

# 13 Strategies to Blast Brain Fog

Discover advanced tips you can apply today to improve your mood, memory and mindset and get more out of life.



# 13 Strategies to Blast Brain Fog



Have you ever had trouble staying focused, paying attention and getting things done? I know I have. Teachers and medical professionals would have easily classified me with an attention deficit disorder as I always had challenges sitting still and focusing.

I also struggled with fatigue. Growing up I was always tired. It didn't matter how much sleep I got or how much rest and relaxation I experienced. Once I got back into the grind...the fatigue and tiredness always came back. My mind was all over the place and it was hard to concentrate on any one thing at a time.

As I started college this became an even greater challenge trying to study and remember the information I needed to perform well on tests. Finally, it all culminated with me getting sick with severe digestive cramping and irritable bowel syndrome.

## **My Road Back:**

As I studied the health issues I was struggling with, I realized that my diet and lifestyle were causing the problems. I began incorporating the brain boosting strategies I discuss in this booklet and my entire life transformed.

Not only was I able to study and retain the information I was learning in school but I had incredible energy that allowed me to work two jobs throughout my time in school. I ended up receiving awards for academic excellence in my undergraduate program and was salutatorian of my graduate class at Life University in Marietta, Georgia.

I then went on to open Exodus Health Center in Kennesaw, Georgia where I have had tremendous success helping people transform their lifestyles and improve their health. In addition, I run one of the hottest natural health websites in DrJockers.com and produce the world's best natural health content on a daily basis.

## **The Brain Fog Epidemic:**

Low energy, poor memory and brain fog are major problems for many individuals. Lowered cognitive function results in lowered working efficiency, relationship disputes and significantly reduced quality of life.

Millions of children and adults in America today struggle with mental fatigue, learning, reading & attention challenges. Much of this could be remedied if these individuals knew how to take care of their body and maximize their brain energy.

When you are feeling mentally sluggish try applying some of the following strategies. Overtime, try to incorporate many of these as daily practices. I know you will see results and I would LOVE to hear about them so be sure to post them up on my facebook page or email me personally!

that have been given the label Vitamin P. These nutrients charge your brain up!

# 1 Drink Water with Lemon

The food and beverages we eat provide electrically charged molecules that initiate energy production in our body. Clean water and lemon is the most electrically active thing you could put in your body.

Clean water with lemon provides the body with hydration, anti-oxidants and electrolytes. Lemon is a rich source of the immune boosting vitamin C. It also has good quantities of electrolytes such as potassium, calcium and magnesium. Lemon is a tremendous source of citrus bioflavonoid anti-oxidant phytonutrients that have been given the label Vitamin P. These nutrients charge your brain up!

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## Lemon Energy and Digestion Tonic

- 1-2 tbsps of organic lemon juice
- Liquid lemon flavored stevia (to your taste)
- 4-8 ounces of purified water
- Pinch of pink salt



Sip before meals as a digestive aid or between meals to support digestive distress. If you are having it pre-meal than use less water so you don't dilute your digestive juice production and if you are having it between meals use more water to focus on hydration.

# 2 Take a Smell of Your Favorite Essential Oil

Essential oils have been used for thousands of years for their healing and purifying effects on the body. There are 188 references to these precious oils in the Bible. They have always held extreme value by ancient doctors and medicine men that used them for aromatherapy, consumption, and skin application. Research has now revealed the remarkable healing properties within these essential oils.

Some favorites include citrus essential oils, peppermint, clove and cinnamon. Put a drop on your hands and mix together and then cover your nose and inhale the healing vapors. This will stimulate your brain and increase blood flow to your cranium.

# How to Use ESSENTIAL OILS

## DIFFUSE

- Put 3-4 drops with 1/2 cup of water and turn it on to run in the rooms you are spending time in
- Use with other EOs
- Only use with essential oil diffuser (no warmers or humidifiers)

## INHALE

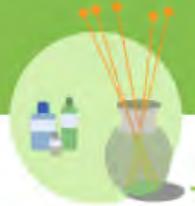
- Sniff directly from bottle
- Rub one drop between hands, cover over mouth/nose and breathe in
- Spray onto furniture, clothes, or carpeting

## INGEST

- Drink in water, tea, or take in vegetable capsules
- Drop under the tongue
- Read directions for amounts

## TOPICAL

- Apply on location neat or diluted (depends on oil or specific use)
- Apply to bottom of the feet as a safe access point
- May use reflex points
- Combine with carrier oils such as coconut oil

