

# NATURAL

## BRAIN BOOSTERS

### BRAIN

**BRAIN** is your quantum computer responsible for generating our **thoughts, feelings and behaviour**. Your brain power and productivity levels depends on many different factors. The great news is that some of them you can easily control or even change. Here you will find simple, powerful & **NATURAL** ways to optimize your quantum computer for better performance.

### FOOD

- Berries
- Avocados
- Wild Salmon
- Ginseng
- Ashwaganda
- Curcumin
- Turmeric
- Walnuts/Almonds (activated)
- Coconut Oil
- Extra Virgin Olive Oil
- Dark Chocolate
- Egg Yolks
- Green, Leafy Vegetables
- Bone Broth



### GOALS

- Increase your **Brain Power**
- Improve **Focus and Memory**
- Improve your **Productivity**
- Boost **Cognitive Function & Mental Performance**
- Protect your **Brain** from degenerative disease

### IMPROVE

MEMORY

FOCUS

CONCENTRATION

MENTAL PERFORMANCE

BRAIN HEALTH

### SUPPLEMENTS

- Creatinina
- B - Vitamins
- Vitamin C
- Magnesium
- Vitamin D
- Omega 3 fatty acids
- Rhodiola Rosea
- Ginkgo Biloba
- Bacopa Monnieri
- Acetyl-L-Carnitine

### ACTIVITY

- try **BRAIN EXERCISES**
- engage in **PHYSICAL ACTIVITY**
- **MEDITATE**
- get **QUALITY REST**
- Adopt a **HEALTHY DIET**
- Practice **MINDFULNESS**
- Avoid **REFINED CARBS**
- Maintain a **HEALTHY WEIGHT**
- start **JOURNALING**
- **READ** more