

ORIGINS  
MEDICINE

# BRAIN BOOST

THE QUICK START GUIDE

# Step 1: Reduce Inflammatory Foods

Inflammation is the enemy of the brain. It literally destroys brain cells. This cripples our ability to think, problem solve, recall, and synthesize new information. In the long term chronic inflammation directly leads to cognitive decline, increased alzheimer's dementia risk, and a decrease in BDNF, the signaling hormone(neuroprotein) which promotes the creation of new healthy brain cells.

## **Immediate action steps:**

1. Remove all sugar and processed carbohydrates from the diet.
2. Eliminate processed seed oils: soy, corn, safflower, etc. Cook with olive oil, coconut oil, avocado oil, and butter.
3. Put a cork in the wine bottle. Although small amounts of alcohol have been shown to have a cardio-protective effect recent research seems to show that even small amounts of alcohol have a directly toxic effect on brain tissue. If you're not up to quitting drinking then limit to less than 6 drinks per week if you're male or 4 if you're female.

# Step 2: Manage Emotional Stress

Stress has gotten a ton of bad press in the media lately but like so many things the story is much more nuanced. While too much stress is without question bad for anyone it is our perception of stress that determines how the body will react. If you perceive stress as "overwhelming" the body will react in an inflammatory way. If you are curious about stress and experience it as a challenge then your body will react in an anti-inflammatory way. We will never get away from stress-it is natural. What is important is to have ways of working with it so it doesn't become toxic and inflammatory.

## **Immediate action steps:**

1. Begin a contemplation practice if you don't have one already. This could be meditation, contemplative prayer or simply going for a walk and reflecting on your values.
2. Get your personal relationships in order. Do your relationships feed you or drain you? If there are relationships that drain you dedicate some attention to them and/or seek outside help or counseling.
3. Define the other stressors in your life. Are you experiencing financial, relationship, health or some other stress? Write these stressors down and try to identify the underlying beliefs. Then ask yourself what is something you can do today to help the situation? By taking immediate action you will feel empowered and begin changing your relationship with your stressors.

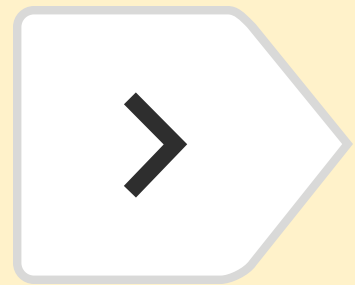
# Step 3: Resolve Lingering Problems

Most people don't realize that lingering problems like digestive disturbances (IBS or even acid reflux for example), chronic pain, allergies and skin conditions are almost always signs of some deeper disease process at work. These underlying causes can wreak havoc on the body by creating inflammation, damaging tissue and raising our risk of degenerative disease. By approaching these issues from a curious and investigative vantage point we can go a long way towards solving them.

## **Immediate action steps:**

1. Get assistance if you don't know how to solve your health problem. This is where professionals like Physical Therapists, Acupuncturists, Chiropractors, Massage Therapists, Doctors or Trainers can have a profound impact.
2. Consider a Functional Medicine workup if you have a challenging problem. Functional Medicine is all about finding and eliminating the root cause of your problem.

# Schedule a Free Consult with an Origins Medicine Team Member



**Book Now**

At Origins our team is dedicated to one thing.

You.

We work with the most advanced and cutting edge lab testing technology available. We combine that with the rich tradition of Chinese Medicine to create healing modality that is truly second to none.

Our method has been tested at the most prestigious medical institutions in the world including the [Mayo Clinic in Rochester, MN.](#)