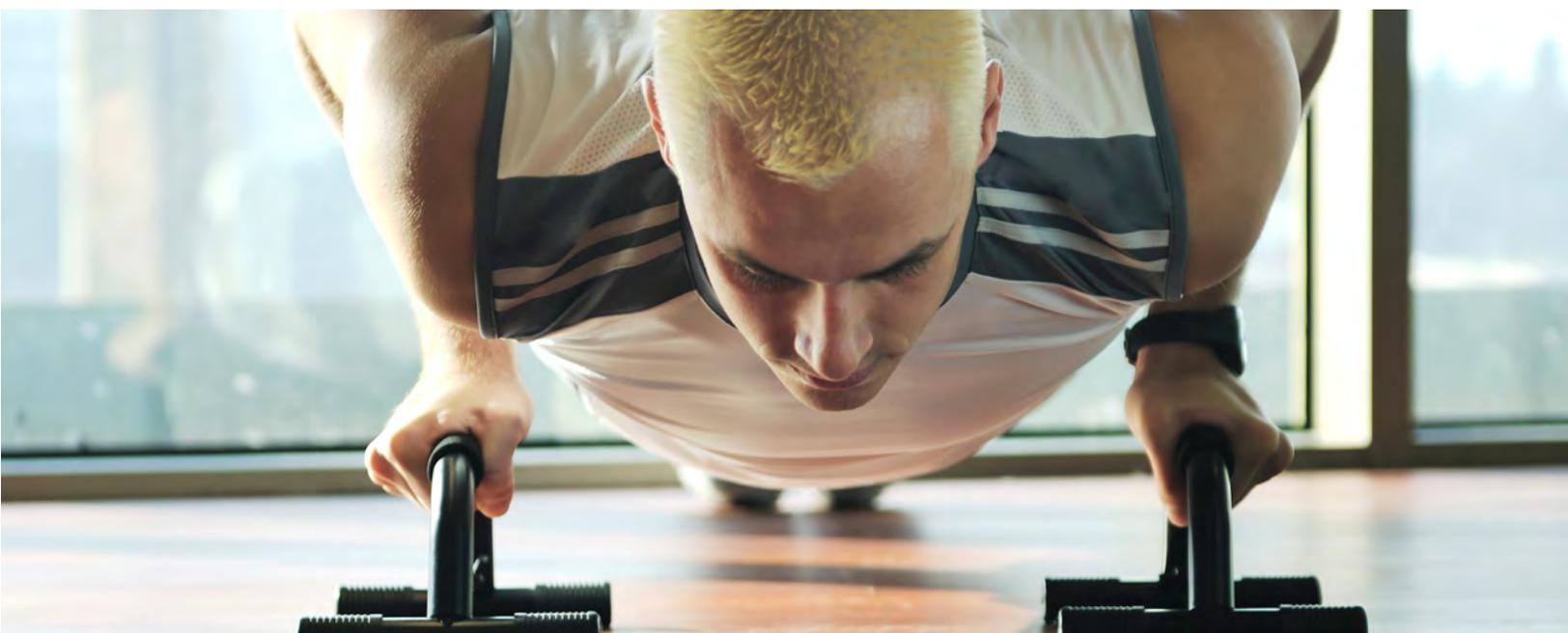


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## 3 Do a Quick Surge of Exercise

A quick surge of exercise for 30-60 seconds will get you breathing heavy and enhance blood flow to your brain that will sustain for at least 30 minutes. Try running in place or doing jumping jacks as fast as you can for 30 seconds.

You could also try doing a cross crawl where you take your right hand touch your left thigh and then the left hand to your right thigh during the running process. This will enhance the synchronization between the two hemispheres of your brain.



## 4

## Snack on Rosemary or Fennel Seeds

These are a concentrated form of minerals like calcium, potassium, manganese, magnesium, selenium, zinc, copper, & iron. These nutrients along with the strong flavor will stimulate your brain and improve memory and cognitive processing.

Fennel seeds increase circulation to the brain, neutralize acids, aid in digestion and are an incredibly good breath freshener. This is perfect when you are in a hurry, on the road, or eating out at restaurants. Simply put a small container of fennel seeds in your purse or car and pop these seeds throughout the day to keep your breath fresh and your saliva alkaline.



## 5

## Use a Wobble Board

Wobble board and wobble disc exercises help to restore and reinforce healthy sacral movement and initiate the CerebroSpinal Fluid (CSF) pump. The CSF brings oxygen and nutrients up into the brain. This has a powerful effect on memory formation and keeping the brain functioning high and empowered to be creative.

The wobble board or wobble disc has a very small center of gravity that creates a greater challenge to the coordinating centers of the brain. Simply sit on the wobble disc and move the body with the pelvis and torso moving in opposite directions. Do front and back exercises and side to side exercises on the narrow pivot of the wobble disc. You can find a simple and inexpensive [wobble disc here](#)



# Air Stability Wobble Cushion

6

## Sit Tall and Breathe Deeply

Effective and efficient oxygenation of the cells, tissues, and organs of our body is an absolute energy necessity. Our respiration cycles are governed by the autonomic nervous system. When your body is under stress you tend to take short, shallow breaths. Because these breaths only penetrate into the upper portion of the chest and lungs they are called “chest breaths.”

Several studies have shown that heart disease, depression, anxiety and chronic pain patients have an intimate relationship with persistent shallow, chest breathing behaviors. Several researchers have suggested maintenance of posture and breathing habits to be the most important factor in health and energy promotion.

Sit tall and take 5-10 long deep breaths. You should aim for a 5-10 second inhalation process and a 5-10 second exhalation process. This is a full, deep respiration and brings tons of oxygen into the brain and strips out carbon dioxide and other wastes.





# Oxygen is the Most Essential Nutrient

**Average Person:** 12-18 breaths per minute

Short, shallow breaths stimulate a stress 'fight or flight' physiology

**Optimal Breathing:** 6 breaths per minute

Long, deep breaths stimulate a rest and heal physiology



## 8 Take a Barefoot Walk Outside

The Earth's electrical rhythms play a significant role in the natural circadian rhythms that govern our sleep/wake cycle, hormones, mood and energy production. Studies taken on people fully disconnected from this natural electrical rhythm have shown abnormal circulating cortisol levels indicating abnormal stress responses.

Additionally, disconnected people often struggle with issues such as insomnia, brain fog, hormone disruption, chronic pain, headaches and fatigue among other things.

The human body has a very similar makeup to the Earth being they are both a combination of water and minerals. This combination is what conducts electrical currents. Our bodies were made to be connected with the Earth and this subtle electrical energy has extremely powerful effects on our health and well-being.

### **Earthing Basics:**

Avoid wearing shoes whenever possible

Sit outside barefoot with your feet on grass or soil.

