

THE BRAIN HEALTH PROGRAMME



Optimise your wellbeing, memory and mood

with a nutrition and lifestyle programme



Deborah Lethby

Dip. NT (CNM), mBANT CNHC

Registered Nutritional Therapist

nutriessential
nutritional therapy

Do you suffer with brain fog, poor memory, difficulty concentrating, low mood, anxiety and tiredness?

Are you concerned about your risk of brain decline? Have you have noticed brain fog, poor memory or concentration or have you a family member that has already been diagnosed with dementia? Although Alzheimer's and dementia are associated with aging in the 70s or 80s the mechanisms promoting cognitive decline can start in the 30s and 40s.

The Brain Health Programme is for people BEFORE they develop dementia and is based on the diet and lifestyle elements of the Bredesen Protocol. This is a practical and informative programme. It is aimed at people who want to engage in optimising brain function and overall health by making diet and lifestyle changes NOW, rather than waiting for a possible future diagnosis of dementia.

Boost your mood and mental function with The Brain Health Programme

Our mood, memory and general well being are dependent on the functioning of our brain cells and the production of brain chemicals. Any imbalance here can lead to problems such as brain fog, forgetfulness, anxiety, low mood, cognitive decline and dementia. The good news is that the imbalances that are often at the root of brain-related issues may be corrected using nutrition and other lifestyle strategies.

What is The Brain Health Programme and how can it help?

The Brain Health Programme has been designed to provide individuals with the knowledge and practical tools required to optimise well being, memory and mood.

The Programme comprises six interactive workshops which include talks, activities and discussion to show individuals how to make, and sustain, lifelong food and lifestyle choices to protect and promote the health of the brain. It is suitable for anyone wishing to learn how to support their mental health and well being and reduce the risk of cognitive decline.

Each workshop has been designed to help individuals engage with every aspect of the programme and understand what can be done to support well being, memory and mood.

The Workshops

Nutrition for the Brain: Just like any other organ, the brain requires certain nutrients to function properly. On the other hand, some foodstuffs can actually jeopardise brain function. The Programme explores the very best foods to eat, as well as ways of eating, to optimise the brain and help prevent cognitive decline.

- **OPTIMISING GUT HEALTH** Science has revealed that what goes on in our digestive tract can have a profound influence on mood and mental functioning. The Programme explores this 'gut-brain axis' and provides practical advice on how to ensure a healthy gut.
- **STRESS MANAGEMENT** Persistently elevated levels of the stress hormone cortisol can kill brain cells and negatively affect brain function. The Programme examines this association and offers practical advice for reducing stress naturally.
- **IMPROVING SLEEP** Sleep is vital for optimal brain health. Statistics show we are sleeping less, and problems such as getting to sleep or staying asleep are common. The Programme provides strategies for optimising sleep and maintaining mental functioning.
- **PHYSICAL ACTIVITY** Exercise increases blood flow to the brain and helps to produce brand new cells within the part of the brain responsible for memory and emotions. The Programme reveals how exercise can lift mood and help with stress management.
- **BRAIN TRAINING** There's an old adage — 'use it or lose it'. The adult brain continuously adapts to relevant sensory stimulation, and The Brain Health Programme explores how exercising the brain allows new connections to be created and maintained.

Join me, Debbie Lethby for a FREE introductory talk to find out more on Saturday 9th March 2019 at 11am at The Royston Complementary Health Centre, 31C Market Hill, Royston, Hertfordshire SG8 9JS

To book your place, please call or email me today 07868 733201 deborah@nutrissential.co.uk