

OPTIMIZE YOUR BRAIN

Peak Mental Performance Series -developed by
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Reaching your Full Potential

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My Story

My Hope:

Regardless of your age, education or background, you may learn strategies on how to think, act, and live in a way that promotes optimal brain function.

How to Enhance Your Intelligence

OBJECTIVES....

- Understand **what intelligence is** and how it **affects success** in life
- Recognize **substance** and **behaviours** that may **hinder your full potential**

How to Enhance Your Intelligence

OBJECTIVES

- Identifying **lifestyle factors** that **can influence** intelligence
- Learning the important **nutrients** that provide a mental health advantage

ACTIVITY

HOW WELL CAN YOU REMEMBER?

What is intelligence?

?

WHAT IS INTELLIGENCE

WHAT IS INTELLIGENCE (IQ)?

- THE ABILITY TO LEARN, RETAIN, AND APPLY KNOWLEDGE

WHAT IS EMOTIONAL INTELLIGENCE (EQ)?

- MEASURE OF A PERSON'S ADEQUACY IN UNDERSTANDING EMOTIONS

BENEFITS of IQ

- THE ABILITY TO LEARN, RETAIN, AND APPLY KNOWLEDGE
- Measured in academics

BENEFITS OF IQ

- The first job out of college
 - Advances in job is related to one's EQ
- Live Longer
 - People with a higher IQ live longer

I.e. children with an IQ of 150 have a 44 % lower risk of death than with an IQ of 135.

Parietal Lobe

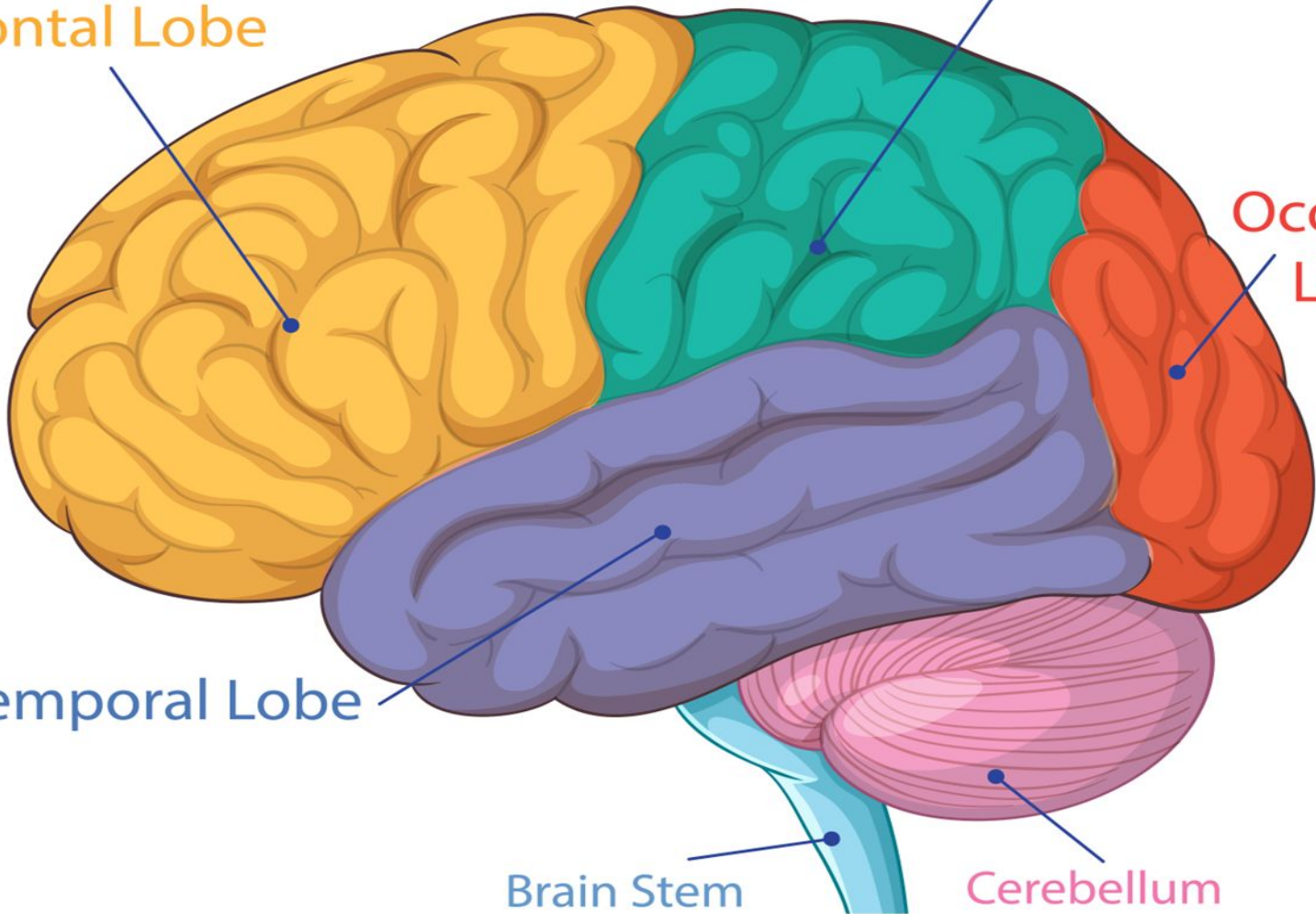
Frontal Lobe

Occipital Lobe

Temporal Lobe

Brain Stem

Cerebellum



Story of Phineas Gage



PHINEAS GAGE
From "iron will" to
"fitful, irreverent,
and indulging."