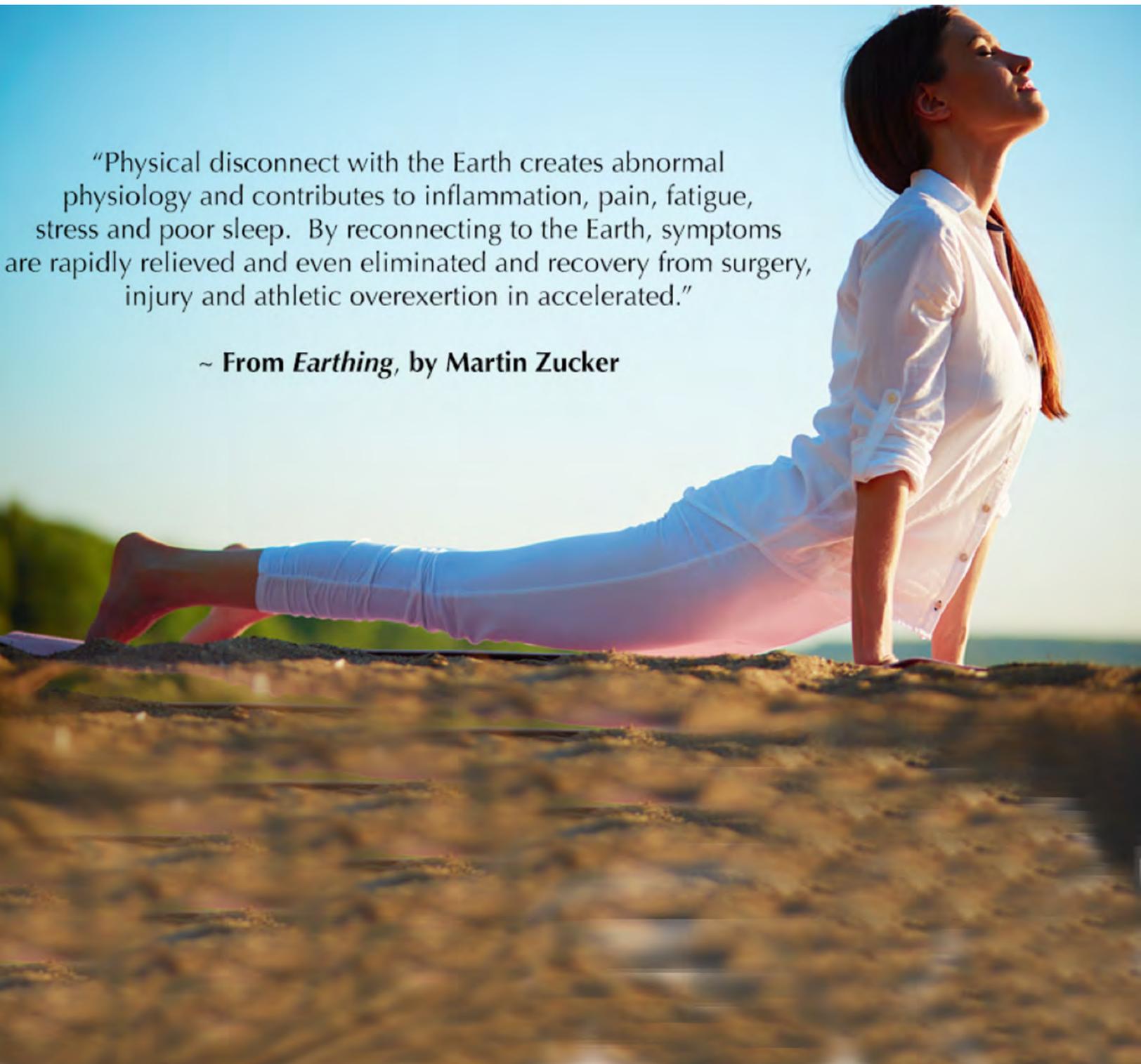
Walk or run barefoot outside on grass, sand or soil. Moist ground or grass is the perfect electrical conductor.

Expose any part of the body to the Earth, ground or any natural waters like lakes, streams or oceans. Walking in salt water is one of the best grounding techniques due to the combination of earth, water and electrolytes.

Sit or lean on the trunk or limb of a tree to share some of its natural electricity.

Try to incorporate as much sunshine on major regions of your body when you are outside as well to get electrical energy and vitamin D3 synthesis.

The benefits of Earthing (also called grounding) include reduced inflammation and better internal stress management. This results in better sleep, enhanced immunity, less pain and a better state of mind. Many individuals report significantly better memory, creativity, innovativeness and spiritual direction after spending time connecting with the Earth.



“Physical disconnect with the Earth creates abnormal physiology and contributes to inflammation, pain, fatigue, stress and poor sleep. By reconnecting to the Earth, symptoms are rapidly relieved and even eliminated and recovery from surgery, injury and athletic overexertion is accelerated.”

~ **From *Earthing*, by Martin Zucker**

# EARTHING BASICS



Take Off Your Shoes

Sit Down Barefoot



Walk Barefoot



Let Your Body Touch the Earth



Sit on a Tree



Cold showers or alternating shower temperatures between warm and cold has a powerful effect on circulation. When you expose yourself to cold temperatures your body constricts blood supply. When exposed to heat the vessels dilate and expand. Changing these temperatures and particularly using cold water dramatically improves the tone of the blood vessel walls. This gives the body a greater adaptability in driving blood into areas that are needed.

Research has indicated that taking cold showers releases endorphins and improves circulation throughout the body including the brain. The net effect of this is that cold showers have been shown to help individuals suffering with depression, insomnia, anxiety and mental lethargy.

The best strategy for beginning to use cold shower therapy is to begin with a comfortable warm shower and then switch the temperature lower towards the end of the shower. If you do this consistently, over time your body will adapt and get more tolerant with the temperature change and you will reap the health benefits.

## COLD SHOWER BENEFITS

Always shower in luke warm water. Towards the end gradually reduce amount of hot water and for the last 60 seconds have a cold shower. Cold showers will change the way you look and feel - guaranteed!

- ✓ Strengthen the immune system
- ✓ Increase hormone production
- ✓ Improve circulation
- ✓ Increase metabolism
- ✓ Alleviate depression
- ✓ Detox
- ✓ Improve male fertility
- ✓ Speed up healing
- ✓ Prevent post-workout injuries
- ✓ Decrease chronic pain
- ✓ Reduce body aches
- ✓ Improve your hair health
- ✓ Improve kidney function
- ✓ Reduce swelling and edema
- ✓ Heal and tone skin
- ✓ Regulate your autonomic nervous system
- ✓ Regulate uric acid levels in your body
- ✓ Improve sleep

# 10 Take a Power Nap:

Most of us remember nap times when we were children. Sleep researchers have found that napping is actually one of the best ways to boost athletic performance and learning skills. It is estimated now that over 70% of American society is suffering symptoms related to sleep deprivation. Napping is an ideal tool to be used by anyone from athlete to lay person looking to improve performance and quality of life.

