



Empowering Actions List

Note: New Actions will be added to the TOP of this list as we go along

My Ageless Brain Empowering Action #2:

- Drink boiled hot water at ½ hr intervals during the day

*See additional handout "My Ageless Brain-
Comprehensive Guide to Hot Water Healing" now here in the Membership Site!*

My Ageless Brain Empowering Action #1:

- Do Your First Brain-Training session

BrainHQ.com

- Hawkeye (free)
- Double decision (paid)
- \$62.50 / yr or \$9.10/ mo
- 10-20 min 5X/wk or 30 min 3X/wk

OR

Lumosity

Dakim

Cogstate