



Brain Support for Seniors



AGING is an inevitable fact of life. As we age it is still important to take good care of ourselves. A desire to live and a positive frame of mind is probably the thing that will motivate us to keep moving, eat well and keep our brains stimulated. After all, life is about sowing and reaping.

What we put in we get out. This happens in all areas of our lives.
Physically, emotionally and spiritually.

LET FOOD BE YOUR MEDICINE(Hippocrates)

REFINED white flour and sugar have no nutritional value and cause unstable blood sugar levels. Bread, rusks, cake, desserts, biscuits etc are comforting snacks but cannot replace a healthy meal. Try your best to eat fresh fruit and vegetables (especially leafy green vegetables), whole grains, dairy products, nuts and seeds, biltong (to snack on), fatty fish (sardines), meat and eggs. Grab an apple and nuts when you have a sugar craving. To keep your blood sugar stable is plan A. When your blood sugar drops, your concentration, mood, and energy drop. The higher it peaks the lower it drops, and it pushes you to eat more sugary things.

HEAL WHILE YOU SLEEP

We need to sleep specifically so that the brain can focus on cleaning itself out each night. This is done by the Glymphatic system. The clear cerebrospinal fluid (CSF) in the brain is what is responsible for draining toxins from the brain, much like how the lymphatic system removes waste from cells. While you sleep, your brain is busy sweeping and mopping the floor, washing the dishes, and taking out the trash to prepare for the next day. Studies show that bad sleep cycles and/or interrupted sleep cycles can impair your memory and cognition.

8 hours of sleep is optimal, we need proper sleep so that we can recharge our batteries and function properly.

Physical effects of sleep deprivation are:

- 🌱 Poor concentration, irritability, aggression, apathy, paranoia, slowed thinking, lack of energy, a reduced attention span, mood changes, poor or risky decision making, loss of sex drive and health problems.
- 🌱 Melatonin is a hormone primarily released by the pineal gland that regulates the sleep-wake cycle. As darkness falls at the end of the day, melatonin levels rise. Melatonin winds the body down to a more lethargic and sleep-ready state. Computers (any screens) emit blue light that can make you melatonin deficient, and cause sleeplessness. Put screens and bright lights off two hours before you go to bed.

KEEP ON HYDRATING!

Not drinking enough **water** can impair cognitive function. The volume of fluid within our body helps to support cerebral blood flow. When we are dehydrated or have consumed too many non-hydrating beverages such as coffee, tea, fizzy drinks, energy drinks, juice or alcohol; we can have impaired cerebral blood flow. This can lead to fatigue, brain fog, poor concentration and memory, dizziness, and poor waste removal.

Benefits of drinking **water** include improved concentration, balanced moods, better sleep, constant energy, normal blood pressure, sustained memory function and relief and prevention of headaches. By drinking **water** and staying hydrated, you're providing your brain with what it needs to continually perform at its best. Not only will you feel better physically, but you'll be mentally strong and ready to tackle the day ahead.

KEEP ON MOVING!

Fitness isn't only good for your physical body but also plays a large role in maintaining a healthy brain. Exercising strengthens connections between brain cells. Jump on a small trampoline, skip, dance, walk, and run. Anything! Just move! We sit for hours at a time reading or watching TV. To take a walk (even on the spot) or do some stretching will get the blood flowing in your body again which will also help get more oxygen to your brain.

KEEP ON DOING!

- 🌱 Have fun with a jigsaw puzzle
- 🌱 play cards or other board games
- 🌱 use your senses (do things that stimulate smell, taste, listen, feel and see)
- 🌱 Read magazines with beautiful bright happy pictures
- 🌱 Dance your heart out (even by yourself)
- 🌱 Sing, Listen to or play music
- 🌱 Focus on another person, ask questions and make your world bigger
- 🌱 Make time to connect with friends and family
- 🌱 Do things you did when you were younger and that you love
- 🌱 Get outside, sun on your body, garden if you can
- 🌱 Be grateful
- 🌱 LOVINGLY TAKE CARE OF YOURSELF
- 🌱 FORGIVE AND PRAY
- 🌱

Supplements that support brain function:

- 🌱 OMEGA 3 (Willow) R134 (90) - Good fats or omega 3 fatty acids as they are known, are essential fatty acids. They are called essential as the body is not able to make them on its own. Research has shown that low levels of omega-3 fatty acids may contribute to difficulty concentrating, learning, and behaving!
- 🌱 MULTI NUTRIENTS (WILLOW) R 151 (60 capsules): A multivitamin to prevent deficiencies because of not eating nutritious food.
- 🌱 CEREBRO – FAST(DNA Biopharm) R193 (90 caps): A Synergistic Combination of specific nutrients that actively target the root causes of dementia and memory loss.

WhatsApp us on **076 999 0177** for more information or to place an order
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