Napping has been shown to help consolidate memory. Even short power naps have been shown to improve the immune system and reduce inflammation. This allows for better neurological communication and improved brain function.

Most experts agree that the optimal time period for a nap is between 10 and 30 minutes. This period brings the best rejuvenatory benefit without creating excess sleepiness and effecting nighttime sleep. Even a short 5-minute nap has shown to be beneficial on human performance.



## Key Napping Strategies

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### NOT TOO LATE

Napping within five hours of bedtime may interfere with night time sleep.



### NAP TIME

Prime nap time is from 1:00 p.m. to 3:00 p.m., when your energy level dips due to a rise in the hormone melatonin at the time of day.



### DARKNESS

Use a face mask, shirt over your eyes or eye pillow to provide darkness to make your nap more effective.

### SET AN ALARM

You will eventually train yourself to nap for the amount of time you set aside. Until then, set an alarm or ask someone to wake you up.



### 30 MIN MAX

When taking a nap longer than 30 minutes, you run the risk of heading into deep sleep, which will leave you feeling tired and groggy. Naps as short as 1-2 mins could be effective for some people.

30  
min



### QUIET PLACE

Assure that you will not be disturbed for the duration of your nap.



### THE CAFFEINE NAP

Some people claim that drinking coffee and then taking an immediate nap works well. The effect of caffeine kicks in somewhere between 10 and 20 minutes, waking them up. They feel extra energy from both the nap and the coffee. Researchers in Japan found that subjects using a caffeine nap rated highest in decreased sleepiness and increased productivity when compared to subjects taking a nap and washing their face, or taking a nap and being exposed to bright lights.

# How Long to NAP

## 10 to 20 Minutes

This power nap is ideal for a boost in alertness and energy, experts say. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up.

## 30 Minutes

Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap's restorative benefits become apparent.

## 60 Minutes

This nap is best for improvement in remembering facts and names. It includes slow-wave sleep, the deepest type. The downside: some grogginess upon waking up.

## 90 Minutes

This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically likened to the dreaming stage. This leads to improved emotional and procedural memory (i.e., riding a bike, playing the piano) and creativity. A nap of this length typically avoids sleep inertia, making it easier to wake up.

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## 11 Snack on Raw Cacao

As described earlier in the book cacao contains theobromine which is a natural cardiovascular stimulant that enhances blood flow to the brain. Theobromine is both safe and non-addictive and has shown clinical benefits with improved memory and cognitive processing. You can munch on some raw cacao nibs or make a low-sugar shake or pudding with raw cacao to get a good load of this superfood in a very tasty manner.





**CACAO BEANS**

The cacao pod grows on the Theobroma tree. Inside the cacao pod you will find the cacao fruit and seeds. The seeds are also known as cacao beans. All chocolate comes directly from cacao beans.



**CACAO NIBS**

Inside of cacao beans, are the original chocolate chips: cacao nibs. The cacao beans are separated from their husks and broken into small bits.



**CACAO POWDER**

Cacao powder is created by taking the nibs and then cold-pressing the oil out. When the oil is removed from the nibs, you get a dense, nutritionally packed dry mass. This mass is then ground into a fine powder.



**CACAO BUTTER**

Cacao butter is a pure, stable vegetable fat that is cold pressed out of cacao beans, it melts at body temperature and gives chocolate its unique mouthfeel.



**CHOCOLATE LIQUOR**

Cacao liquor (cacao paste) is made when cacao beans are placed under pressure and the solid bean is turned to liquid at just over 100 degrees (F). This raw chocolate then hardens in a mold.



Raw cacao promotes the release of neurotransmitters, which promotes bodily rejuvenation, and releases feel-good hormones. That is why chocolate makes us so happy! It increases the levels of serotonin, a neurotransmitter, that acts as an anti-depressant and it can even help reduce symptoms of PMS.

Raw cacao is also a rich source of antioxidant flavonoids that promote cardiovascular health and protect against toxins. It is a Superfood that is a rich source of antioxidants, filled with a number of other beneficial nutrients, like manganese, magnesium, and sulfur, which builds strong nails and hair, and promotes beautiful skin.

# Three Broader Lifestyle Strategies to Incorporate

The following three strategies will not necessarily boost your brain function immediately but incorporated into a regular lifestyle they will help you significantly improve your cognitive acceleration, memory and mood.

## SUNLIGHT & VITAMIN D3 *for a Healthy Brain*



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### 1 Sun Charge Your Brain

Researchers believe that vitamin D3 acts to protect an aging brain and boost overall memory and cognitive function. This is thought to be done by increasing levels of protective antioxidants, increasing key hormones and suppressing a hyperactive immune system that can inflame the neurological circuitry. Sun charge your brain for maximal cognitive function.

The sun provides our body with an essential stress through its UV radiation. This UV radiation signals a molecule on the skin (7-dehydrocholesterol) to convert to the active form of Vitamin D3 (cholecalciferol) in the body.

## Vitamin D is more Hormone than Vitamin

Vitamin D more resembles a hormone than vitamin by function. Hormones are chemical messengers that interact with cell receptors to produce specific biological responses. Calcitriol, the active form of Vitamin D, is arguably the most powerful hormone in the body. It has the ability to activate over 2,000 genes (roughly 10% of the human genome).

There are vitamin D receptors throughout the central nervous system and critical regions of the brain including the hippocampus. Researchers have concluded that vitamin D activates and deactivates enzymes in the brain and cerebrospinal fluid that are involved in nerve growth, synaptic density and neurotransmitter synthesis.

Vitamin D3 is also shown to boost glutathione production in the neuronal cells protecting them from damage inflicted by oxidative stress. Vitamin D also helps to modulate the immune system to reduce inflammation throughout the body.

## Vitamin D Boosts Cognitive Acceleration

A 2009 study led by scientists at the University of Manchester in England, looked at vitamin D levels and cognitive performance in more than 3,100 men aged 40 to 79 in eight different countries across Europe. The data shows that those people with lower vitamin D levels exhibited slower cognitive processing speed.

