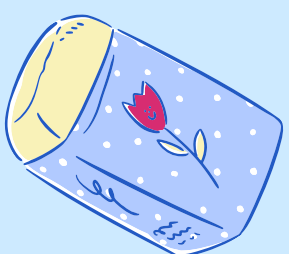
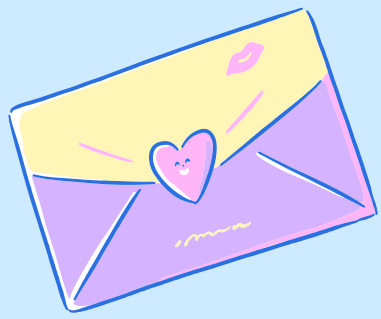


HOW TO MAINTAIN A HEALTHY BRAIN





DOPAMINE



Exercise

Getting adequate exercise can naturally increase dopamine production and prevent anxiety and depression.

02

Eat Protein

Tyrosine, a fundamental part of protein, increases the availability of dopamine and may improve cognitive ability.

03 Reduce Saturated Fat Intake

Long-term diets high in saturated fat may dampen dopamine signaling, lessening the effects of it. Diets high in saturated fat affect dopamine release and reuptake.

04

Support Gut Health

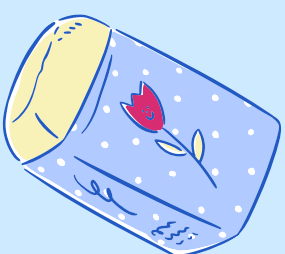
Research suggests gut microbiota may affect neurotransmitters, including dopamine. By supporting your gut health, you can prevent harmful conditions.

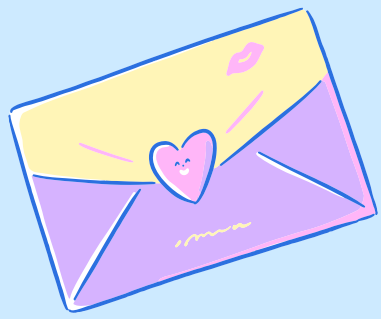
03

Get Enough Sleep

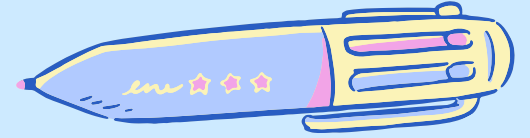
Dopamine promotes wakefulness in a person's sleep-wake cycle. Other factors inhibiting sleep compromise the release of dopamine and disturb your sleep cycle.

Dopamine acts on areas of the brain to give you feelings of pleasure, satisfaction and motivation. Dopamine also has a role to play in controlling memory, mood, sleep, learning, concentration, movement and other body functions.





ENDORPHINS



Engage in 30+ min of Exercise

Endorphin release is linked to continuous exercise. Research suggests endorphin release occurs after 30 minutes of exercise.

02

Try Acupuncture

Research suggests that these benefits of the endorphin release are triggered when the needles are inserted.

Endorphins are neurotransmitters released by the pituitary gland and hypothalamus in the brain. As natural hormones, they can alleviate pain, lower stress, improve mood, and enhance your sense of well-being.

03

Meditation

According to research, meditation is another way to trigger endorphin release. Meditation can help you relax and achieve an inner sense of calm. It can also offer other health benefits.

04

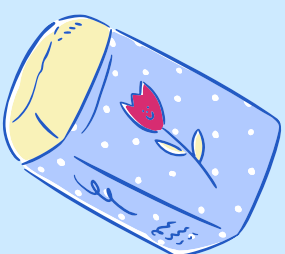
Laugh

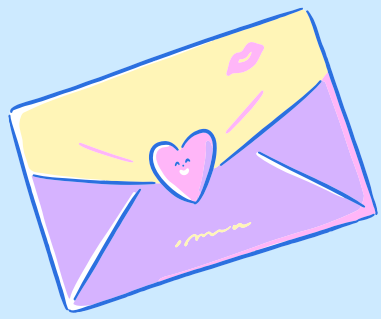
Smiling or laughing at something funny can help lift a bad mood and relieve feelings of anxiety and stress, which is associated with dopamine release.

03

Enjoy a Drama

There's evidence to suggest you might experience a similar increase in endorphins while watching a dramatic movie or show.





SEROTONIN



Adjust your Diet

You can't directly get serotonin from food, but you can get tryptophan, an amino acid converted to serotonin in your brain. Tryptophan is found primarily in high protein foods, including turkey, salmon, and tofu.

02

Get Some Sun

Research suggests that serotonin tends to be lower after winter and higher in summer and fall. Spending time in the sunshine appears to help increase serotonin levels.

