

7 WAYS TO LOVE ON YOUR BRAIN



1

EAT BRAIN FOOD

rich in antioxidants, healthy fats, vitamins and minerals



5

IMPLEMENT QUALITY SUPPLEMENTS

- mindwise
- ningxia red
- omegagize³
- nitro
- master formula
- super b



2

BREAK A SWEAT

elevate your heart rate and increase blood flow to the brain and body



6

REST & DE-STRESS

not getting enough sleep can result in problems with memory & thinking



3

CHALLENGE YOUR MIND

- jigsaw puzzles
- crosswords
- sudoku
- card games
- instruments
- books



7

HONOR YOUR MENTAL HEALTH

depression has been linked to increased risk of cognitive decline - seek help



4

USE ESSENTIAL OILS

- peppermint
- rosemary
- clarity
- brain power
- m-grain
- geneyus
- common sense



want to get these
OILS & SUPPLEMENTS
DELIVERED TO YOUR DOOR?

Shoot me a message & I'll get you set up.