Vitamin D deficiency is a current epidemic in our society today affecting 90% of our world's population. According to Vitamin D expert Michael Holick, "We estimate that vitamin D deficiency is the most common medical condition in the world." It is clear that most people are not getting enough healthy sun exposure.

**Enhances  
Immune  
System**

**Required For  
The Absorption  
of Calcium**

**Needed For  
Healthy Thyroid  
Function**

**Helps to Prevent  
Depression &  
Anxiety**

**Essential For  
Neuromuscular  
Function**

# VITAMIN D

## THE SUNSHINE VITAMIN

**Signs  
of  
Deficiency**

- **Muscle weakness**
- **Malformation of bones**
- **Osteomalacia (weakening of the bones)**
- **Osteoporosis (thinning of the bones)**
- **Rickets**
- **Insomnia**
- **Cognitive impairment**
- **Myopia (nearsightedness)**

**Causes  
of  
Deficiency**

- **Metabolic abnormalities with absorption or metabolism of vitamin D**
- **Sedentary indoor lifestyle**
- **Regular use of sunblock**
- **Low stomach acid**
- **Vitamin D is a fat-soluble nutrient which means liver or gallbladder dysfunction may contribute to a deficiency**

# Vitamin D Deficiencies Increase Brain Degenerative Processes

A 2010 study published in the Archives of Internal Medicine showed that those who are classified as deficient in vitamin D were 42% more likely to have cognitive impairment. Meanwhile, those classified as severely deficient were almost 400% more likely of having cognitive impairment.

“The odds of cognitive impairment increase as vitamin D levels go down,” says study author David Llewellyn. “Given that both vitamin D deficiency and dementia are common throughout the world, this is a major public health concern.”

## Tips For Healthy Sun Exposure and Vitamin D Production

The ideal amount of sun exposure should produce somewhere in the range of 10,000 – 20,000 IU of vitamin D3. This depends upon the amount of body parts exposed, the strength or angle of the sun and the color of the individual’s skin.

This is the approximate amount of time each individual skin type needs of sun exposure to get the appropriate 10,000 – 20,000 IU considering that at least 60% of the body is exposed to sunlight. This would be equivalent to intentionally sun bathing. They should get this amount at least three times weekly in order to fully optimize vitamin D3 levels.

### 1. Find The Right Sun Exposure For You

Light skin = 15-20 minutes daily

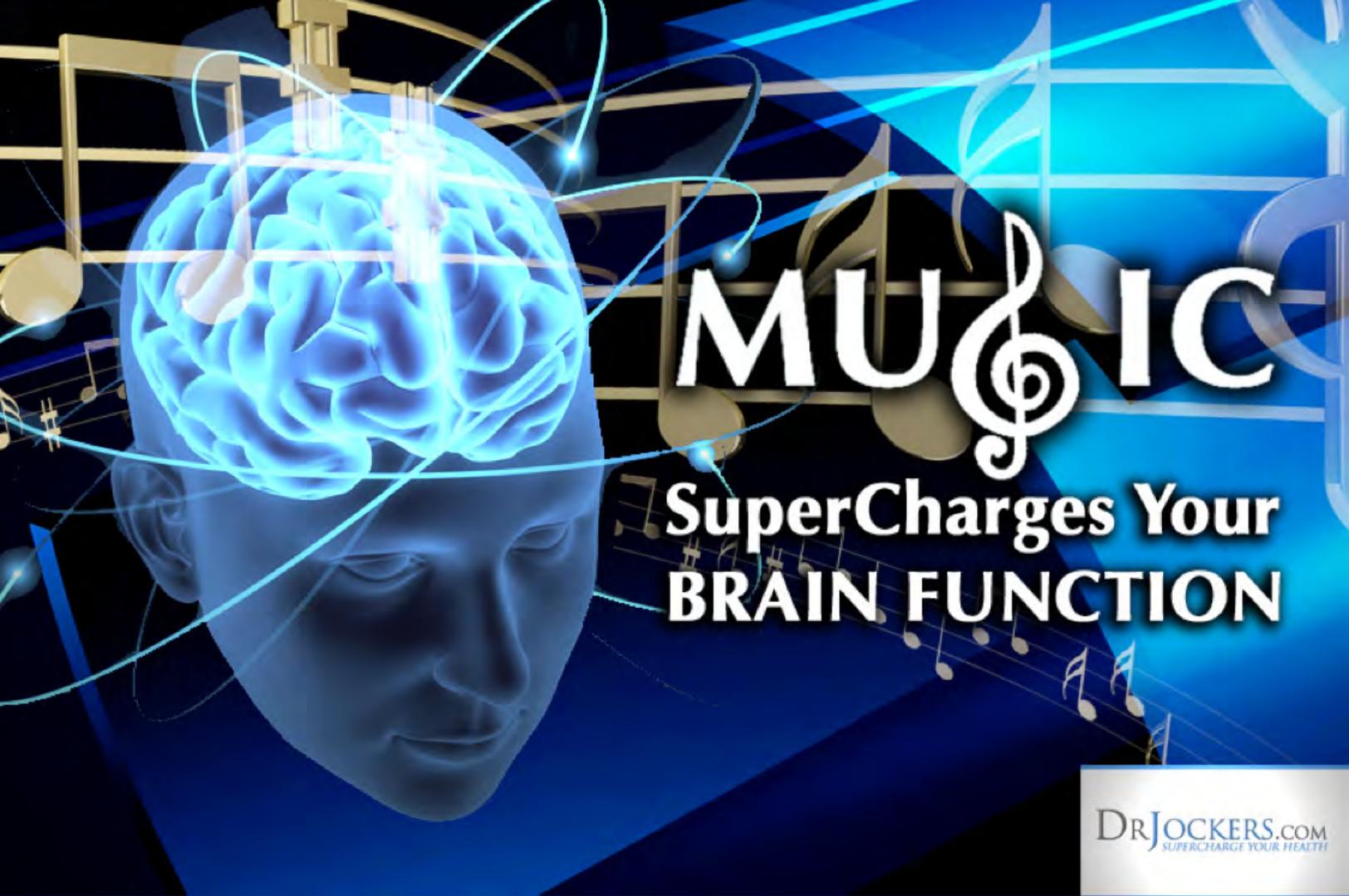
Medium Skin = 25-30 minutes daily

Dark Skin = 40-45 minutes daily

**2. Apply a Natural Moisturizer:** Use coconut oil, aloe vera and/or green tea extract as a moisturizer before and after sun exposure for added anti-oxidant protection



**D3/K2 POWER**  
*Immune Health*



## 2 Listen to Some Good Music

Most people have their own particular styles of music they enjoy. Music is one of the greatest joys of mankind and it has an effect at simulating the brain and enhancing learning. Listening to music stimulates the whole brain through diverse neural circuitry which increases cranial metabolism. Listening to enjoyable music improves your brain function.

