

Optimizing Brain Health

Syllabus + FAQs

Syllabus

This program is designed to help you achieve optimal brain health and support the prevention of brain diseases through nutrition and lifestyle. You will learn how to implement a low-glycemic, mildly ketogenic, and anti-inflammatory diet, plus how to support healthy mitochondria (your cells' powerhouse) in your body and brain. This is how we make energy, and it is key to healthy brain function. Before beginning this program:

- Review the [resource page](#) for the Optimizing Brain Health program.
- Download and print the full program workbook or start with just session one.

Session 1: Welcome! Let's Talk Brain Health

- Learn the basics of brain health and brain disease.
- Get started by tracking. Tracking leads to awareness, and awareness leads to long-term success.

Classes:

- Welcome to Optimizing Brain Health
- Let's Talk Brain Health

Session 2: Key Protective Nutrients

- Find out three important nutrients for brain health and the foods that contain them.
- Learn simple ways to incorporate these nutrients so you can start right away.

Classes:

- Key Protective Nutrients for Brain Health
- Food Sources for Key Nutrients

Session 3: Healthy Brain Diet

- It's more about the nutrients you aren't eating. Learn which macronutrients to eat in higher amounts and ways to consume more of them.

Classes:

- Low-Glycemic Style of Eating
- How to Eat a Low-Glycemic Diet

Session 4: Reducing Toxic Burden

- Learn about the connection between lifestyle toxins and brain health.
- Get started on key strategies to help reduce your body's exposure to toxins.

Classes:

- Reducing Your Body's Toxic Burden

Session 5: Special Considerations

- Learn extra tips for those with a family history of amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), epilepsy, Alzheimer's disease, or Parkinson's disease.

Classes:

- Optimizing Brain Health Wrap-up
- Optimizing Brain Health Special Considerations

Program FAQs**What are your nutrition programs based on?**

Launch My Health was founded on the principle that food can be one of the most powerful medicines we have. Our nutrition and culinary programming is evidence-based and includes a whole fresh foods approach with an emphasis on a positive mindset and celebrating food. We believe flexible eating styles are more sustainable than restrictive diets and work to guide you in simple ways you can enjoy eating this way.

Who is this program NOT recommended for?

This program is not meant for those under the age of 18, those under the care of a physician for cancer treatment or treatment of another serious medical condition, those with a history of or current disordered eating, or those who are pregnant, nursing, or trying to conceive. If you are unsure, consult with your physician before beginning this program.

I have a food allergy/sensitivity and/or follow a specific diet. Will I be able to participate?

Yes! All the recipes included in this program have options to be modified to fit a dairy-free, gluten-free, and/or low-FODMAP eating style. Plus, you'll find many excellent vegetarian, pescatarian, and vegan options on the recommended food lists. If you don't like or can't eat an ingredient, you can swap it out for something that works for you. You're in control.

What does a "low-FODMAP eating style" mean?

FODMAPs are different forms of carbohydrates that are part of many commonly consumed foods, like fruits, vegetables, dairy, grains, and sweeteners. Most people have no trouble digesting FODMAPs, but in those with irritable bowel syndrome (IBS), unpleasant digestive symptoms like chronic bloating, diarrhea, constipation, and stomach pain can occur from eating high-FODMAP foods. Fun fact: FODMAP stands for fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols.

Launch My Health Program Disclaimer: The information provided in Launch My Health programs is for educational purposes only and not intended as medical advice or to replace medical care. Always consult with your physician and medical care team to determine the right care for you.