# 10 Low-Cost Ways To Lower Brain Inflammation & Boost Your Memory Transcript

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## Introduction and Brain Fog Overview

Welcome to the Silent Killers Summit, where my guests and I are uncovering the root causes and giving you solutions for chronic inflammatory symptoms and diseases.

I'm your host, Laura Frontiero. Today, I'm going to kick us off with a quick talk on the ten easy and low cost ways to boost your brain power. Now you may be feeling like your brain is stuck in a fog or confusion or struggling to remember things or stay focused on your daily tasks.

But I don't want you to worry because you're totally not alone. This is actually a widespread problem, and it's happening to more people than you know.

And the thing is that we humans, we tend to keep quiet about this when it's happening. It's embarrassing, there's shame. There's frustration associated with it.

So chances are your friends, your coworkers, your family members, they're experiencing it, too, but they're not talking about it. So in this quick talk, I'll give you ten easy, low cost ways to help your brain and kick that fog to the curb.

So we'll jump right in. First, let's talk about the signs of diminishing brain power. So, first off, forgetting someone's name and this is socially embarrassing.

It's awkward. It may look like you're being rude. It may, you know, make the other person feel undervalued or forgotten. You know, you can walk into a party and you know everyone, but you can't remember their names, which leads to embarrassment for you.

And when it's time to introduce your friends to each other, it's awkward. You could be misplacing everyday items. This can be embarrassing and frustrating and time consuming and cause delays in your tasks.

You can have an inability to recall important details that leaves you feeling, you know, unprepared or appearing disorganized or missing out. Missing out on opportunities.

## Signs of Declining Brain Function

So you might walk into a room, you can't remember why you went in there or you sit at your desk to do something. It's time to work and you can't recall what it is you are supposed to be doing.

And maybe it's just a 1001, 1002, 1003 That's what I was doing. But that is a sign that something is going on. It may be difficulty following a conversation that makes you feel disconnected or misunderstood or appearing in inattentive or disinterested because you just can't follow along.

Maybe it's frequent word finding problems that has you, you know, stumbling on words or struggling to express thoughts or feeling self-conscious. And this could be at a really small level.

It doesn't have to be this big, huge, you know, obvious thing. But you can know it's happening inside your own brain. You may be missing appointments or commitments, and that makes you look like you're unreliable and maybe could inconvenience somebody else.

So you unintentionally start to let people down and then you've got to play catch up because things are starting to

stack up in your life. You might have poor decision making that can lead to regret or feeling responsible for unfavorable outcomes, maybe unintentionally.

Something happened that you didn't mean to happen, and you could be facing criticism from, you know, your spouse, your loved ones, your family, or people you work with.

You could have trouble concentrating and inability to stay focused during conversations or meetings that lead to misunderstandings. Like, you're there.

You're listening, but you're not processing. So even though somebody's sitting there talking to you, you look and think, I didn't even catch what that person just said.

I've no idea. You might have slower information processing speeds that can have you feel overwhelmed. You know, the tasks that you that require kind of quick thinking can lead to errors or just missing steps altogether.

You might have difficulty learning or adapting to new skills, and that can stop you from trying new things because you feel inadequate in this rapidly changing world.

So, I mean, is it overwhelming sometimes to figure out how to use your devices or your computer or your. I can remember back when I was a kid and grandma being overwhelmed by the VCR.

Right? It was just adapting that new skill, learning that I can remember at one point, working in a big, giant health organization, big HMO. And we went from paper records to electronic records.

And that learning curve there for people, you know, closer to retirement forced them into early retirement. They just couldn't grasp. Learning and adapting to this new thing.

Well, I'll tell you what that was. It wasn't because they were stubborn and didn't want to learn a new thing. It's because their brain capacity, they knew that this would be really difficult because this grasping new skills was hard now.

Brain fog, low energy moodiness, digestive symptoms like bloating or constipation often show up together because they all have similar causes.

## Root Causes of Brain Fog and Inflammation

On a cellular level, you're dealing with impaired mitochondria function due to prolonged inflammation, chronic invisible effect infections like bacteria, fungus and parasites and environmental toxins like mold and metals and poor diet and stress and leaky gut or lack of sleep.

Now, the good news is that brain fog can be reversed. Your brain has the most mitochondria. per cell around 10,000. So some some I want to unpack like what this looks like in your body.

So cells are tiny. So I want you to think, I mean, obviously, you know that, but I want you to think of how small is. Let's just compare this to something.

I want you to think of how small an ant is. The little bug in your kitchen, and how small that ant is compared to you. Now, I want you to put 10,000 little living organisms inside of that ant, and this is synonymous with 10,000 mitochondria inside of your cell.

It's crazy, right? How can 10,000 things fit inside something as small as an ant? Well, they can. And your brain is also full of neurons that generate communication signals and neurotransmitters that carry the messages around your body.

So you can think of neurons like journalists or writers of a newspaper. They generate the copy in the paper. While

the neurotransmitters are like the paper boys, they go out on their bikes and they deliver the news all over the city.

