

Brain Health

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A glowing brain is depicted inside a lightbulb, which is held by two hands. The brain and lightbulb are surrounded by a network of white nodes and lines, suggesting a digital or neural network. The background is dark blue with a bokeh effect.

Because we can't see our brain
we neglect its importance



Importance of keeping our Brain Healthy

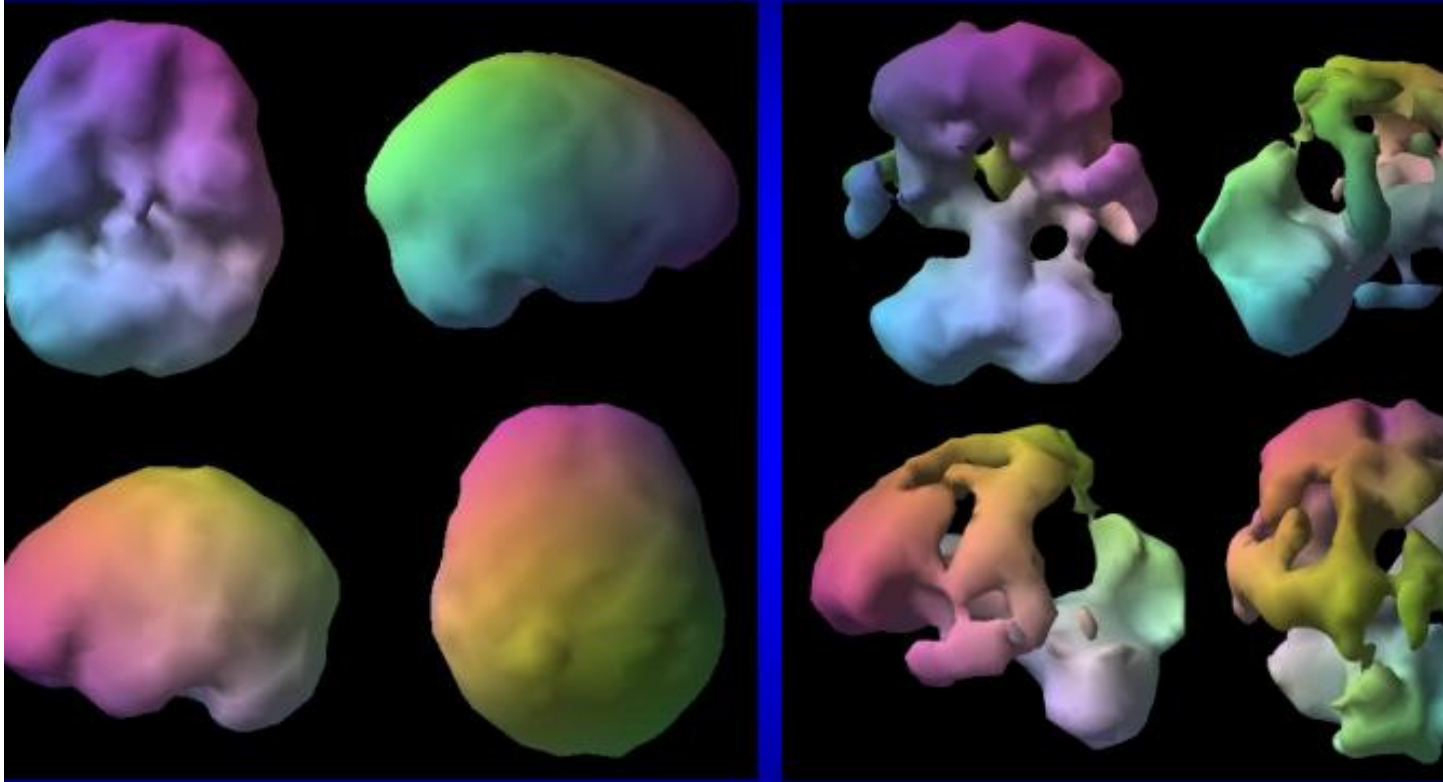
- It **controls** your **body's functions** and helps you understand and interact with the world around you.
- A **healthy brain** will help your mind **stay clear** and **active**, so that you can continue to **work, rest** and **play**.

