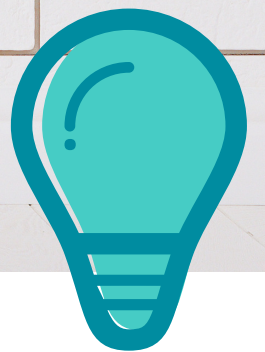


# BOOST



— Your —  
*Brain  
Power*  
At Any Age



3 VIBRANT HEALTH STRATEGIES TO BOOST YOUR MIND,  
MOOD & MOJO

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NATUROPATHIC DOCTOR

[TWORIVERSHEALTH.CA](http://TWORIVERSHEALTH.CA)



Hi there,

If we haven't met yet, I'm Dr. Elizabeth Cherevaty, a Naturopathic Doctor with a special interest in integrative family healthcare. From fertility and hormonal health to the way we think, feel and do the things we do, the fact is that every aspect of health and life depends on having a healthy brain.

After dealing with a brain injury and plenty of stress-related setbacks in my own life, I've come to know first hand the essential value of maintaining a healthy brain on everything else in your life. That's why at Two Rivers Health we've developed individualized wellness programs to help you optimize your brain health starting from any age and stage of health. To help you get started, I created this e-book to give you my Top 3 Brain-Boosting Tips so you can start enjoying a healthier Mind, Mood & Mojo right away.

My team and I are here to help, so don't hesitate to reach out and have a chat with one of our leading family health practitioners to ask any questions you may have about how to boost your brain & optimize your wellbeing naturally & sustainably so you can live the life you want to live.

Get to know us or book a complimentary meet-and-greet visit at [www.tworivershealth.ca](http://www.tworivershealth.ca). We'll be looking forward to hearing from you and helping you take your brain to the next level so you can get the most out of life.

Sincerely,  
*Elizabeth*

Dr. Elizabeth Cherevaty ND, RAc  
& the Two Rivers Health Team

# Brain Boosting Tip #3:



## It's Never Too Early to Start Building a Healthy Brain

If you're ready to have a baby, you have a fabulous opportunity to enrich your future child's mental and emotional wellbeing before he or she is even conceived.

You can also continue supporting your child's healthy brain during your pregnancy.

(So cool, right?) Here are some simple steps you can implement right away:

### **Optimize Omega's:**

Omega 3 oils are brain-healthy fats you can get from fish, fish oils, nuts and seeds. They're essential building blocks of your baby's brain and nervous system during fetal growth. Studies show that higher maternal intakes of omega 3's during pregnancy are associated with higher cognitive and intelligence scores in children. Since omega 3's also support male and female fertility, you can optimize your omega 3 levels by taking a high-quality fish oil supplement before conception, and then during pregnancy to support your brain health, too.

### **Emotional Wellness In the Childbearing Years**

We strongly support women to be as emotionally and mentally healthy before, during and after their pregnancies as possible. Studies show taking care of a mother's mental health during pregnancy can have positive impacts on her baby's mental health. Common mental health medications such as antidepressants taken during pregnancy can have a negative impact on baby's brain development, making their nervous systems more reactive to stress and more at risk for conditions like colic, anxiety and depression. If possible for you, explore the many effective non-pharmaceutical ways of managing anxiety and depression. These include nutritional supplementation, herbal medicine, acupuncture, counselling and exercise. Ask us if you have any questions about supporting your mental and emotional wellness before and during pregnancy.

### **Thought Detox:**

There are many potential sources of stress for parents and parents-to-be. Research shows that if mothers exposed to trauma or high levels of stress during pregnancy, their babies' mental health is also at increased risk later on in childhood.

Pregnancy is an ideal time to take tender loving care of yourself, both for you and your developing baby. Take the steps you need to reduce stress in your life. These might include:

Getting regular light to moderate exercise

Meditation

Massage therapy

Counselling

Reducing your schedule obligations

Planning some flexible time

Getting enough sleep

Having a hobby or creative outlet such as journalling, crafting or music

Sharing quality time with loved ones

We also suggest identifying any areas where "Toxic Relationships" and "Automatic Negative Thought" patterns might be creeping in and causing you stress. Where you need to, get support releasing any toxic people or thoughts from your life. You'll experience a boost in your Mind, Mood & Mojo and you'll also be benefitting your baby's brain.

# Brain Boosting Tip #2:



## Soothe Your Synapses

### Overstimulation Overdrive

Have you ever found yourself saying "My brain hurts?" Your brain needs lots of time and space to process inputs, called stimuli. In today's society we move and groove a lot faster than our ancestors did, which means our brains are receiving and processing more stimuli than ever before in human history. Thanks to the internet, we take in more information in 20 minutes than our grandparents did in an entire day! Set aside a few minutes each morning and evening to reduce the stimulation factor on your brain.

