. Bye for now.