The brain is divided into two major hemispheres called the right and left hemisphere. The right brain is thought to process information through creative imagery. The left brain is the analytical side that controls verbal and mathematical processing. The corpus callosum connects the left and right hemispheres and controls the communication between these two.

### **Music Helps Connect Your Brain Hemispheres**

Music is unique in that it activates a broad array of neurons across the corpus callosum. This creates a state of harmony between the two hemispheres. The non-verbal melodies of music stimulate the right brain while singing stimulates the language center in the left hemisphere.

Music has the amazing potential to alter an individual's state of consciousness. Music therapy has been shown to shift a person's complete perception of time and stimulates unique emotions and memories. Listening to music boosts endorphin release which lifts our spirits and activates positive emotions and states of euphoria.

# MUSIC & THE BRAIN

## Healing Powers

Listening to music can decrease anxiety, speed healing, increase optimism and decrease pain.

## Incredible Memory for Sounds

Alzheimer's patients can recall and sing songs long after they've stopped recognizing names and faces. There is growing evidence that listening to music can help stimulate seemingly lost memories and even help restore some cognitive function.

## Creativity Boost

Music boosts creative energies through the production of alpha and theta waves. Large influxes of alpha waves induce states of enhanced creativity while theta waves are associated with dreaming, learning and relaxing.

The key for boosting creative energies is to listen to the type of music you enjoy the most. If you want more inspiration in language and mathematics it would make sense to listen to music with singing, while music without words stimulates more artistic and visual senses.



**"Sound is a nutrient for the nervous system. Love your ears...they are much more important than you ever realized."  
Prof. Dr. Alfred Tomati**

## Music Taps Into Primal Fear

There are certain sounds that humans automatically associate with death because they tap into our evolutionary fear of the screams of other animals (and other human beings). Scientists have dubbed these "discordant noises"; any noise that makes you feel very unpleasant falls into this category.

We know if we hear other living things making those discordant noises that we have to react because something bad is going to happen. Movie directors know this and make good use of it when deciding on the score for a film!

## Babies Know Happy From Sad Songs

Babies as young as 5 months can distinguish an upbeat tune, such as "Ode to joy" from Beethoven's Ninth Symphony, from a lineup of gloomy tunes.

## The Mozart Effect

It's been thought that listening to classical music, particularly Mozart, enhances performance on cognitive tests. However, recent findings show that listening to any music that is personally enjoyable has positive effects on cognition.

Listening to music can make you learn better and has the power to enhance some kinds of higher brain function, such as reading and literacy skills, spatial-temporal reasoning, emotional intelligence and mathematical abilities - even children with attention deficit/hyperactivity disorder benefit in mathematics tests from listening to music beforehand.



## Music Helps Boost Creative Energies

Music also boosts creative energies through the production of alpha and theta waves. Large influxes of alpha waves induce states of enhanced creativity while theta waves are associated with dreaming, learning and relaxing.

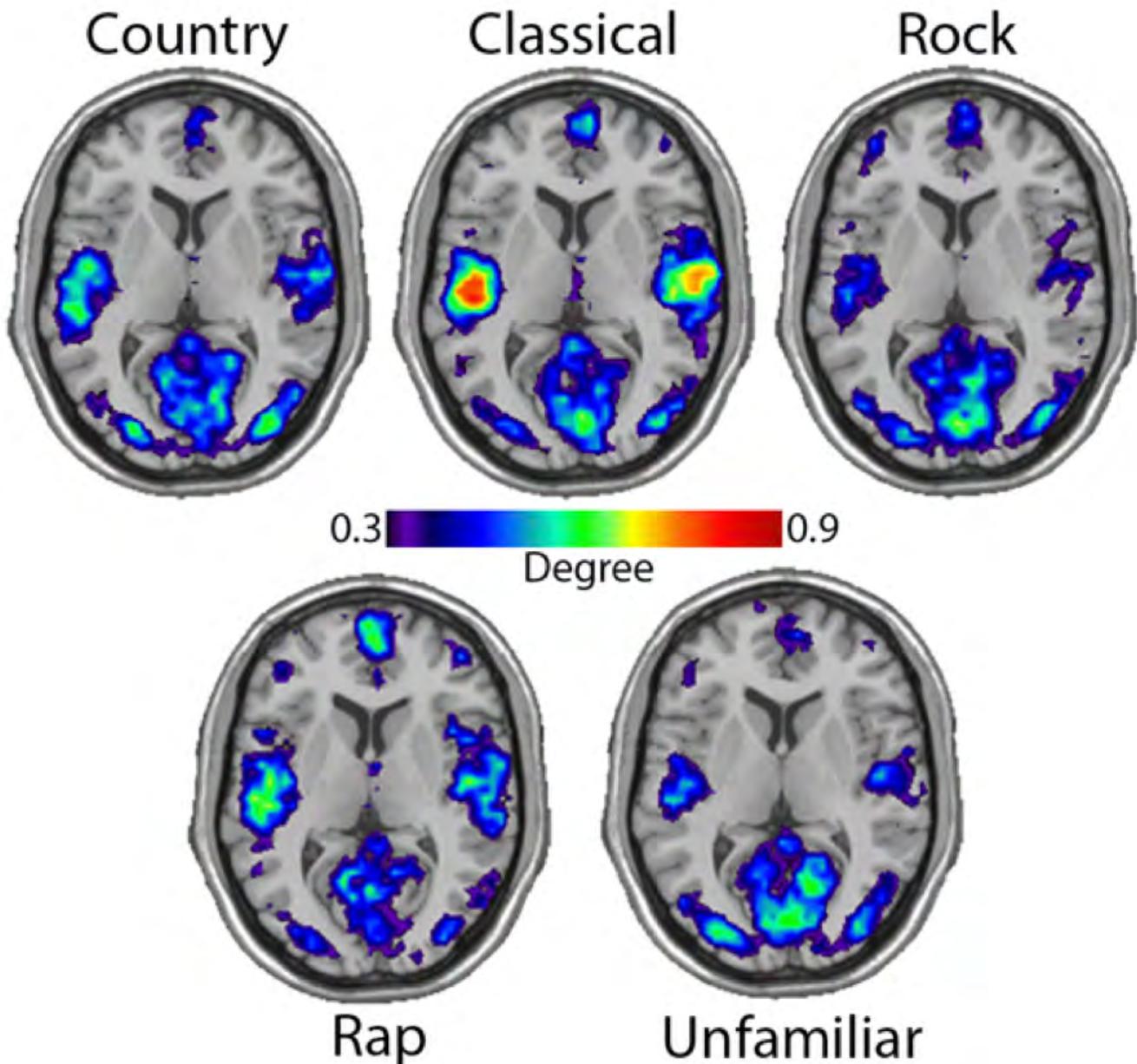
The key for boosting creative energies is to listen to the type of music you enjoy the most. If you want more inspiration in language and mathematics it would make sense to listen to music with singing while music without words stimulates more artistic and visual senses.

