



Chapter 1

Introduction to The Neuroforce Nutrition Formula online course



Online group coaching schedule

Chapter 2



THE PERFECT DIET TO BOOST THE BRAIN

SECTION 1



Meal and snack suggestions from our brain experts

Chapter 3



Quick-witted with the right kinds of fats

Chapter 4



Focus on protein to rev up your mental capacities

Chapter 5



Boost your brain with the right carbs

Chapter 6



Keep your brain young with the ketogenic diet

Chapter 7



The best antioxidants to protect your brain

Chapter 8



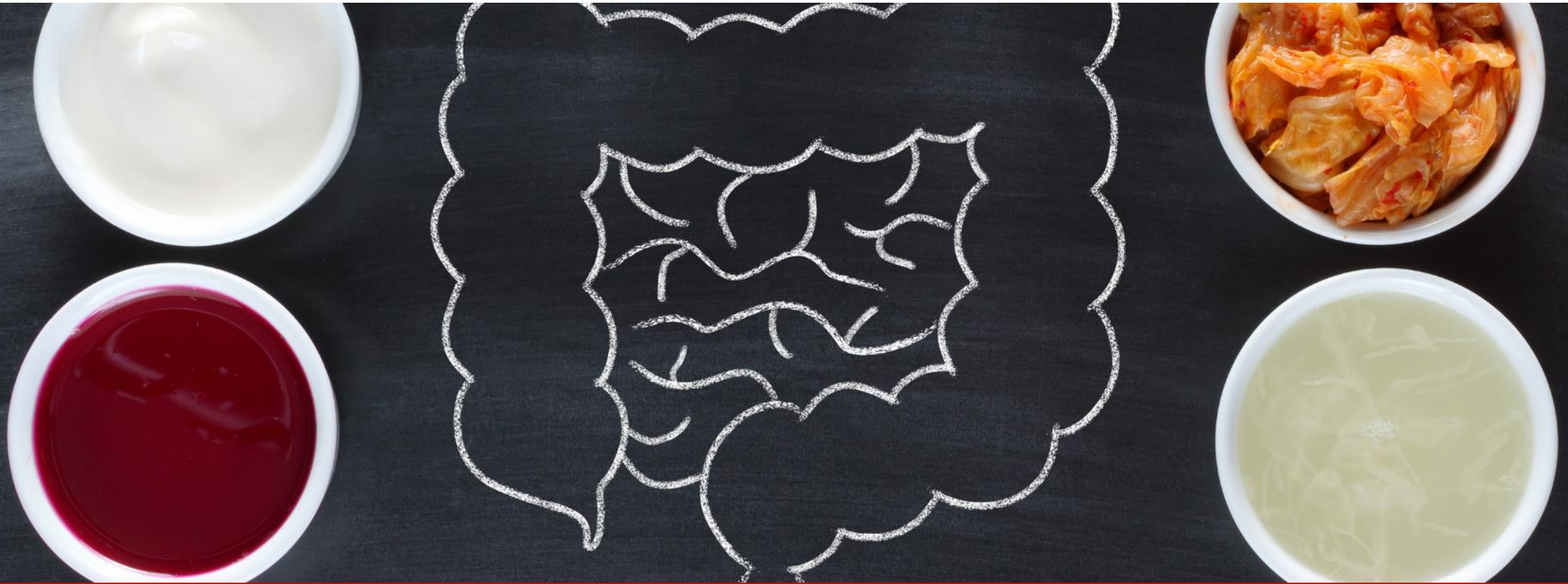
HEALTHY AND LEAN THANKS TO YOUR MICROBIOME

SECTION 2



The stunning role of your gut microbiome in your mental health

Chapter 9



How to choose the right prebiotics and probiotics

Chapter 10

A hand holding a stethoscope is on the left, and another hand is writing the word 'INFLAMMATION' in large, bold, black capital letters on a whiteboard. The whiteboard is mounted on a wooden board. The background is blurred, showing what appears to be a hospital or clinic setting.

