

SUPERIOR **BRAIN HEALTH**

*Secrets to Boost Your Brain Power
& Mental Wellness*



CHECKLIST

Superior Brain Health Checklist

Your brain controls every activity in your life. It's responsible for your mental and physical activities. It determines your sense of reality and how you carry out both basic and highly intelligent tasks. This book explores how you can give yourself an edge in a demanding world with superior brain health. It also highlights and explores habits that can help you to preserve your brain health and protect your brain from neurological conditions.

Chapter 1: Brain Power and Brain Heath 101

This chapter explores the meaning of brain health and brain power. It also highlighted the differences between the two so that you can have a clear idea of what you're trying to improve by inculcating certain habits. It also discussed what the World Health Organization has to say about this subject matter. It concludes by highlighting some exciting facts about the small but mighty organ in the body – the brain. Below are some of the fun facts about the brain:

- It has incredible miles of blood vessels
- It's normal for your mind to wander
- Thinking consumes a lot of oxygen
- Brain size doesn't matter
- The brain has a jelly-like texture
- It consumes a lot of blood
- Brain parts are ultra-connected

Chapter 2: The Science Behind Brain Function Improvement

Due to the immaculate importance of the brain, it's essential to understand how it works and how it can be improved. This chapter explores what scientists say about the link between food and brain health. It also discussed how food affects our mood and the link between exercise and brain health. The summary of this chapter is as follows:

- Healthy eating habits play a crucial role in brain health
- Food affects our mood by affecting some parts of the brain
- Exercise is crucial in boosting brain health and brain power

Chapter 3: How To Train Your Brain

It's possible to make your brain more effective by training it. There are some techniques that can help in this regard. Here are some of them:

- Work your brain by flexing its muscles through recalling activities
- Drink coffee
- Read books
- Try a different approach
- Limit crossword puzzles
- Tell good stories
- Turn off electronics thirty minutes before bed
- Learn new things

Chapter 4: Perks of Improved Brain Health

There're many benefits you stand to enjoy when you are deliberate about improving your brain power and brain health. Here are some of them:

- Enhanced body functioning
- Clarity and focus
- Reduction in the risk of dementia
- Reduction of age-related cognitive decline
- Improved overall performance due to heightened brain functioning

Chapter 5: Habits That Support Brain Health

There are some habits that can have negative impacts on your brain health and brain power. In the same way, there are others that can help you to preserve your brain health. If you want to keep your brain healthy, inculcate the following habits:

- Regular exercise
- Get some sunlight
- Play Tetris
- Have quality sleep
- Meditate as much as possible
- Build strong social connections with others
- Eat healthy meals that can boost your brain health
- Cut down stress to the lowest level

Chapter 6: Best Foods That Boosts Brain Health

There's no doubt you're what you eat. You can improve your physical and mental health by having a healthy eating habit. There are some foods that have nutrients your brain needs to keep functioning at its peak condition. Here are some of them:

- Fatty fish
- Green tea
- Oranges
- Eggs
- Blueberries
- Nuts
- Dark chocolate
- Pumpkin seeds
- Broccoli
- Turmeric

Chapter 7: Top Brain Health Supplements

Apart from food, supplements can also help you to optimize your brain functions. Natural supplements are the best because they do what you expect without putting you at risk of unbearable side effects. Nonetheless, you should avoid the temptation of combining them with medications without informing your doctor. This approach might put you at risk of suffering side effects. Here are some beneficial supplements that can help you to enhance your brain health and brain power:

- Creatine
- Acetyl-l-carnitine
- Resveratrol
- Phosphatidylserine
- Ginkgo biloba
- Folic acid
- Ginseng

Chapter 8: How Seniors Can Preserve Brain Health

Aging is inevitable. No matter how meticulous you're with practicing healthy eating habits and regular exercise, you'll still grow old. So, the best you can do is to slow down the process and ensure that you don't fall sick often during that period. This chapter will explore some common brain dysfunctions that are associated with aging and how older adults can preserve their brain health and brain power. Seniors can preserve their brain health through the following ways:

- Daily walk
- Engage your brain
- Go Mediterranean
- Maintain social connection
- Leverage mnemonics
- Go for medical checkups