

Healthy Foundations

empowering children to make healthy choices.



Your Brain Health Tool Box

The brain is still developing into our 20's. What we do now, will affect the health of our brain in the years to come. Take a look at these tips to ensure your brain has what it needs to function at its highest potential for learning...

Things to consider for your brain to function at its best – and for you to feel your best:

1. **EAT A RAINBOW**...eat a colorful array of organic **fruits and vegetables** every day. Each color contains different vitamins and minerals good for the brain.
2. **DON'T EAT FAKE STUFF**...The brain likes food, real food: protein, colorful fruit and veggies, whole grains and healthy fats. Limit or eliminate artificial dyes, flavors, processed foods, fast foods, junk foods, sodas and refined sugars.
3. **KEEP YOUR BRAIN LUBED**...Your brain needs Omega 3s, also known as Essential Fatty Acids (EFAs) for healthy growth and development. EFAs speed neural signals, making smoother more efficient communication across synapses in your brain. Research shows that EFAs are **brain food: cold water fish, salmon, herring, sardines, mackerel**...if this isn't your thing, try an **Omega 3 supplement** (one that's molecularly distilled and purified such as www.nordicnaturals.com).
4. **PUMP UP YOUR O's**...**Drink H₂O** to hydrate (divide your body weight by 2 to get the approximate # of oz. to drink each day) & **take slow deep breaths (breathe in more O₂)** to reset and calm the sensory and neurological system. Deep breathing daily helps self-regulate and improves immunity, emotional regulation and thinking.
5. **MOVE, CHILL & SLEEP**...The brain loves **exercise**. Exercise boosts brain power. You also need to teach your brain to relax – getting out into **nature**, reading, yoga, etc. Long-term stress can be toxic to the brain. Regular **sleep** is also important!
6. **REWIRE YOUR THINKING**... **Positive affirmations** reset your thinking. If you say something enough, you believe it. If you believe something enough, it often comes true! **Power words, positive affirmations** can rewire the story of your life. Check out Louise Hay's work. **Problem solve and see mistakes as opportunities for new learning**...

General Brain Foods: cold water fish, nuts and seeds, vegetables, fruit (blueberries, avocado, leafy greens) whole grains such as quinoa, millet, lean proteins, water...basically real food that comes from the earth, not out of a box will do your brain right. Excessive refined sugar – not good for the brain. Be good to your brain! **Brain Awareness Week March 11-18, 2012.**