These types of music can also be used to help balance the hemispheres effectively. Someone who has a left brain focused job such as an accountant may experience an increased level of peace and stability when they listen to classical music or other right brain style music.

Someone with a heavy right brain position (such as an artist) may do well with rock n'roll or other lyric based music to charge up their left brain. This is all subjective to the unique tendencies and subtleties of the individual but more research is pointing in the direction of using music to balance and stabilize the hemispheres.

## The Right Type of Music

I personally prefer inspirational music that is only instrumental for relaxation and worship music when I want to supercharge my energy! I believe these forms of music are divinely inspired and lift our spirits better than any other form of music. Music with immoral or depressing lyrics is poison to the spirit and I highly recommend avoiding this form of music.



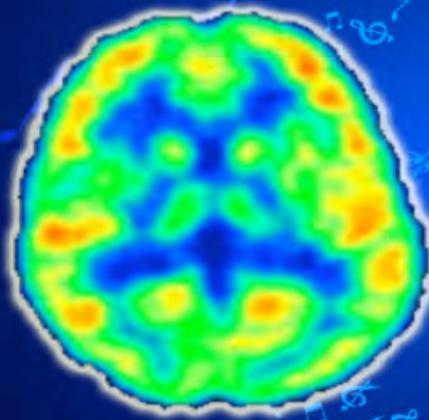
# Music Therapy and Your Health

Classical or light music help to calm and relax blood pressure. Researchers have shown that listening to calming music for periods of time every day is extremely effective for stabilizing blood pressure levels.

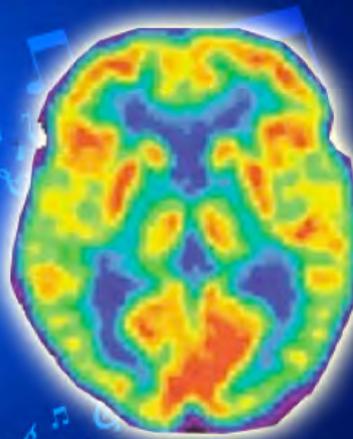
Music therapy is used to help patients with neurological conditions by stimulating unique regions and enhancing blood flow and metabolism. This sort of therapy was popularized by Dr. Oliver Sacks and featured in the movie “Awakenings.”

## THE BRAINS REACTION TO MUSIC

The Brain  
at Rest



The Brain's  
Reaction to Music



## Music Therapy and Alzheimer's Disease

Alzheimer's disease is associated with damage to the temporal lobe that is used to process and direct memories. Music stimulates not only direct memories but other circumstances surrounding that musical experience.

Researchers have found that listening to music can indirectly stimulate memory fragments that would not otherwise be retrieved. This helps to provide emotional comfort and improve brain function.

## Music Therapy and Parkinson's Disease

Parkinson's disease is a pathogenic process that destroys the basal ganglia. This region of the brain organizes thoughts and movements into action. Strong, rhythmic musical beats stimulate motor control, movement and coordination. Combining this music with dance steps and other movements has been shown to improve walking speed and coordination for individuals with Parkinson's.

# INTERMITTENT FASTING

## *SuperCharges Your Brain*



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### 3 Fasting Improves Your Brain Function:

New research has indicated that fasting can significantly reduce the effects of aging on the brain. It has been known that bouts of intermittent fasting have a powerful anti-inflammatory effect on the entire body. Leading scientists now believe that intermittent fasting is one of the key strategies for maximizing brain function.

Researchers at the National Institute of Aging in Baltimore have reviewed the literature and performed studies to indicate the positive effects of fasting on overall brain health. Professor Mark Mattson, who is the head of the Institute's laboratory of NeuroSciences, made it clear that these benefits were not just related to calorie restriction but instead to intentional periods of intermittent fasting.

#### **2 Major Physiological Phases: Building and Cleansing.**

Eating stimulates the body to go into building phase where we are anabolic in nature and store both nutrients and toxins. This phase is essential for building new cells and tissues and store nutrients for times of scarcity. This building phase of physiology is predominately led by the hormone insulin.

Fasting for more than four hours begins the cleansing phase. The cleansing phase is catabolic in nature in that it tears down old damaged cells. This process turns on brain autophagy, or "self-eating," in where the cells recycle waste material, regulate waste products and repair themselves. These genetic repair mechanisms are turned on through the release of human growth hormone (HGH).

Intermittent fasting is one of the most powerful modalities for reducing inflammation, boosting immunity and enhancing tissue healing. This is one of the reasons why many people feel nauseated when they have infections. This innate mechanism is the body's way of influencing us to fast so it can produce the right environment to boost natural immunity.

