



Brain Foods: Eat for a sharper mind

NAME:

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This worksheet is a supplement training guide to “**Brain Foods: Eat for a sharper mind**” video repurposed on June 22, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Serotonin is a neurotransmitter that helps us sleep, mediate moods, and regulate appetite. Since 95% of your serotonin is produced in your GI tract, and your GI tract is lined with a hundred million neurons or nerve cells, it makes sense that the inner workings of your digestive system don't just help you digest food, but also affects your brain.

What you eat isn't just about maintaining your weight – it's about keeping your brain healthy as well.

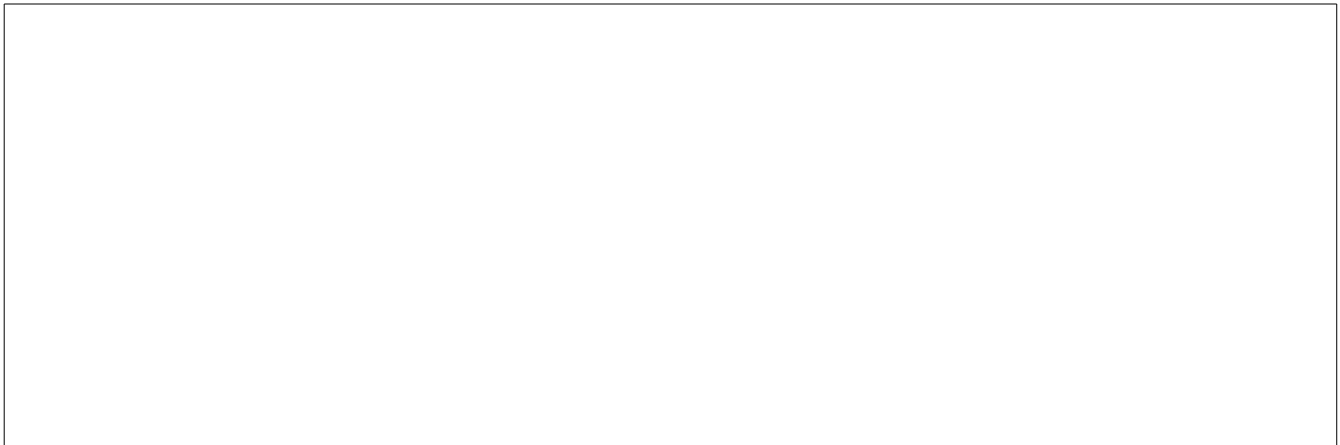
Are you getting enough of the right nutrients to improve memory and support healthy cognitive function?

What you can do?

Just like the right diet can prevent heart disease, high blood pressure, or cancer, health experts are finding that certain foods may boost your mind. Sharper mind can be achieved by consumption of vegetables such as spinach, and fish such as salmon. Top 3 diets to consider may include: mediterranean, okinawan, and scandinavian diet.

Build your team of experts for a sharper mind. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?



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Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com