



OPTIMIZING BRAIN HEALTH

Session One

Welcome! Let's Talk Brain Health

Classes featured: Welcome to Optimizing Brain Health, Let's Talk Brain Health

What I want to remember:

WHAT YOU NEED TO KNOW:

- Dementia and cognitive decline are not inevitable as you age. Even if you have a genetic predisposition for certain brain diseases, your “lifestyle,” including your diet, can impact whether your genes are turned on.
- Reducing inflammation and damage to our cells’ mitochondria is key to brain health and prevention of brain diseases.
- Controlling blood sugar is key in protecting the brain and preventing dementia, often referred to as Type 3 diabetes.
- Mitochondria are the powerhouses in your cells; they are responsible for your vitality and impact how you age.
- When mitochondria aren’t functioning well, we can feel fatigue, pain, and cognitive issues.

Facts from the pros to remember:

- One in two people over age 85 will develop dementia.
- The most common brain diseases are Alzheimer’s and Parkinson’s.



HOMEWORK

Assignment

Track everything you eat and drink for three days. Don't worry about writing down exact amounts; the purpose is to make you aware of what you are eating.

Quick notes:

FOOD AND SYMPTOM TRACKING

Do you notice a symptom after eating? How do you feel? What time is it?

Day one

What did I eat and drink?

Symptoms

Day two

What did I eat and drink?

Symptoms

Day three

What did I eat and drink?

Symptoms

Want to track digitally? Check out these free tracking apps: My Fitness Pal, My Plate, Shopwell