

Many of us are unintentionally damaging our brains through:

- * Lack of exercise
- * Lack of learning
- * Lack of novelty
- * Poor diet
- * High stress levels
- * Poor sleep

Brain training 'games' don't tend to do much. But you can train your brain by:

- * Learning
- * Playing video games
- * Using your body

Common mistakes...

Using brain training...

CBT

CBT is 'cognitive behavioral psychology'. Combined with meditation, this gives you more control of your mind.

brain health

Nutrition

Correct nutrition involves:

- * Nutrient dense diet
- * Avoiding empty calories
- * Avoiding preservatives
- * Consuming complex carbs
- * Staying hydrated
- * Supplements -->

Supplements

Great supplements for brain health include:

- * Omega 3 fatty acid
- * Caffeine
- * L-theanine
- * Amino acids
- * Creatine
- * Vinpocetine

How to sleep better for a better brain

- * Go to bed at the same time every night
- * Have the room slightly cool
- * Have a 'slow down' period before bed
- * Take a warm bath