Water and electrolytes for brain energy

Hey, if you're like me, you want to have a incredible brain, a super brain. And that's why I call this the super brain. Quick tips. Right here. And so when it comes to enhancing your brain, there's a couple key things you need to do.

And you need to do them right away. One is water and electrolytes. And so basically our body we're a hydro electric being meaning that food itself does not give us energy.

I mean, think about Thanksgiving meat this big meal and how do you feel? You feel sluggish, right? If you eat a big meal, you're actually you're actually taking a lot of energy in order to digest that meal.

If you just fast do a lot of water and electrolytes, you'll notice your energy, your brain come alive. So wherever you're at right now, I'd recommend, unless you're eating a meal, I'd recommend drinking a glass of water and taking a very small pinch of salt and just putting that on your tongue.

Why sleep helps detoxify the brain

Drink a glass of water. I think you'll notice that the energy and that your brain comes alive, you'll notice increased energy, increased mental focus, which will help with whatever you're doing.

So do that right away. Do that immediately. Number two is tonight. Prioritize your sleep. Sleep is when we detoxify our brain. We've got these glial cells which are immune cells in our brain.

And they actually detoxify the brain. They come alive when we're sleeping. And so in order to have a healthy, strong brain, we need to clean out the trash.

Think about your house. If you never take the trash out, it gets really stinky. Nobody wants to live there, right? And so it's the same thing with your brain.

Really good sleep allows you to fully take out the trash. It's like getting the cleaning cleaners in there. They clean it up. Now the house smells great, feels great.

And it's same with your brain. Your brain comes alive. So really do your best to prioritize your sleep. And then number three is to make sure you're moving your body, in particular in novel ways.

So doing things across your body retake like your left arm, go to your right side.

Cross-body movement for mental clarity

Even just doing something like this where you're doing rotational movements can be really, really powerful for your brain. It helps link the two hemispheres your right and left hemisphere of your brain, and that will give you enhanced mental energy, mental clarity, and mental focus.

So again, three key tips water and electrolytes. Prioritizing your sleep and then getting a little bit of movement, particularly any movement is good, but particularly incorporating movement across your body.

You might take like your left hand, touch your right knee, do kind of a cross crawl. You might just even do rotational movements where you're really turning your body.

I'm. I go like this right here and go all the way around like that. And doing that sort of movement again is going to enhance your mental juice, allow you to think sharper and clearer and allow you to have a super brain.

So go ahead and do that. I know you'll see tremendous value out of it. We'll see you on a future video. Be blessed.