That doesn't even happen anymore. But at least those of you watching this remember those days. So I want you to think of this like signaling and signal delivery, right?

So the journalists are writing the signal. They're creating the signal paper Boys are delivering the signal. Now, when your neurons get damaged or dysfunctional, or if the neurotransmitters become disrupted and imbalanced, then your brain can't send or deliver the right signals for all of your body systems.

And this leads to low energy moodiness, disrupted digestion, poor sleep, pain, all the symptoms. I actually call it middle-aged deficiency syndrome or MADS, and I'm mad about it.

I hope you're mad about it, too, because why is this happening to us? Well, there's a big link between the four main root causes of chronic inflammatory health conditions, which you're going to hear me talk about this a lot.

It's infections, toxins, nutrient deficiencies and stressors and traumas. Now, stressors and traumas go in the same bucket. Now, brain symptoms, including all the things I just described, brain fog, exhaustion, sleepiness, you know, memory problems, poor concentration, lacking mental clarity, clouded thoughts, low thinking, poor focus, depression, anxiety, even things like fibromyalgia, migraines, pain.

Now those are all connected. There's a link there between chronic inflammatory health conditions and those brain symptoms and body symptoms. Now, most brain problems are linked with what we call neuroinflammation and a leaky blood brain barrier.

And I'm sure you've heard of that before, the gut brain connection and the blood brain barrier and the neuroinflammation, all of these are connected. And I say gut brain barrier because the gut barrier and the brain barrier are made out of the same proteins.

So what happens here, happens here, what happens here, happens here. So this barrier protects you from everything that you shouldn't get into your brain.

Things like toxins, things like infections, pathogens, things like foreign toxins, particles that should be excreted. Now, at the same time, the barrier needs to let good things in.

Good things like glucose, like carbohydrates, proteins, amino acids, ketones, vitamins, minerals, immune cells, hormones. The barrier becomes leaky over time due to chronic stress, poor diet, chronic hidden infections, environmental toxins, the leaking.

## Strategy 1 to 3: Exercise, Sleep, and Diet

This allows neurotoxic molecules to enter into the brain, causing neuroinflammation neuronal injury plus the clearance of metabolic and toxic waste products are no longer efficient, so now the signal production and signal delivery.

The journalist in the paper boys, they are interrupted and it's kind of like having another analogy for you. It's like having a bathroom with leaky pipes under the sink and having a clogged drain and a toilet that won't flush.

Imagine that bathroom waste backs up all that debris and water and gunk backs up the bathroom. Brain, which causes neurons to fire more slowly. Brain cell communication and cognitive performance is slowed down and brain cells become sluggish and exhausted.

Now this cascade causes go back to the ants and the 10,000 mitochondria, the cells in mitochondria, the cascade causes the mitochondria dysfunction. And then you can't make brain injury energy or body energy because there's mitochondria in every cell in your body.

And so this talk is about brain, but what's happening in your brain is probably happening in your body as well, which means you can't heal, you can't digest food, you can't make hormones, you can't fight inflammation, middle-aged deficiency and informant inflammation syndrome.

Now, the ultimate result is feeling like your body can no longer keep up. You can't focus on your tasks. You feel scatterbrained, forgetful, anxious, depressed, tired, frustrated.

Now, I told you that I had ten strategies I wanted to share with you to help correct this. So first up, strategy number one, and I can just see it right now.

I mean, I can't see you, but I can see you. I can see you rolling your eyes and you're thinking, Laura, don't tell me that exercise is the first strategy, but it is exercise is the first strategy.

But here's what I have to say. Did you know that even just 10 minutes of high impact exercise a day can help improve blood flow? Blood flow to your brain and grow new brain cells?

Do you think you could do something you think you hate for 10 minutes a day when the payoff is so good? I promise after a while you won't hate it anymore.

Now, strategy number two is all about getting enough sleep again. Another eye roll. Because I know, I know you're busy and there just aren't enough hours in the day.

But getting 7 to 9 hours of sleep a night is essential for optimal brain function. And it's because of this. Your brain clears out waste and debris while you sleep, and that takes a few extra hours.

## Strategy 4 to 6: Stress, Mental Challenge, and Supplements

So it's okay to give yourself permission to get to bed early and allow yourself to sleep in a few extra days per week and work on breaking old cyclical habits, even if you don't feel tired or ready to go to bed, you must force yourself to start re rewiring your habits and get the sleep you need so you've got it.

Even if you have a second wind, a second energy burst at 9:00 at night, it is now time to unwind and be in bed in the next 30 to 60 minutes. So you got to break old patterns now, strategy number three is eat a brain healthy diet, obviously.

Right. Certain nutrients like omega three fatty acids, antioxidants, they're important for your brain health. So skip the pre-made convenience food, grab some fatty fish, berries, leafy greens instead.

And we have several talks. I mean, you're going to hear all about this outlining healthy eating and nutrition. So just stay tuned in. Now, here's a list of brain healthy foods green leafy vegetables, egg yolks.

