



Supplements Recommended for Optimal Health

***Always consult your healthcare professional before starting a nutritional supplement program.**

Omega 3 Fish Oils – Orthomega – 2 capsules daily with food (kids under 12-1/day). DHA in particular is recognized as being essential for brain development and normal brain function because it is an integral component of brain cell membranes and has potent anti-inflammatory effects. In addition to its structural role, DHA is involved in multiple brain functions, including cell membrane fluidity and assuring healthy receptor site function to optimize communication inside and outside the cells.

Probiotics – (Theradophilus) – 2 caps daily on empty stomach (kids under 12-1/day) It may seem odd that beneficial intestinal organisms affect the brain, but much research supports the fact that probiotics greatly influence brain activity and health via nerve, hormone, and immune system effects. They also aid in creating a healthier intestinal lining to improve absorption of nutrients which aid in healing.

Vitamin D3/K2 – 5,000 IU/100 mcg – 1 capsule daily with food (kids under 12-1,000 IU Vitamin D/25 lb weight). Vitamin D has been shown to be neuroprotective, involved in several energy pathways, and also serving an anti-inflammatory role. Several studies show that in subjects either supplementing with Vitamin D, or confirmed adequate levels experience more rapid recovery from TBI (traumatic brain injury).

B-Complex (B-Supreme) – 1 capsule daily. Niacin (B3), Methylcobalamin (B12), Folate, and Pyridoxine (B6) have all been shown to play a role in the energy reactions crucial for brain tissue recovery. *Vegetarians may need an additional B-12 for under-the-tongue absorption

Magnesium – 1 tab/cap each evening with food, increase to 2 tabs/caps as tolerated. Best forms are Glycinate, Citrate, and Malate. Magnesium is a critical component in the activation of nerve channels that are involved in synaptic plasticity. That means that magnesium is critical for the physiological events that are fundamental to the processes of learning and memory. It also provides a very relaxing effect and can be helpful for calming and sleep.

Curcumin (Meriva 500 SF) – 1 capsule twice daily. This colorful root is a major anti-inflammatory botanical, and has been studied for many issues, incl. cognitive health, liver support, muscle fatigue, skin and anti-aging support, and arthritis. This form of curcumin has enhanced absorption as it is bound to phosphatidylcholine, a special fat that is, in and of itself, essential in the body.

Co-Enzyme Q10 (Ubiquinol) – Ubiquinol is the “reduced” (ie more useable) form for CoQ10, which is an enzyme in reactions involving the mitochondria, or energy centers, of our cells. Its activity has been well researched in heart tissue in particular, but with much research focusing on mitochondrial health and the link with chronic disease, CoEnzyme Q10 is being recognized for its role in healthier aging.

Being present in the moment

Consistent practice of nurturing awareness to the present moment without judgement increases brain density by developing neural pathways in our brains that support focus and ability to regulate emotions and decrease negative thoughts. Practicing mindfulness just 10 minutes/day can change your reaction to the world and reduce the stress response of your body.

Take 5:

5X5 mindful breathing exercise:

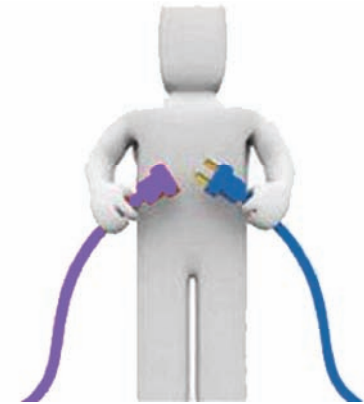
Five times/day pause, close your eyes, and focus on 5 deep breaths. Lengthening the exhalation with each breath.



thinkheadfirst.com 435.659.5932
admin@thinkheadfirst.com
 alpineapothecary.com 435.615.0070



