

Stay Fit After 60

Presented by Dr. William Cook
Module #1 Improving Your Memory

Why you may be having brain fog and forgetfulness

- ✓ Exposure to toxins past and present
- ✓ Poor diet
- ✓ Not enough exercise~ mind & body
- ✓ Poor sleep
- ✓ Neurological Issues~ vertebral subluxation



Past & Present Toxins

- ✓ Lead paint ~ banned in 1978
- ✓ Mercury ~ Aluminum
- ✓ Medications
 - anti-anxiety ◦ cholesterol lowering drugs
 - antidepressants ◦ narcotic pain killers
 - hypertension drugs ◦ sleeping aids
 - incontinence drugs ◦ alcohol and nicotine



Solution for toxic overload

- ✓ For heavy metals~ Detox by medical medium
- ✓ Medications~ Ask your doctor about risk/reward
- ✓ Alcohol, nicotine and recreational drugs
~ reduce usage, find programs that will help you live a healthier lifestyle

Poor Diet Eliminate these 7 worst foods for your brain

- ✓ Sugary Drinks – include beverages like soda, sports drinks, energy drink, and fruit juice
- ✓ Refined Carbs – includes sugars and highly processed grains such as white flour
- ✓ Foods High in Trans Fats
- ✓ Highly Processed Foods
- ✓ Aspartame
- ✓ Alcohol
- ✓ Fish High in Mercury



Super brain food A must add to your diet



- ✓ Avocado – the healthy fat
- ✓ Blueberries – high in antioxidants
- ✓ Broccoli – vitamin K vegetable
- ✓ Celery – high in antioxidants and anti-inflammatory properties
- ✓ Walnuts – packed with vitamins/minerals and antioxidants
- ✓ Turmeric – great anti-inflammatory
- ✓ Rosemary – protects against free radicals
- ✓ Organic, pasture Egg Yolks – high in choline & Omega 3
- ✓ Coconut – fuel for your brain, reduce inflammation, and prevent memory loss
- ✓ Beets – high in antioxidants and natural nitrates to increase blood flow to your brain
- ✓ Extra Virgin Olive Oil – powerful antioxidant, improve learning and memory, helps reverse aging and neuro-damage in the brain

Top supplements for seniors

- ✓ Omega 3
- ✓ Vitamins K2D3
- ✓ CoQ10
- ✓ B-Complex
- ✓ Multivitamin Mineral supplement
- ✓ Nanoproducts ◦Nanomeal ◦Nanolean
- ✓ Probiotic



Getting exercise for healthy brain

- ✓ Mindful exercises:
 - Meditation/Attitude
 - crossword puzzles ◦memorizing activities
 - reading books aloud ◦tasks with opposite hands
- ✓ Physical exercise: any activity that will increase your heart rate
 - walking ◦swimming ◦aerobic classes
 - gardening



Getting better sleep for a better mind

- ✓ Sleep is the time to repair your brain & clears the chaos
- ✓ Stay away from late afternoon naps
- ✓ Have a daily routine for sleep
- ✓ Avoid late night dinners & snacks
- ✓ Avoid alcohol in the evening

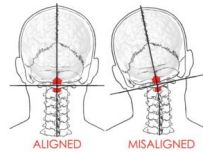


Supplements that may help with sleep

1. Melatonin
2. Calcium-magnesium
3. Ashwagandha
4. GABA (gama-aminobutyric acid)
5. Lemon balm

Neurological issues that can effect your memory

- ✓ Alzheimer's, Parkinson's, Dementia
- ✓ Vertebral upper cervical subluxation



Today's Recap

1. Find a good cleanse
2. Improve your diet
3. Follow tips for a better nights sleep
4. Get evaluated for vertebral subluxation (improve your nervous system)

Next Stay Fit After 60 Module June 20th
Reducing the effects of inflammation in your body and tackling arthritis naturally