Brain SPECT Scan



- **SPECT** evaluates blood flow and activity in the brain.
- Studies have shown that your brain **can change** and **develop further** as you get older.
- Changing your **lifestyle** can change your **brain health** and your life!
<https://www.amenclinics.com/blog/chale-ne-johnson-amem-clinic-story/>

Brain SPECT



Healthy

Alzheimer's

Healthy VS Unhealthy Brain

SPECT is an abbreviation for:

Single Photon Emission Computed Tomography.

This is a scan that measures the blood flow in your brain.



Studies Show

- More than **6 million** Americans are living with Alzheimer's.
- By 2050, this number is projected to rise to nearly **13 million**.
- People with depression have a **40%** higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.

<https://www.cdc.gov/mentalhealth/learn/index.htm>



There's great news!
Our brain health is in
our hands & we can
implement practices to
improve it!

<https://www.health.harvard.edu/mind-and-mood/12-ways-to-keep-your-brain-young>

Mental Illnesses

- Mood disorders
- Anxiety disorders
- Personality disorders
- Psychotic disorders
- Eating disorders
- Trauma-related disorders (PTSD)
- Substance abuse disorders

https://www.namyncmetro.org/diagnoses-mental-health/?gclid=Cj0KCQjwmIuDBhDXARIsAFITC_6RE2Y4myWIpATYRMQlsGnjReDLog9ovYqdp26kZmTQZ2sa8QsnohMaAmh5EALw_wcB

Mental Health & Emotional well being

Mental health includes:

- **Emotional**
- **Psychological**
- **Social well-being**

It affects how we think, feel, and act.





Where can we
start?
Let's
BRAINSTORM!