Plug into your Health



Brain Body Health Solutions



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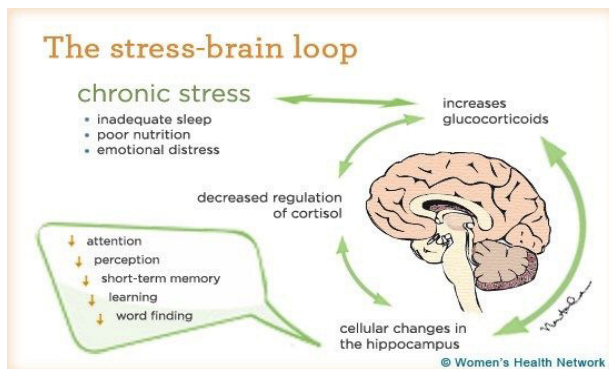


Brain / Body Health Solutions

The human body is a complex intricate machine comprised of multiple systems that work together in an integrated fashion. To optimize smooth functioning of our body and brain, we must do our best to support and maintain balance, replenish energy / nutrients and prevent the insults we can by looking at the body as a whole being and addressing the root causes of problems.

Our lifestyles today are increasingly busy with little time to recover daily. This triggers a never-ending cycle of our internal stress response system – the “fight or flight” neuro-endocrine systems. Our sympathetic nervous system and the hypothalamic pituitary adrenal axis are all activated and work in concert to respond to stress / stimuli and facilitate adaptation to our environment. This is how we all grow and accommodate to evolve and survive. This system works beautifully for the short-term response and actually is beneficial in creating mental focus, high energy. However, with chronic exposure; physical, emotional and mental in combination with poor diets, poor sleep, toxic environments, etc., it can be detrimental to our health. The perpetuation of the body’s stress response systems over time leads to depletion of the resources and nutrients (gut) and ultimately our resilience (immune system) resulting in disease processes; poor health, poor sleep, anxiety, brain fog and unhappiness.

**Important:
Manage your stress!**



Make time for Self Care: Replenish Energy

- Start Day with a quiet moment – Breathe / Set a goal for Day
- Throughout Day - Move - Get outside to take in nature if possible – Pause
- End of work – Hit STOP / Pause / Reset; De-Stress, Exercise – time for self
- Digital Detox – Unplug by 9pm and enjoy peace, reflect, express gratitude
- Sleep – The Ultimate Pause – Critical & provides for rebuilding metabolic reserve (7-9hrs)



General Nourishment Ideas:

- Clean up Fuels for your body and detoxify your gas tank → your gut
- Fasting – intermittent is actually good for metabolism – Try to not eat after 7-7:30pm until the next morning 7:30am, 10-12 hours
- Embrace Slow Eating – pause prior to eating to savor the meal and be thankful
- Protein Based Breakfast, Gut friendly dinner

Remove Inflammatory Foods:

- Sugars – refined/artificial/simple carbohydrates/artificial sweeteners
- Gluten, grains, legumes, Dairy/lactose
- Nightshades (tomatoes, peppers, white potatoes, eggplant)
- Inflammatory Oils (canola, soy, corn, peanut, vegetable)
- Processed meats – use organic grass fed
- Limit Alcohol and caffeine

Foods to Eat:

- Veggies: 4-6 cups/day – dark green leafy, cruciferous (broccoli/cauliflower), beets, carrots, garlic, onion, artichokes, sweet potatoes, mushrooms, celery, cabbage, brussel sprouts
- Protein: at each meal - grass fed beef, organic meats, eggs, wild fish, nuts (almonds/walnuts/macadamia) and seeds (flax/chia)
 - ✓ 1-2 Tbs Flax Seeds – good fiber and decreases Cholesterol / estrogen
- Healthy Fats: Avocados, olives, ghee, Oils: olive, coconut, avocado, macadamia nut
 - ✓ 2-4 Tbs Olive Oil daily boosts detoxification and reduces Cholesterol
- Fruits: In season if possible – apples, berries (black/blue/strawberry, raspberry), kiwi, cherries, pomegranates.
- Probiotic Foods: Coconut or almond yogurt, Coconut Kefir, sauerkraut, kombucha drinks
- Dairy: replace with Nut milks and creamers
- Fluids: lots of water – try to get ½ your body weight in ounces in water/day – add lemon, green tea, again; Kombucha drinks
- Snacks: almonds, walnuts, jerky, veggies/humus, turkey roll-ups
- Sweeteners: Stevia Very Limited - organic honey, pure maple syrup