

Non-drug Ways To Brain Health Body, Mind and Soul



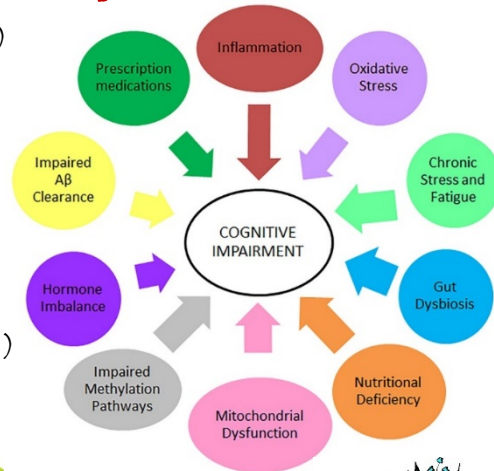
WHAT TO ENJOY...

- ♥ **Mental Stimulation, Cognitive Rehabilitation and Brain Training**
- ♥ **Physical Activity & Exercise** (aerobic & resistance training)
- ♥ **Good Sleep and Stress Reduction** (meditation, yoga, breathing exercises)
- ♥ **Nature** (Sun, Plants, Animals, Lakes, Rivers, Sea & the Earth)
- ♥ **Nutrition** (vitamins, minerals, nutrients, good fats), **Hydration & Fasting**



WHAT TO AVOID...

- ⊘ **Processed Foods**, sugar, artificial sweeteners, sodas, too many carbs (breads, pasta, rice, pastries, etc.) trans fats, vegetable oils, margarine...
- ⊘ **Social isolation, Depression, Loneliness & Negative emotions**
- ⊘ **Chronic Stress** (Fear, worry & anxiety)
- ⊘ **Toxins** (heavy metals, mold, EMFs, pesticides, antibiotics, chemicals, flouride, 'silver' fillings, smoking, prescription drugs, etc.)
- ⊘ **Infections** (Lyme, herpes, candida, gingivalis, UTIs and pathogens such as bacteria, viruses, parasites and fungi)
- ⊘ **Sitting too much...**



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