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PNTV: Power Up  
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M.D., David,

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Joining the long-  
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of science and

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explores the

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Neurogenesis and  
mitochondrial  
health, while

Villoldo brings his  
vast knowledge of  
shamanic and  
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to the table.

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The nutritional  
advice, dietary  
supplements,  
fasting, and  
physical exercise  
outlined will not  
only help repair  
parts of your brain  
that have been  
affected by stress  
but also create a  
fertile environment  
to grow new brain  
cells and turn on

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enhanced brain  
function.

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many great brain

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foods. Some of the best include beans (to regulate blood sugar and energy to the brain), beetroots (to provide betanin that has shown promise in preventing plaques in the brain), blackberries (to provide the mineral manganese, which



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helps with healthy electrical transmissions in the brain), flaxseeds (rich in brain-boosting omega-3 fatty acids), and nuts (rich source of brain-protecting vitamin E). Walk your way to a better brain

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Power Up Your Brain

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For an extra boost,

bulk up on beets,

blueberries, and

beans All plant-

based foods offer

some brain health

benefits, but these

are a few of the

powerhouse plants.

Beets have been

studied recently for

their high

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concentration of nitrates, which has been tied to improved blood flow to the brain.

They also offer inflammation fighting

fighting

phytonutrients,

which may improve overall brain health.

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What you eat can have a huge influence on your brain. One way to enhance your mental acuity is to research the kinds of ingredients that are directly linked to concentration, good memory, and creativity. For

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example, omega-3 fatty acids are proven to support healthy brain

function and may improve recall.

6 Ways To Power Up Your Brain And Improve Your Focus

To Boost Your Mood And Brain Power, Connect

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With Nature. ... The

Brian Mailloux and  
Elizabeth Cook -

environmental

science professors

at Barnard -

teamed up with

Patricia Culligan, ...

To Boost Your

Mood And Brain

Power, Connect

With Nature

Get plenty of

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Physical exercise. Physical exercise is a great solution to a wide range of physical, emotional and even intellectual problems. Exercise is free and there are no side effects. Physical exercise increases your blood flow, which in turn increases

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the amount of  
oxygen and  
glucose your brain  
is receiving.

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6 Ways to Power  
Up Your Brain -  
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David Perlmutter,  
M.D. F.A.C.N More  
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21, 2011 at 10:00

AM. 0; 0; When I was young, I didn't have the

opportunity to spend much time with my father

because he maintained a very busy practice in neurosurgery in south Florida.

Clearly, he too recognized this

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shortcoming in our

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Perlmutter, M.D.

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The quest for  
enlightenment has  
occupied mankind  
for millennia. And  
from the depictions  
we've

seen—monks

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meditation

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Alberto ...

For anyone feeling

a loss of energy of

body or soul, Power

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restoration and  
rejuvenation of  
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Solution. "This is

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been waiting for!

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Perlmutter M.D.,

Alberto ...

Neuroscience

Together they draw

from the most

powerful tools in

each discipline to

create the Power

Up Your Brain

program, a ground-

breaking, five-week

plan that helps

prime the brain for

enlightenment.

With nutritional

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advice, dietary

supplements,

physical exercise,

shamanic

practices,

meditation, and

visualizations,

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Villoldo guide

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Together they draw

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And the shamanic  
practices,

meditation, and

visualizations will

help bring online

brain regions that

allow for peace,

compassion,

innovation, and joy

to arise

naturally. Following



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And the shamanic  
practices,  
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help bring online  
brain regions that  
allow for peace,

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compassion, innovation, and joy to arise naturally.

Following the Power Up Your Brain program will help you clear your mind and heal your body; and open you up to experience the inner peace, vast insight, and extraordinary

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creativity that

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Drink up to boost

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you know that the

brain is 75 percent

water? It needs

water to replenish

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and ensure healthy

cognitive functions

and strong mental

health. Drinking

plentiful amounts

of water daily helps

ensure the brain

cells can perform

their many

essential functions.

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brains create

neural networks

that, over time,

become beliefs and

behaviors that

keep us favoring

past pain by

continually

reinforcing the

trauma unless we

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find a way to  
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great nutrients and  
herbs that may  
help boost brain  
health including  
acetyl l carnitine  
ashwagandha  
ginseng gotu kola  
and  
phosphatidylserine  
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