Egg yolks have gluten, which is a carotenoid and it's an antioxidant and protects against DHEA oxidation inside your brain. And higher levels of looting are connected with higher cognitive function and eating better. So there you go.

That's why eggs are actually really good for you if you aren't having an intolerance to the protein in eggs. And that's a whole nother story. If you are having a intolerance, you can clear that and you can start tolerating them again.

We do see a lot of egg intolerances with leaky gut, just that's a whole nother topic. Those so high quality protein. This is really important. It supplies the dopamine, precursor, hydrazine and the serotonin precursor, a tryptophan.

And without protein, we won't have the building blocks to make neurotransmitters, dopamine or serotonin. And without these, we feel depressed, fatigued, apathetic.

We feel off, we feel moody, and our family and coworkers and everyone around us notices it. Seafood. It contains

DHEA and EPA fatty acids. And you don't need a lot about 500 to 1000 milligrams a day.

If you don't like to eat seafood, then you can take a supplement and some other good brain foods are berries, nuts, beans, whole grains, poultry, olive oil, all super brain foods.

I notice that most of those things are whole foods, unprocessed, eating them the way that with minimal processing, the way they come from the earth. Okay. Strategy number four is all about managing stress.

And let's be honest, we all have stress in our lives, especially these days. But chronic stress shrinks your brain and shrinks your brain function. So take a deep breath.

Get outside for a few minutes every day. Download a meditation app. Just indulge in a little weekend getaway. And if you think your stress is linked to trauma, be sure to catch all the talks we have here about releasing trauma from the body.

So strategy number five is about challenging your brain. Now, neurologists know that engaging in mentally stimulating activities like puzzles or learning a new skill can help improve brain function and prevent cognitive decline.

So get a Sudoku book. It's over in the corner collecting dust, right? You may even have one learn how to play an instrument. Start studying a foreign language, take a dance class, sign up for, you know, a cooking class or a pottery class because your brain is going to thank you for that.

## Strategy 7 to 10: Social Connection, Alcohol, Mindfulness, and Help

Now, number six, got another strategy for you here, taking nutritional supplements. And it's always important to consult with a health care professional before taking any new supplements, especially ones like fish oil or mushrooms or ashwagandha or ginkgo biloba, because they do benefit brain function and they can interact with medications if you're on them.

So just make sure you're getting support from someone to help you navigate this strategy. Number seven is staying socially connected. So people who are connected with a community of other people actually live longer.

And social interaction is proven to have positive effects on brain function. So stay connected with friends, family, maybe join a new club or an organization in your area.

And strategy number eight can be a tough one, but it's important cut out alcohol. So depending on your genetics, liver function, your current toxic load, it can have negative effects on brain function, negative effects on overall health.

So ditch it for three months and just see how you feel. Our strategy number nine is all about practicing mindfulness. And what does that mean anyways?

You know, like mindfulness is one of those concepts that's like, what does mindful mean? Well, here's the thing. What I realized is it's different for different people.

So, you know, if you're sick of hearing that, you need to meditate. Maybe that's not for you, right? So maybe it's reading maybe it's reading scripture, maybe it's reading a book, maybe it's just escaping into a novel.

Or maybe it's journaling what you're grateful for each day before you go to bed, or when you get up in the morning. Some people do love meditation. Some people love breathing exercises.

Maybe it's getting out in nature and taking a walk. Maybe it's gardening. Maybe for you that's an escape. Mindful activity. So whatever it is for you, mindful behaviors have been shown to improve brain function and reduce stress.

So just, you know, take a deep breath and find your peace. And last strategy, number ten, seek professional help because every doctor has a doctor. I'm wondering if you knew that every coach has a coach, every health nutritionist works with somebody else to support them in their health.

Even I see a functional medicine specialist at least every six months. So if you're experiencing any kind of significant cognitive decline, low energy or other symptoms, don't hesitate to seek help from a practitioner.

Don't be DIY in your health by trying to piece it together on your own from everything you can Google because you get to have help too. So there you have it.

Ten fun or easy ways to boost your brainpower, improve your overall wellness. If you feel like your brain just isn't functioning as well as it used to get in contact with me or one of the practitioners who are teaching you on the summit.

If you're diligently watching the summit, then you're learning all kinds of new tools to help you solve your symptoms. You're also hearing from experts all over the world who have the ability to help you.

And while you're viewing the summit, look for your practitioners, look for the ones that you resonate with, and be sure to connect with them afterwards to get the help you need.

If you want more information on how to get permanent access to the summit interviews, just email support@drtalks.com and the Help team will get you all sorted out.

Also stay tuned after the summit finishes airing because I'll be hosting a series of masterclasses to get you more information on your favorite topics from the summit, including how to get functional lab testing, to look for toxins in your body, how to work with me from many countries and around the world.

So be sure to add laura@laurafrontiero.com to your safe email list and I will be in touch and you can find me at laurafrontiero.com there is a clickable link to my Bio-Radiant Health website near the bottom of the page where you're watching this video.

My company is Bio-Radiant Health. You can find out more information about me and what we do to support you. So until next time, take good care. Bye now.