



# Optimizing Brain Health Program

Learn how to optimize cognitive function and reduce your risk of developing a variety of neurological conditions like Alzheimer’s disease and Parkinson’s. This program includes nutrition interventions focused on research-backed science.

Before you start your program in Wellbeats *Wellness*, a product of LifeSpeak Inc., review and download the [program resources](#).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Welcome to Optimizing Brain Health 4 min	Let’s Talk Brain Health 8 min	Track everything you eat and drink today.	Track everything you eat and drink today.	Track everything you eat and drink today.	Key Protective Nutrients for Brain Health 7 min	Eat at least 3oz of fish high in omega-3.
WEEK 2	Food Sources for Key Nutrients 6 min	Get nutrients into your diet and do your selected action item.	Get nutrients into your diet and do your selected action item.	Get nutrients into your diet and do your selected action item.	Get nutrients into your diet and do your selected action item.	Get nutrients into your diet and do your selected action item.	Get nutrients into your diet and do your selected action item.
WEEK 3	Low-Glycemic Style of Eating 8 min	How to Eat a Low Glycemic Diet 5 min	Drink 1-2 cups of green tea daily or implement one of the other action items.	Plan a healthy fat for every meal and snack or implement one of the other action items.	Include a protein at every meal and snack or implement one of the other action items.	Swap out high-glycemic foods for lower in your meals or implement one of the other action items.	Wean off sugary beverages or implement one of the other action items.
WEEK 4	Reducing Your Body’s Toxic Burden 8 min	Visit the EWG website and make a list of your priorities for reducing toxin exposure.	Go through your skin and haircare products and count your chemical exposure.	Take a Wellbeats <i>Wellness</i> fitness class or find a way to sweat.	Download and print the Dirty Dozen list.	Drink half your bodyweight in ounces of water.	Optimizing Brain Health Wrap-up 1 min — AND — Brain Health Special Considerations 3 min