INFLAMMATION

**To beat Inflammation
is the name of the game**
Chapter 11



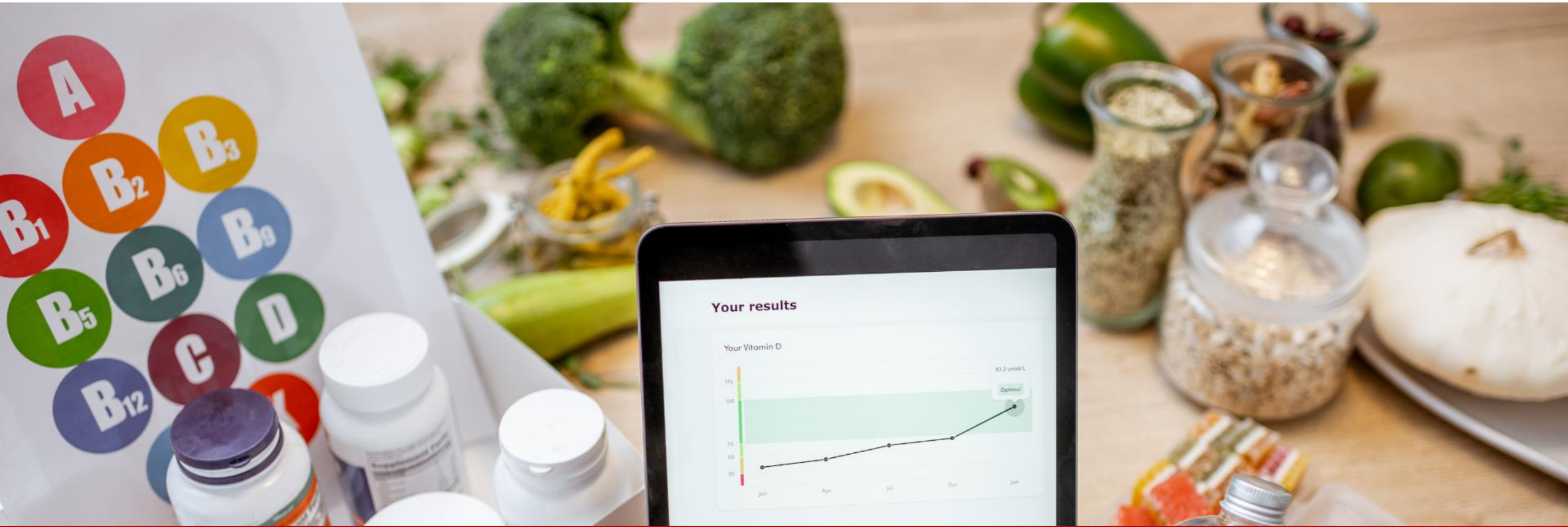
Hunt down glutens and lectins

Chapter 12



THE POWER OF SUPERFOODS AND SUPPLEMENTS

SECTION 3



Give your brain the vitamins it needs

Chapter 13



Minerals that make your brain work

Chapter 14



The best superfoods and supplements to boost your brain

Chapter 15



Supplements that help with attention and learning

Chapter 16



Supplements that boost your energy

Chapter 17



Supplements to enhance memory and fight Alzheimer's disease

Chapter 18



Quality water to rev up your brain

Chapter 19