## **Fasting Boosts Human Growth Hormone (HGH)**

HGH is known to create physiological changes in metabolism to favor fat burning and protein sparing. The proteins and amino acids are utilized to improve brain and neuron processing. They also repair tissue collagen which improves the functionality and strength of muscles, tendons, ligaments, and bones. HGH also improves skin function, reduces wrinkles and heals cuts and burns faster.

Researchers at the Intermountain Medical Center Heart Institute found that men, who had fasted for 24 hours, had a 2000% increase in circulating HGH. Women who were tested had a 1300% increase in HGH. The researchers found that the fasting individuals had significantly reduced their triglycerides, boosted their HDL cholesterol and stabilized their blood sugar.

# **Benefits Of Fasting**

- 
- Increased Energy
  - Increased Immunity
  - Enhanced Liver Function
  - Reduced Allergy Symptoms
  - Increased Metabolism
  - Weight Loss
  - Improved Digestive Function
  - Reduced Joint Aches and Pains
  - Improved Sleep
  - Heightened Mental Clarity, Focus and Memory
  - Improved Stability of Moods and Balance
  - Feeling of Calmness and Peace
  - Reduced Food, Alcohol and Nicotine Craving

# The Dance Between Insulin and HGH to Govern Metabolism

HGH and insulin are opposites in function. HGH is focused on tissue repair, efficient fuel usage and anti-inflammatory immune activity. Insulin is designed for energy storage, cellular division and pro-inflammatory immune activity.

Insulin is the dominant player in this game. When conditions demand an insulin release (carbohydrate intake), HGH is inhibited. Additionally, too much protein or fat may not stimulate insulin but they will inhibit HGH release.

Studies have indicated that the disruption of neuronal autophagy results in accelerated neurodegenerative states throughout the brain. Elevated circulating levels of insulin reduce the amount of neuronal autophagy and cause metabolic problems as well as accelerated degenerative states. Bouts of intermittent fasting are essential for the brain to clean itself up and drive new neurons and communication lines for optimal function.

## Fasting and Exercise

The cleansing phase also acts **like a slinky that is being spring-loaded** for when the body moves into the building stage. It provides a sort of pre-load that allows the body to adapt in an incredible manner when it goes into the building phase. This enhances the neuronal connections and improves brain function.

Experts believe the intermittent fasting puts the brain cells under mild stress that is similar to the effects of exercise on muscle cells. The stress causes them to adapt and get more energy efficient. The body recovers from intense exercise through both the building and cleansing phases.

## Fasting Boosts Brain-Derived NeuroTrophic Factor (BDNF)

BDNF levels govern the formation of new neurons and the development of synapses and various lines of communication within the brain. Higher levels of BDNF lead to healthier neurons and better communication processes between these neurological cells. Low levels of BDNF are linked to dementia, Alzheimer's, memory loss and other brain processing problems.

Research has shown that bouts of fasting have a great anti-inflammatory effect on the entire body. Sufferers from asthma have shown great results as have preliminary reports on individuals with Alzheimer's and Parkinson's. Mattson and colleagues are preparing to study more details about the impact of fasting on the brain using MRI technology and other testing.

## Best Strategies for Fasting

The best way to begin fasting is by giving your body 12 hours between dinner and breakfast every single day. This allows 4 hours to complete digestion and 8 hours for the liver to complete its detoxification cycle. After this is a standard part of lifestyle, try taking one day a week and extending the fast to 16-18 hours. Eventually, you may choose to do a full 24 hour fast each week.

During the Fasting Period it is great to drink cleansing beverages such as fermented drinks, herbal teas, water with infused superfood extracts, water with lemon or apple cider vinegar, etc. These enhance the cleansing process by providing anti-oxidants and micronutrients that enhance healing while not interacting with insulin or HGH levels.

# 5 Types of Fasting



<b>Simple Fast:</b>	12 hours
<b>Cycle Fast:</b>	16 hours - 3x weekly
<b>Strong Fast:</b>	16-18 hours daily
<b>Warrior Fast:</b>	19-21 hours daily
<b>1 Day Fast:</b>	Full 24 hour fast each week

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## Precautionary Step Before Fasting

Before one begins a lifestyle of intermittent fasting they should first remove as much sugar and grains from their diet as possible. This will create better blood sugar balance and help regulate insulin and the stress hormone cortisol. The diet should be built around good fats, anti-oxidants, clean protein and fiber. It can take three to seven days to stabilize blood sugar and stress hormones before intermittent fasting would be advised.

Once the body is properly trained, most people are able to easily do a 16-18 hour fast every day. The easiest way to do this is by missing breakfast to extend the overnight fast. I do this every day myself.

In the morning time, I drink lots of water and utilize anti-oxidant extracts in the form of herbal teas, water infusions and fresh squeezed lemon, bone broth or apple cider vinegar. These cleansing beverages help to detoxify the body and enhance healing processes. They also quell hunger and keep your energy levels high.

I have a light lunch or mid-afternoon snack that is either a big raw salad with good fats like olive oil and avocado or a protein shake with non-denatured whey, coconut and avocado. At night I have a large dinner with lots of grass-fed beef or another animal protein/fat and tons of veggies.

For many people, such as myself, we feel so great on an intermittent fasting lifestyle that we choose to never go back to eating any differently. In fact, I love to combine this fasting lifestyle with bouts of surge training to maximize my HGH levels and brain boosting strategies!



“*I fast for greater  
physical and  
mental efficiency.*

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# About Dr. David Jockers DNM, DC, MS

**Dr. David Jockers** is a doctor of natural medicine, a functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com with over 1 million monthly visitors and has been seen on popular media such as the Dr Oz show.

Dr Jockers is a world-renowned expert in the area of ketosis and the ketogenic diet. He is the developer of the best selling “[Navigating the Ketogenic Diet](#)” E-course and the host of the Popular Keto Edge Summit.

Dr Jockers is also a sought-after speaker around the country on such topics as ketosis, weight loss, brain health, healing leaky gut, thyroid function, natural detoxification and disease prevention.



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