

Brain Health

Harmony & Health

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Our brains are full of information and memories that we store and retrieve, day in and day out. Under good conditions, when we are at our best, information is retrieved quickly and efficiently. On other days we have trouble recalling the simplest of memories, we suffer from brain fog, or our thoughts just can't get organized. Most of these issues can be improved with simple nutrition and exercise.

Areas that directly affect our brain function, moods and memory:

- **Circulation** affects oxygen levels, hindering brain health. To promote circulation, start with exercise. Also, **Ginkgo t/r** (#898-8) has traditionally been considered brain food to enhance circulation to the brain.
- The **aging process**, but antioxidants can help maintain our vitality. **Thai-Go** (#4095-1) & **Ultimate GreenZone** (#1099-1) are two excellent sources of food-based concentrated antioxidants.
- **Stress** creates wear and tear on the nervous system, including the brain. Too much stress and we lose our ability to concentrate and remember things. If you have high stress, supplement your diet with B vitamins and Vitamin C. **Nutri-Calm** (#1617-3) provides both of these, with the addition of a base of calming herbs to support the nervous system. Find ways to release stress and relax: dance, laugh, read, pray, etc.
- **Good nutrition** is vital for keeping your blood sugar levels normal & your brain alert. Make sure your meals are balanced with a combination of proteins, fats, and complex carbohydrates. Breakfast is crucial.

Four NSP products that support your brain function:

1. **Brain-Protex** (#3114-1) is an herbal formula with antioxidants to enhance mental sharpness and memory.
2. **Focus Attention Formula** (#1833-4 or #1843-0 powder form for younger children) provides nutrients to balance brain activity and energy levels.
3. **DHA** (#1513-5 or #3342-4 chewable for children) is a source of good fatty acids which are essential for the brain. Food sources of good fatty acids are fish, flax, chia seeds and walnuts.
4. **Mind Max** (#3134-4) is a formula for short-term memory loss or trauma, as well as age-related issues.

Don't forget to drink water! Lack of water is the #1 cause of daytime fatigue. Drink half of your body weight in ounces. (ie If you weigh 100 pounds, drink 50 ounces of water.) Also, a mere 2% drop in body water can trigger fuzzy short-term memory and other focusing issues.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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