03

Take Certain Supplements

Some dietary supplements may help the production and release of serotonin by increasing tryptophan.

04

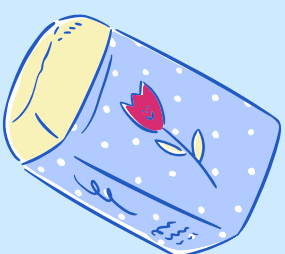
Massage Therapy

Massage therapy may increase your levels of serotonin and dopamine, another mood-related neurotransmitter. It can also help to decrease cortisol, a hormone your body produces when stressed.

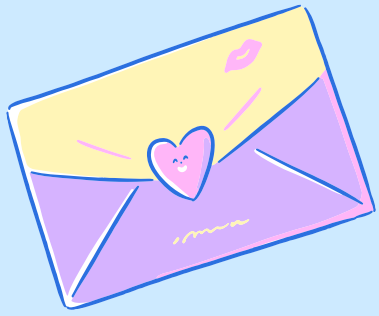
Mood Induction

Too little serotonin can negatively affect your mood, but could a good mood help increase serotonin levels? Research suggests that yes. Thinking about something that makes you feel good can help increase serotonin in your brain.

Serotonin is a chemical that carries messages between nerve cells in the brain and throughout your body. Serotonin plays a key role in such body functions as mood, sleep, digestion, nausea, wound healing, bone health, blood clotting and sexual desire.



GABA



Mind-Body Practices

Chronic stress is known to deplete GABA levels, so incorporating mind-body practices into your daily routine can help counteract this effect. Practices such as meditation, yoga, deep breathing, etc. have been shown to increase GABA levels.

Nutritional Support

Proper nutrition plays a crucial role in GABA synthesis. Consuming foods rich in GABA precursors and cofactors can support the production of this calming neurotransmitter.

GABA is an amino acid that functions as the primary inhibitory neurotransmitter for the central nervous system (CNS). It functions to reduce neuronal excitability by inhibiting nerve transmission.

Herbal Supplements

Certain herbal supplements have been found to support GABA naturally.

04 Stress Reduction Techniques

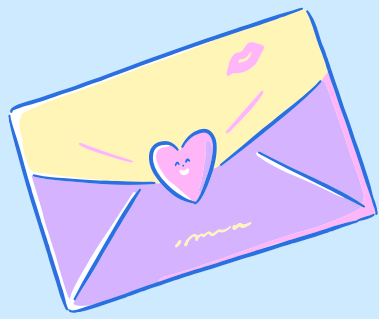
Chronic stress can deplete GABA levels, so incorporating stress reduction techniques into your daily routine is crucial. Find activities that help you relax and unwind.

03

Regular Exercise

Exercise is not only beneficial for physical health but also for mental well-being. Aim for at least 30 minutes of moderate-intensity exercise to promote GABA enhancement.





BEST PRACTICES FOR A HEALTHY BRAIN



General practices for maintaining a healthy brain

Exercise Frequently

Exercise has many known benefits, and regular physical activity also benefits the brain. Multiple research studies show that physical active people are less likely to experience a decline in their mental function.

Get Adequate Sleep

Sleep plays an important role in your brain health. Some theories state that sleep helps clear abnormal proteins in your brain and consolidates memories, which boosts your overall memory and brain health.

Stay Mentally Active

Your brain is similar to a muscle — you need to use it or lose it. There are many things that you can do to keep your brain in shape. Consider it cross-training your brain. Incorporate different types of activities to increase the effectiveness.

04 Remain Socially Involved

Social interaction helps ward off depression and stress, which can contribute to memory loss. Look for opportunities to connect with loved ones, friends and others.

Eat a Balanced Diet

Your diet plays a large role in your brain health. Consider following a Mediterranean diet, which emphasizes plant-based foods, whole grains, fish and healthy fats, such as olive oil. Any balanced diet is proven to boost mental wellness.

Keep Blood Vessels Healthy

The health of your arteries and veins is important to your heart health but it is also critical for brain health. Get your blood pressure, blood sugar and cholesterol checked regularly and take steps to keep your numbers within a normal range.

Manage Stress

Practice mindfulness, meditation, yoga, or relaxation techniques to lower chronic stress, which can affect brain function.

Avoid Harmful Habits

Limit alcohol intake, avoid smoking, and stay away from recreational drugs.

04 Protect Your Head

Use seatbelts, helmets, and take precautions to prevent head injuries and limit unnecessary cognitive functioning deterioration.

Maintain Healthy Weight

Being overweight or obese can increase the risk of brain-related diseases like Alzheimer's.

