Non-drug Ways To Brain Health Body, Mind and Soul

WHAT TO ENJOY…

❤ Mental Stimulation, Cognitive Rehabilitation and Brain Training
❤ Physical Activity & Exercise (aerobic & resistance training)
❤ Good Sleep and Stress Reduction (meditation, yoga, breathing exercises)
❤ Nature (Sun, Plants, Animals, Lakes, Rivers, Sea & the Earth)
❤ Nutrition (vitamins, minerals, nutrients, good fats), Hydration & Fasting

WHAT TO AVOID…

⚠️ Processed Foods, sugar, artificial sweeteners, sodas, too many carbs (breads, pasta, rice, pastries, etc.) trans fats, vegetable oils, margarine…

⚠️ Social isolation, Depression, Loneliness & Negative emotions

⚠️ Chronic Stress (Fear, worry & anxiety)

⚠️ Toxins (heavy metals, mold, EMFs, pesticides, antibiotics, chemicals, fluoride, ‘silver’ fillings, smoking, prescription drugs, etc.)

⚠️ Infections (Lyme, herpes, candida, gingivalis, UTIs and pathogens such as bacteria, viruses, parasites and fungi)

⚠️ Sitting too much…

For Dementia Prevention visit www.chalfontdesign.com

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