

Maximizing Brain Power for Increased Energy, Wellbeing, and Performance

Our body and brain are one sophisticated interlocking system, thus there is no real separation between brain and body: what we do to our body, we do to our brain.

Our brains are more adaptable and stronger than we could ever imagine.

The brain is resilient and can withstand the many insults of modern day living, but it needs our conscious support to function at its peak potential.

Unfortunately, our brains tend to lack the most basic support we can give them to cope - let alone to thrive. A nutrient-deficient diet, high stress and toxicity levels, a leaky gut, and inflammation in the body lead to a "shattered brain".



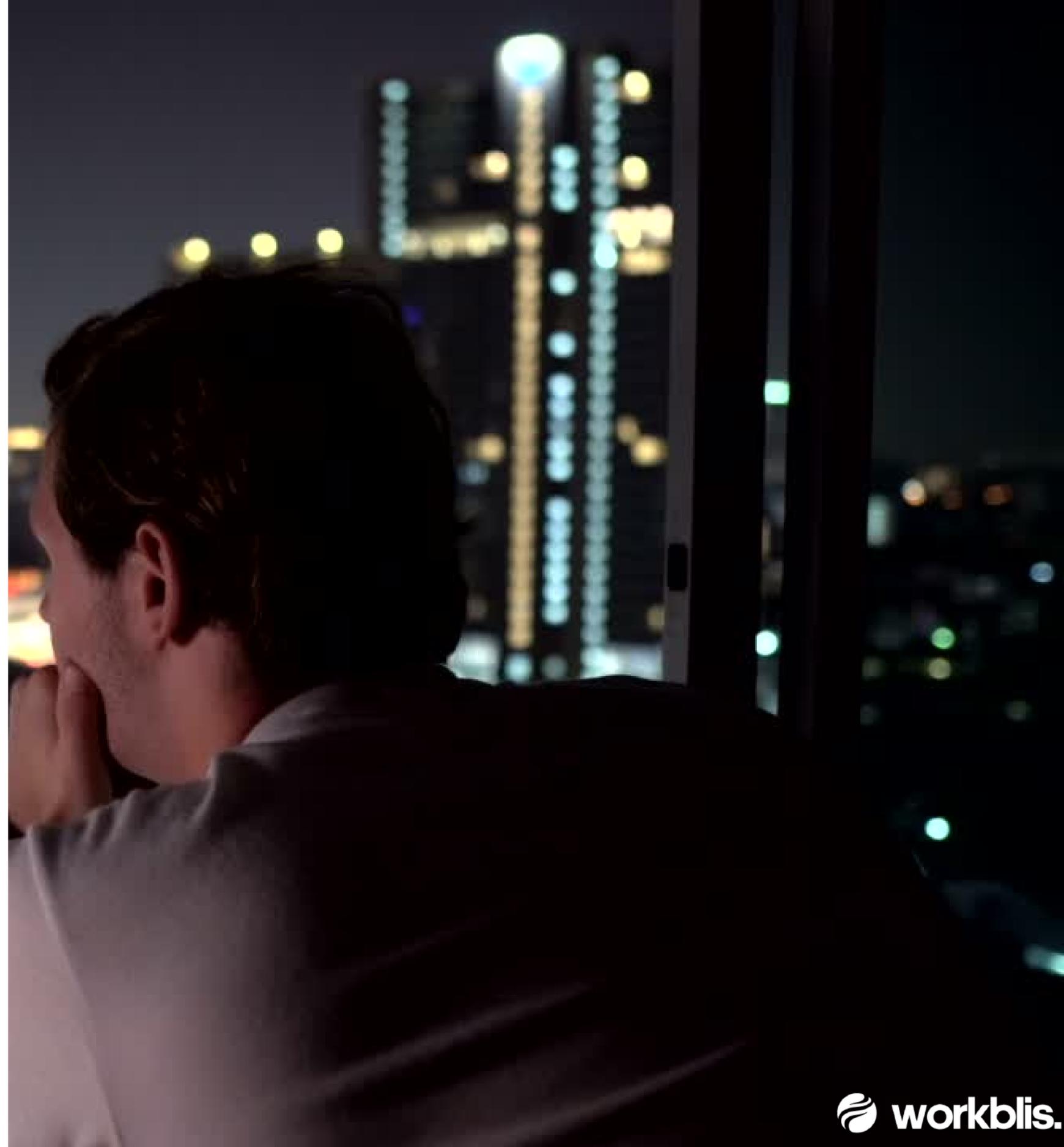
Shattered brains may show up in radically different ways. Some individuals may experience fatigue, depression or anxiety while others may grapple with memory issues, weight gain and chronic illness.

Symptoms such as brain fog, inattentiveness or difficulty focusing are also common.

For some it means that they feel OK, but they are “just” not able to go out and be who they are capable of being. While symptoms are numerous and diverse they are all manifestations of a few common underlying causes: imbalances in 7 key systems of the body.

The aim of this 2-part webinar series is to give a digestible overview of the lengthy and technical topic of brain health - thus supporting participants with actionable steps in each of the 7 domains.

With the help of these micro-interventions, employees will be able to start re-nourishing and re-energising the brain - thus regaining access to more energy, motivation, health and a higher standard of living.





WEBINAR SERIES - CONTENT

NUTRITION

- Not all fats were created equal
- Eating good carbs
- Basic vitamins and minerals

DIGESTION AND THE GUT

- Brain-gut connection: the gut is your second brain
- Feeling irritable, fatigued, and short-tempered
- Gut repair toolkit

HORMONAL REBALANCING

- Insulin - too much sugar
- Adrenalin and cortisol - too much stress
- Growth hormones - not enough sleep

LOWERING INFLAMMATION

- How inflammation affects the body
- 7 causes of inflammation
- Cooling off inflammation

REIGNITING DETOXIFICATION

- Heavy metals and mercury in the body
- Other everyday toxic agents in our immediate environment
- The master detoxifier

MITOCHONDRIA AND ENERGY PRODUCTION

- Free radicals and oxidative stress
- The overexcited brain
- Neuro-nutrients: boosting your brainpower and your mitochondria

CONNECTION, COMMUNITY AND A CALM MIND

- The brain and stress
- The vagus nerve
- Pushing the pause button