### Meditation Moments

You're aware of meditation as a great way to build brain health, but if you're like most of us you might be feeling intimidated about starting a meditation program for the first time. We've found letting the mind settle and focus even a few minutes per day makes a huge difference in mood, focus and energy. Try getting started with one of these ideas:

- 1 - Designate a spot at home just large enough for you to sit comfortably, close your eyes or gaze at something that makes you feel inspired, and just breathe for a few minutes before you start the tasks of your day.
- 2- Set a reminder on your computer or phone to "check in" on your breathing - notice your feet on the ground, your chest rising and falling and the sensation of air passing through your nose as you observe your own natural breathing for 10 cycles (inhalation, exhalation).
- 3- Choose an intention word that's meaningful to you. Whenever you're feeling stressed or overwhelmed, pause to repeat a focusing affirmation to yourself. Let's use "compassion" as an example: "I breathe in compassion...I breathe out compassion." Repeat for 2 minutes.

## Sweet Slumbers

Did you know we sleep an average of 1.5 hours less than our great-grandparents did just 2 generations ago? If you're expecting optimal performance from your brain, it needs 7-8 hours per night of uninterrupted sleep if you're an adult, and 12 hours if you're a child, to process the day, secrete nighttime neurotransmitters like melatonin which controls the symphony of all the other hormones, and to work through issues through your dreams. Stress-related sleep loss, raising young children, electric lights, use of screens, overtime and shift work add up to significant sleep debts that your body actually remembers - and needs repaid!

Start by lowering the lights and turning off screens at least 1 hour before bed. Create a relaxing bedtime routine, such as having a candlelight bath, reading a novel that's unrelated to work, play a board game or share some cuddles with a loved one. If your mind races, it may help to journal a list of all your To Do's for the next day or coming week, and schedule them into your calendar so that your subconscious mind can truly rest. Think of sleep as the ultimate "letting go".

# Brain Boosting Tip #1:



## Nourish Your Neurons

### Food Is Mood

Every tissue of your body is in a state of constant renewal. Each cell is programmed to live for a certain span of time, before it's DNA is copied and a new cell is created to replace the old one. Every neurotransmitter and hormone - the molecules that transmit signals from neuron to neuron and cell to cell to create every thought, mood and experience - is also made from nutrients in your diet. Make sure you eat protein, healthy fats, and vegetables or fruit at every meal, and drink filtered water between meals.

### Circuitry Circulation

Your brain thrives on oxygen, nutrients and the right amount of stimulation. Research shows that meditation, exercise, thinking-based games, and nature exposure are some of the best ways to boost your brain power. Here are some fun, easy and "dirt-cheap" ways to nourish your brain.

#### Practice deep breathing

Walk, hike or jog in nature

Gardening

Weight-bearing exercise (anything that keeps your muscles strong is also beneficial to your brain!)

Playing cards or board games

Learning a new skill, taking a class

Caring for a pet

## Get Unrefined to Shine

Have you ever wanted to do a detox or cleanse to get "clear" and "energized"? The reason why nutrition-based cleanses work in this way is that they decrease the inflammatory influx on your brain. When there are fewer toxins circulating in your blood, there is less damage to your brain cells - making you feel better, think clearer and sleep deeper than before. You can easily start your own nutritional cleanse by removing these key brain-harming foods and observing how you feel:

**Sugar - (*did you know Alzheimer's is now considered "Diabetes of the Brain?"*)**

**Alcohol - inflames the brain with oxidative damage**

**Refined grains/flours - inflame the brain with too much sugar**

**Food colourings - are neurotoxins**

**Artificial preservatives - are neurotoxins**

**MSG (monosodium glutamate) - a neurotoxin**

## Rock a Detox

Your brain depends on a potent, natural antioxidant called glutathione (called "GSH" for short). The body makes a certain amount of GSH but needs support from the food you eat, and sometimes supplements you take, to make enough to compensate for toxins and inflammation associated with breathing indoor air, exposure to pollution, certain hobbies, off-gassing off chemicals from new consumer products, toxins in plastics, medications, food colourings and excess sugar and refined vegetable oils. These all harm your brain and lower the levels of GSH inside your brain cells.

**To help put out the flames of inflammation in your brain and body, I offer my FreshCleanse Program(TM) seasonally throughout the year to give you everything you need for a safe, effective, brain-boosting seasonal cleanse.**



*As one of few Naturopathic Doctors with a degree in Toxicology, it's a special priority to me to help you eliminate toxins from your body so they'll stop inflaming your brain & interfering with hormonal function. Note that brain injuries such as concussions also create a "toxic" effect in your brain due to inflammation.*

--Dr. Liz



# Get On the Brain Train

I hope these Brain-Boosting tips were useful to you and that you're excited to get all the benefits of building a healthy brain starting right away with what you've learned.

If you're go-getter who'd like to optimize your mind, mood & mojo for the most optimal life possible, a complimentary health strategy consultation with one of our Naturopathic Doctors is a good next step for you. Simply click [here](#) to create your profile and select a time that works for you, and we'll be looking forward to meeting with you in the near future at our Guelph offices or over the phone or Skype - your preference!

If there is anything my team and I can do to support your and your family's vibrant health, please be in touch!

In Health,  
*Elizabeth*

Dr. Elizabeth Cherevaty ND, RAc  
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