POLL

Time to get
honest about
your brain
health

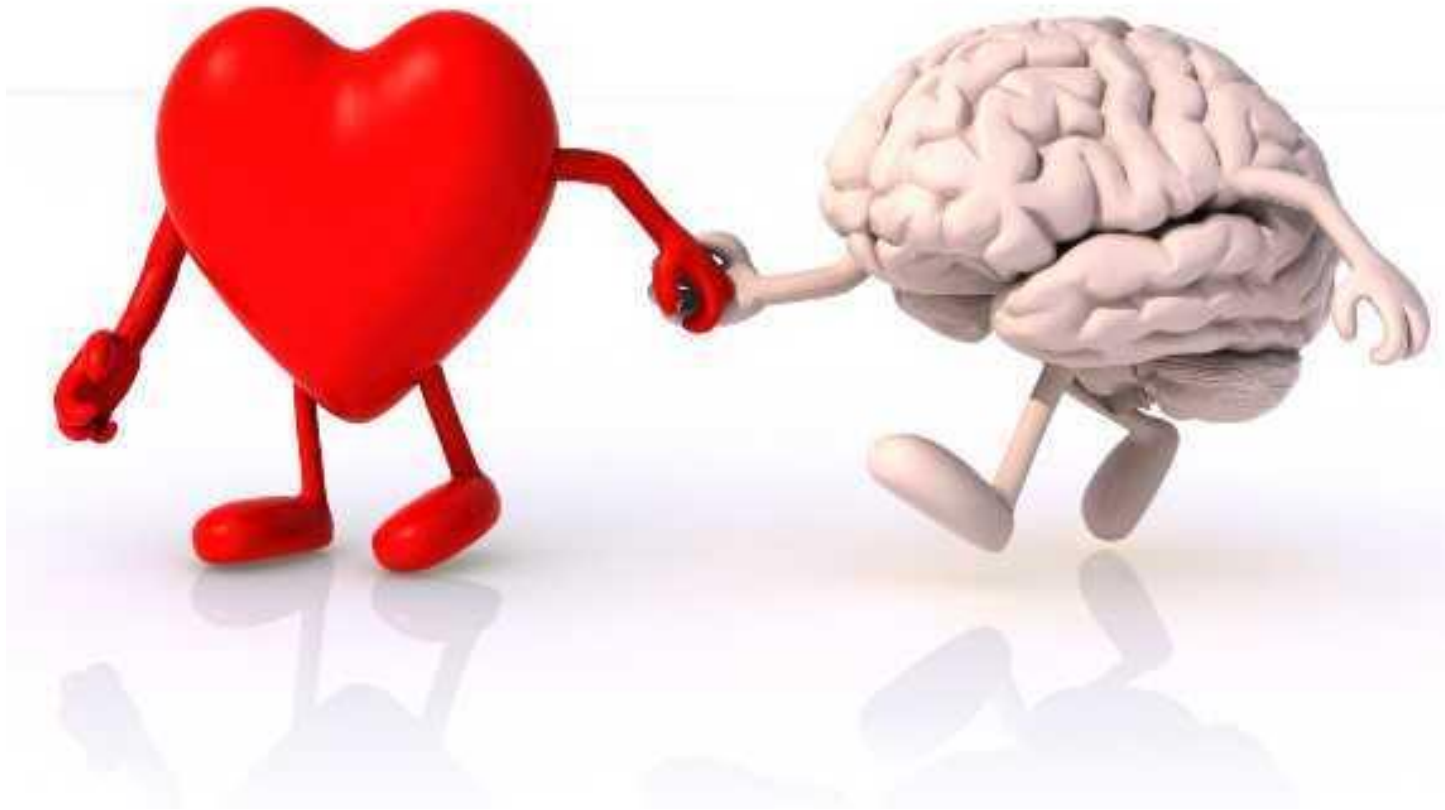
How to Improve our Brain Health

SOCIAL ACTIVITIES

Studies have shown that those with the most **social** interaction within their community experience the slowest rate of memory decline.

[https://www.alz.org/help-support/brain_health/stay_mentally_and_socially_active#:~:text=play%20an%20instrument\).- ,Social%20activities,delay%20the%20onset%20of%20dementia.](https://www.alz.org/help-support/brain_health/stay_mentally_and_socially_active#:~:text=play%20an%20instrument).- ,Social%20activities,delay%20the%20onset%20of%20dementia.)





Physical Activity

STAYING ACTIVE NOT
ONLY EXERCISES YOUR
BRAIN BUT ALSO YOUR
HEART!

Learn something new!

Challenge yourself &
challenge your brain.