SUBSTANCES THAT DESTROY THE BRAIN

SECTION 4



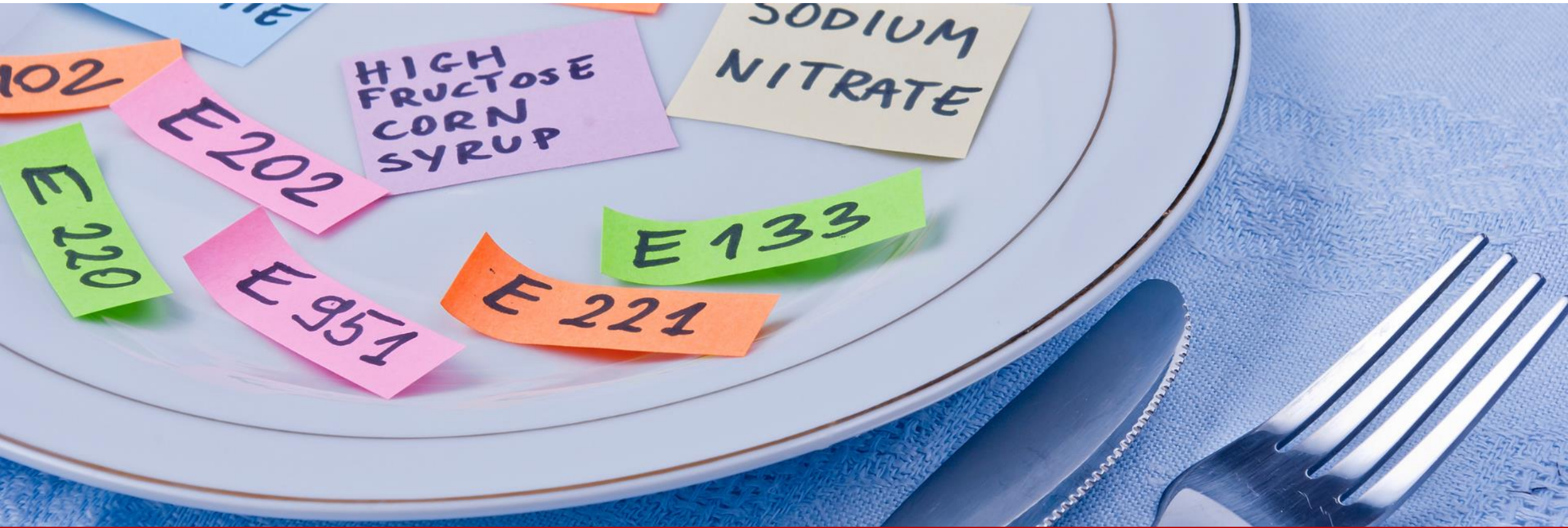
Foods that lower intelligence

Chapter 20



How alcohol destroys the brain

Chapter 21



The harmful effects of food additives and sweeteners

Chapter 22



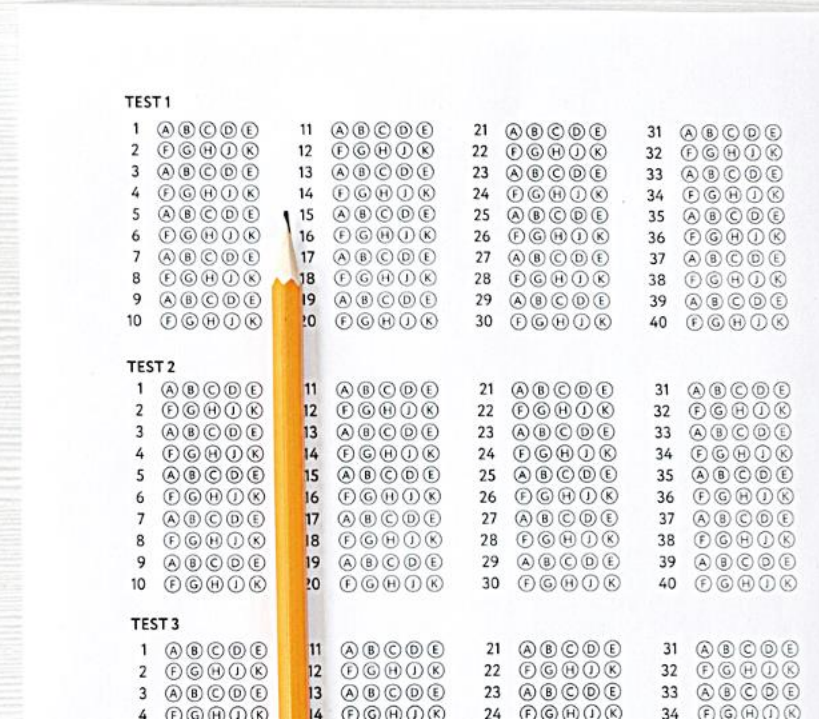
How smoking and vaping destroy neurons

Chapter 23



Proof that marijuana lowers intelligence

Chapter 24



EXAMINATION AND CERTIFICATION

SECTION 5



**Come and put it all into practice
in our group retreats**
Chapter 26

neuroforce



neuroforce

Become a Certified Neuroforce Coach

Chapter 27



Examination and Continuing Education Credits (CEC)

Chapter 28