



Ten Top Tips for your Memory

- Eat “Mediterranean diet,”—mainly organic, fresh vegetables, berries, olive oil, walnuts and other nuts (soak first in water)
- Cut out sugar and refined flour entirely.
- Eliminate “bad” fats and processed foods (chips, deep fried,) GMO
- Drink 6-8 cups of pure water daily, ideally warm or room temperature
- Get good sleep! 7–8 hr. (Ideally go to bed early, by 10 pm)
- Reduce stress. Transcendental Meditation is highly recommended.
- Don’t eat for 3 hr before bed; Fast for 12 hr, dinner to breakfast (water ok)
 - Promotes brain cleansing—“autophagy”
- Brain Training 3X/ week for 15 min
 - Brain HQ, Lumosity;
 - Learn language, Dance, Play musical instrument
- Get 50 grams of protein, methyl-B12, vitamin D
- Exercise—at least 30 min. 5–7 days a week
- BONUS: Avoid alcohol, smoking, recreational chemicals and pharmaceuticals as much as possible (per your doctor’s advice.)
- BONUS 2: Take Ayurvedic Rejuvenatives
 - Bacopa, Ashwagandha (anti-amyloid)
 - “Amrit Nectar” (powerful antioxidant and supports detox)