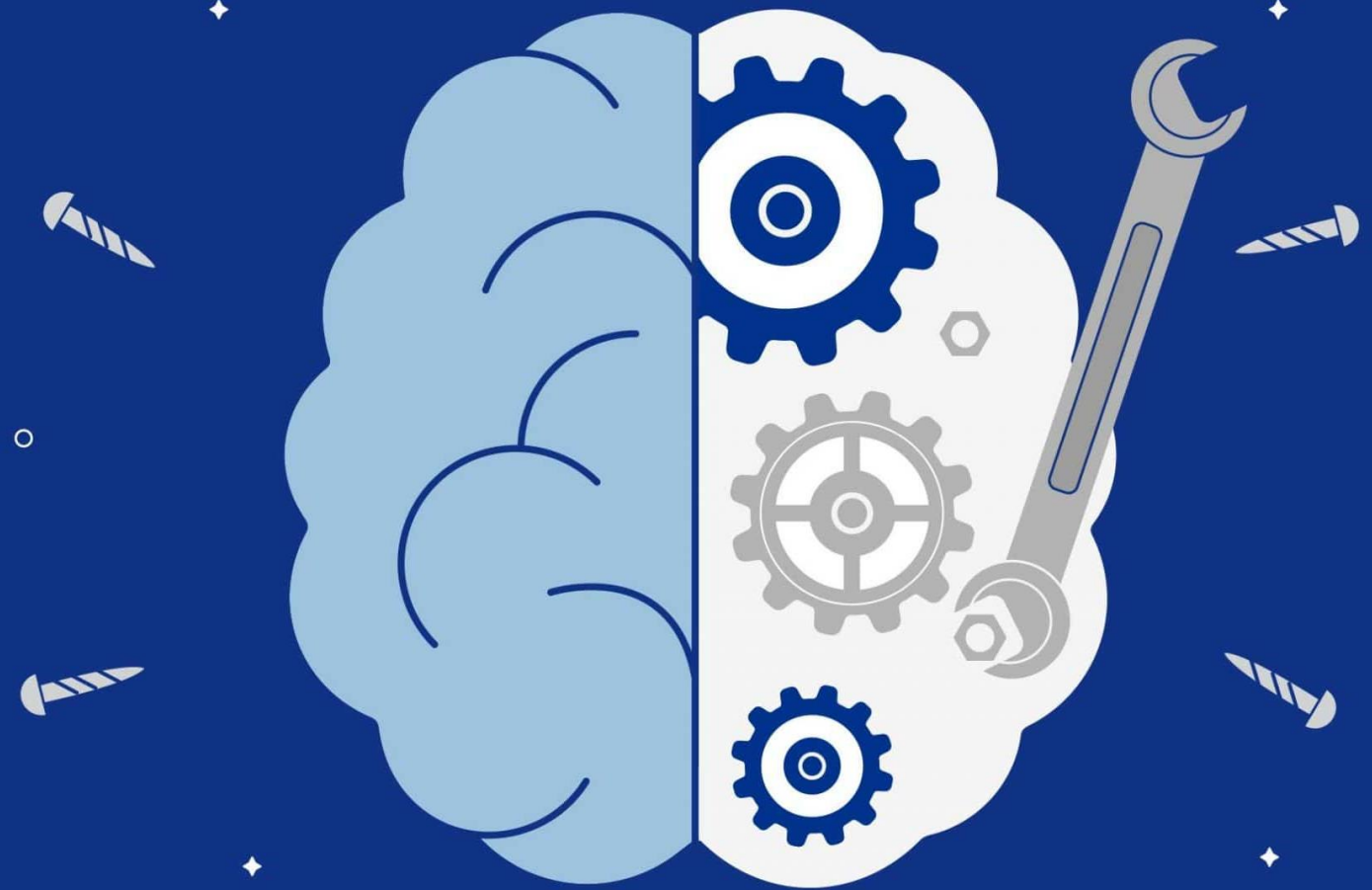
Brain Health & Sleep



- **Sleep deprivation** makes us moody and irritable and impairs **brain** functions such as **memory** and **decision-making**.
- It impairs the functioning of the immune system and promote chronic diseases like diabetes, heart disease.
- **Lack of sleep** is more likely to raise your chances of **dementia** and other mental illnesses.
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep-the-foundation-for-healthy-habits/art-20270117>

Your Brain on Sleep

- Restores and repairs cells
- Works hard prepping you for the next day so you can think fast, make smart choices, produce genius ideas and more!
- Clears out harmful toxins
- Solidifies your memories
- Keeps your body healthy
- Regulates your appetite.



Meditate & be present

- Will allow you to stop worrying about what happened in the past and not fearing what will happen in the future.
- Practice slowing down, enjoy simple things like the aroma of your coffee, the joy captured in a photo, connecting with nature and enjoying pleasant sounds, colors and smells.

