



5 STEPS

To Better Brain Health

BY:

Thomas Prather MS, CNS, LDN

NEED A BRAIN BOOST?

The brain is the command center of your body. It controls everything from your thoughts, emotions, and memories to your movements, senses, and even your breathing. Without a healthy brain, you can't experience the world, learn new things, or even survive.

So, let's get you some ideas on how to optimize your brain health!



Step 1:

Optimize your fluid intake!

Most of my clients don't even come close to the fluid intake they should be consuming. I recommend 80-100 oz of filtered water per day. Add electrolytes to help it stick and prevent the need to urinate too often.

Helpful tips:

- Get a 40 oz glass flask
- Fill up before bed so it's ready in the am
- Keep it within peripheral vision so you can't forget
- Set reminders to drink water every few hours
- Add a pinch of pink himalayan salt to your flask
- Increase intake if you sweat a lot that day

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Check out this container!



Step 2:

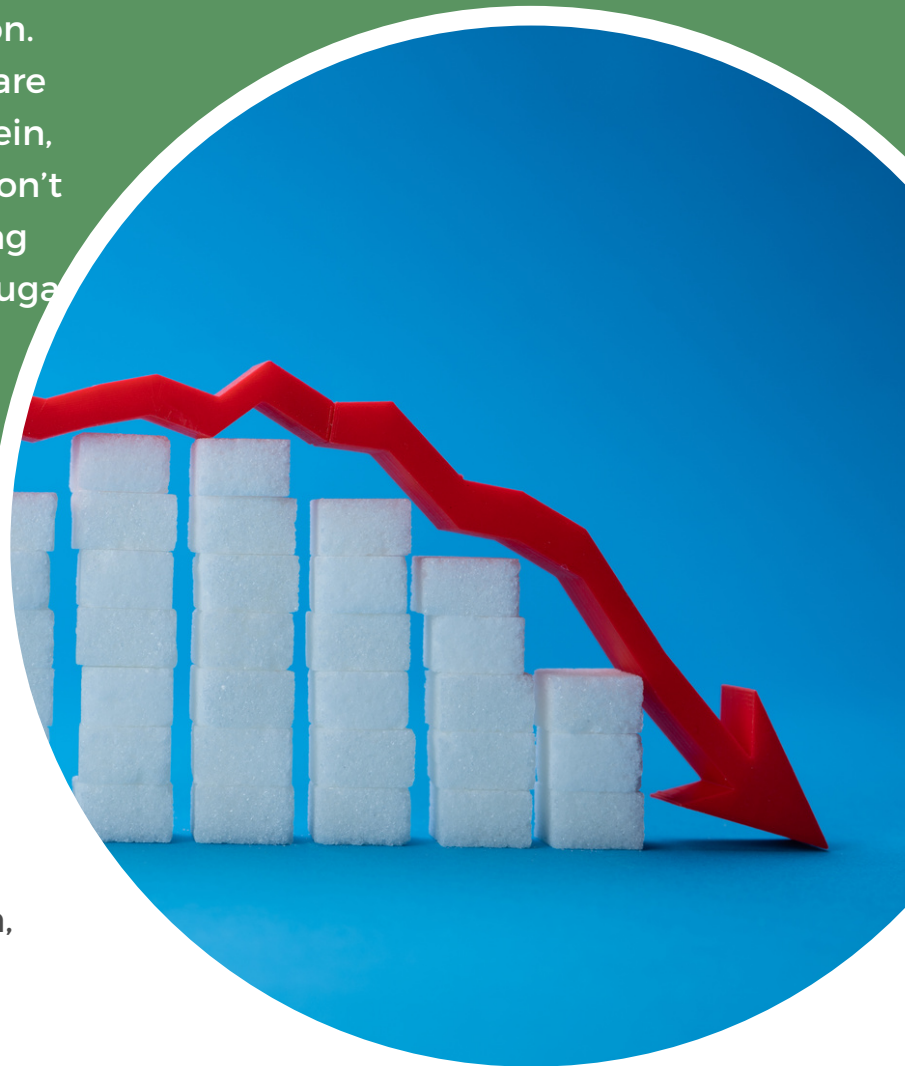
Balance your blood sugar

Blood sugar fluctuations can easily cause your brain to malfunction. Eating meals and snacks that are well-balanced with more protein, fat, and fiber can ensure you don't have a sugar spike. Also walking after a meal can help reduce sugar spikes further.

Meal Prep Tips:

- Use beans, potatoes, and squash as carbs instead of grains like rice, bread, or pasta.
- Eat the carbs last if you can, or after the fats.
- Keep snacks as nuts, seeds, veggies w/ guac or hummus, protein shakes, and salads.
- Walk for 15 min after a meal

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Try these low carb recipes!



Step 3:

Rule out food intolerances!

Have you ever tried to test which foods might be causing brain fog? Trialing some eliminations can be greatly insightful. I recommend starting with 2-3 foods and working up from there. Eliminating too much can be dangerous, so consult with me before going further.

Foods to Suspect:

- Gluten
- Dairy
- Egg
- Sugar
- Processed foods
- Alcohol
- Fried foods

Work with me to get a personalized plan for food elimination!

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Try these allergen free recipes!



Step 4:

Upgrade your fitness!

The brain responds to exercise more than anything you can do for the body. The best way to get more energy is to start moving! Think about pushing yourself into the zone where you sweat and/or could barely hold a conversation.

Health Tips:

- Exercise 150 min per wk or 30 min 5 d/w
- Invest in a HR tracker like apple watch or similar to stay in your zones.
- Do intervals of higher HR zones to boost endorphin output.
- Choose a workout that's fun for you!



Check out this free app!



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Step 5:

Fix your sleep and self-care routine

Stress or sleep issues will slowly take a toll on your brain health and can often make all the difference when you fix them. Try assessing which of these could be worth focusing on and start with small changes.

Small Changes:

- Deep breathing 5 min/day
- Walking every morning
- Going to bed 30 min earlier
- Drinking calming hot tea before bed
- Stretching for 5 min/day
- Turning the phone off in the evening
- Journaling 3 min every day
- Incorporate more skin care
- See a therapist

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Check out this self-care journal!





**Do you want a more
customized approach?**

Start with a FREE CALL!

We'll Discuss:

1. Your primary concerns.
2. How I can help you.
3. What you need to get started.

Let's Go Deeper!

CONTACT ME

 (619) 352-0432

 thomas@gutbrainbody.com

BOOK NOW



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