

# 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
- omegagize<sup>3</sup>
- 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.*



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