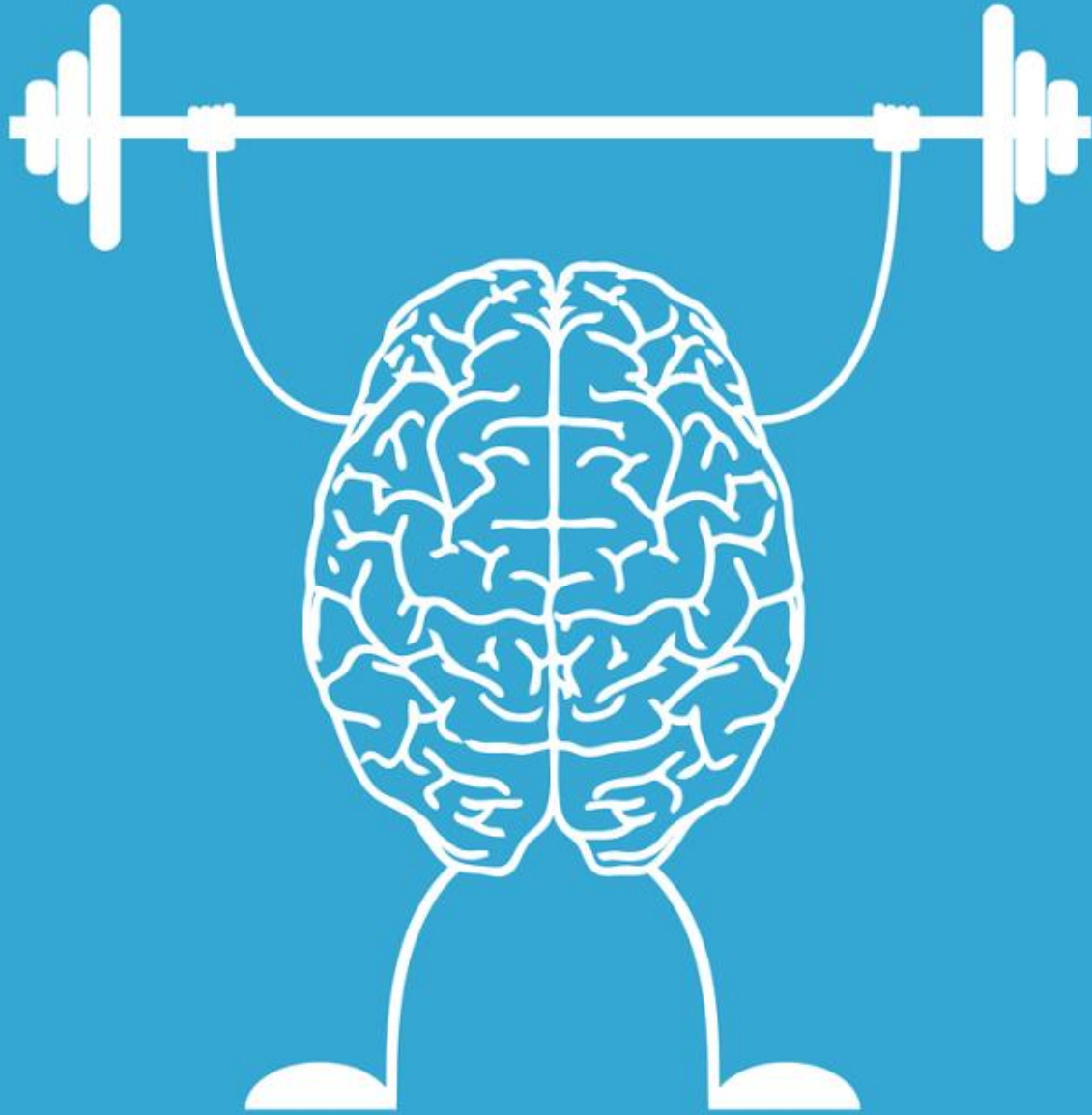




BRAIN HEALTH

Your Brain Loves exercise!

- When you exercise, your body releases chemicals such as **dopamine** and **endorphins** in your brain that make you feel **HAPPY**.
- Exercise also helps your brain get rid of chemicals that make you feel **stressed** and **anxious**.



Regular Exercise

BOOSTS COGNITIVE ABILITY

The right
diet can
help protect
the brain



STOP skipping Breakfast.

Skipping the morning meal can throw off **your** body's rhythm of fasting and eating.

When you wake up your blood sugar is usually low and is what your body needs to make **your** muscles and **brain** work their best.





Foods that
improve the
brain
function

Eat more:

1. **Fatty Fish** (Omega 3 fatty acids)
2. **Blueberries** (reduce oxidative stress and inflammation)
3. **Broccoli, kale, spinach** (Vitamin K)
4. **Pumpkin and flax seeds** (high in Magnesium, Iron, Copper and Zinc)
5. **Dark Chocolate and Cocoa powder** (improves your memory and your mood!)

