

10 simple ways to transform your brain health



There are many great ways to boost your brain health. Here are some of the top picks

1. Your brain needs sleep to recharge: try to sleep for at least seven to eight hours each night.
2. Remain social with those you like: interacting with others stimulates connections between brain cells.
3. Try something new, such as a new route home from work or preparing a new food for dinner, to build new connections and boost memory.
4. Play games and puzzles to boost long- and short-term memory, information retention, and concentration.
5. Walk daily to help stave off dementia.
6. Don't overeat. Eating adequate, not excessive, amounts of food reduces



- memory loss and cognitive impairment.
7. Learn a new language or practice one you may have forgotten; this may help build connections between brain cells.
 8. Eat at regular intervals to provide consistent fuel to your brain.
 9. Head out into nature to boost brain-supporting oxygen levels.
 10. Eat more fermented foods to improve gut health. The gut is known as the “second brain” for its connection to memory and brain disease resistance.

I hope you enjoyed these simple ways to keep the brain healthy! Stay safe!

Want a product or service review, call me!

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