<https://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>



BRAIN BOOSTERS AND BRAIN BUSTERS

BOOSTERS



Wholegrains



Blueberries



Tomatoes



Broccoli



Nuts



Oily Fish

BUSTERS



Processed Foods



Fatty Fast Foods



Salty Foods



Fried Foods



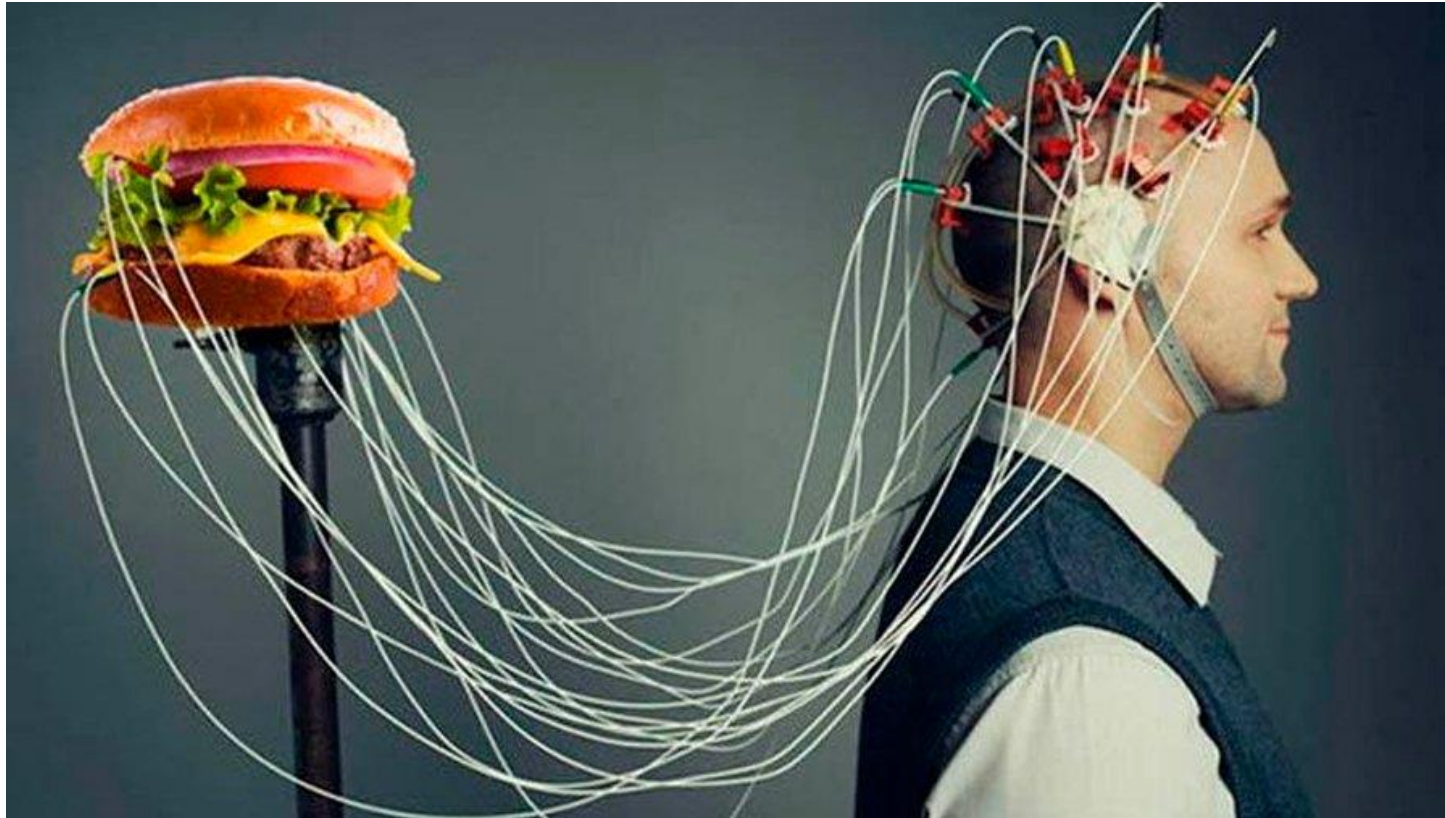
Alcohol



Artificial Sweeteners



Break
the Fast-
food
cravings



The brain
remembers
what you
eat



Avoid or Eliminate

HIGHLY PROCESSED FOODS



LOVE YOURSELF &
LOVE YOUR BRAIN

Additional Learning and Sources

- **Brain SPECT**

<https://www.amenclinics.com/blog/chalene-johnson-amen-clinic-story/>

- **Ways to keep your brain young**

<https://www.health.harvard.edu/mind-and-mood/12-ways-to-keep-your-brain-young>

- **Most Common Mental Illnesses**

https://www.naminycmetro.org/diagnoses-mental-health/?gclid=Cj0KCQjwmIuDBhDXARIsAFITC_6RE2Y4myWIpATYRMQlsGnjReDLOg9ovYqdp26kZmTQZ2sa8QsnohMaAmh5EALw_wcB

- **Brain Health and Sleep**

- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep-the-foundation-for-healthy-habits/art-20270117>

- **Mental Health Studies**

- <https://www.cdc.gov/mentalhealth/learn/index.htm>



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