Compromised Frontal Lobe...

Effects studied of Compromised Frontal Lobes

- Impaired moral principles
- Social impairment (loss of love for family)
- Lack of foresight
- Abstract reasoning

Compromised Frontal Lobe

- Mathematical understanding diminished
- Loss of empathy
- Lack of restraint (boasting, hostility, and loss of temper)

10 Mental Health “Hits “ or “Blows”

- **Genetics** - Family history
- **Developmental** -early puberty in girls, mental disorder in adolescence, not raised by both biological parents, sexual abuse

10 Mental Health “Hits “....

- **Lifestyle-** no regular: exercise, exposure to sunlight, breathing fresh air
- **Circadian Rhythm-** insomnia, sleeping > 9 hrs or < 6 hrs, no schedule for eating and sleeping

10 Mental Health “Hits “....

- **Nutrition** - Low in high brain foods, high fat and sugar diet, marked anorexia and weight loss
- **Addiction**- alcohol, smokers, heavy caffeine users, illicit drug users, pornography/sex

10 Mental Health “Hits “...

- **Toxic-** lead, mercury, arsenic, or other toxin
- **Social-** lack of social support, negative/ stressful, addictions in family
- **Medical-** different illnesses, head injury , a stroke, etc

10 Mental Health “Hits”

- **Frontal Lobe-**
 - **low carb diet,**
 - **high meat or fat diet,**
 - **screen additions,**
 - **syncopated rhythm music,**
 - **going against your known value system or belief**

DISEASES THAT MAY RESULT FROM A COMPROMISED FRONTAL LOBE....

- Mania
- Obsessive compulsive disorder
- Appetite increases (obesity)

DISEASES THAT MAY RESULT FROM A COMPROMISED FRONTAL LOBE

- Attentional deficit hyperactivity disorder (ADHD)
- Depression

SUBSTANCES AND BEHAVIORS THAT MAY HINDER YOUR FULL POTENTIAL

SUBSTANCES AND FOODS THAT IMPAIR FRONTAL LOBE

- Illicit Drugs
- Alcohol
- Nicotine
- Caffeine

SUBSTANCES AND FOODS THAT IMPAIR FRONTAL LOBE

- Excess Sugar
- Arachidonic Acid
- Junk food and fatty foods

NUTRITION “HIT”

- **Most overlooked cause of declined frontal lobe.** ●
- **It has profound effects on mental health.**
- **7-10 days to begin noticing a difference -continue for up to 6 months.**

NUTRITION “HIT”

Clues of a “Nutrition Hit”

- Eating **lots of junk food, or meat**
- Carb addict - get “**sugar high**”
- **Low folate levels**
- **Low serum B12**
- **Often no clues**

FACTORS THAT HELP YOUR BRAIN...

Natural Carbohydrates:

- Fruits
- Vegetables
- Nuts
- Whole Grains

FACTORS THAT HELP YOUR BRAIN

- Vegetarianism
- Omega-3
- Drinking Water

TRYPTOPHAN

What is it?

- Least abundant amino acid in the diet.
- Converts to serotonin, melatonin, and niacin (Vit B3)
- Important for the brain

Benefits:

It improves-

- Painful menstruation
- Depression and seasonal affective disorder (SAD)
- Insomnia
- Obstructive sleep apnea
- Nicotine withdrawal

TRYPTOPHAN SOURCES

Research Highlight

Foods	(mg/100g)
Pumpkin/ squash seed	1312
Seaweed, spirulina	929
Chia seeds	721

In stress prone subjects:

High carbohydrate, low protein diet prevents deterioration of mood and performance under stress.

Natural carb **increases personal control**

TYROSINE

What is it?

- A nutrient that is converted to dopamine and norepinephrine
- Reduces headache, stress, fatigue, muscle aches, and sleepiness

Benefits:

It Improves:

- Mood and mental state
- Cognitive tests (i.e.math skills, coding maps, pattern recognition)
- Feelings of vigor
- Blood pressure



TYROSINE SOURCES

Food	(mg/100g)
Seaweed	2584
Pumpkin seeds	1368
Sunflower seeds	666
Almonds	551

FOLATE

What is it?

- **Vit B9**
- **Supports**
 - **cognitive function**
 - **Neurotransmitter synthesis** (serotonin, dopamine)
- Deficiency linked to **cognitive decline, dementia, depression,** and **developmental disorders.**

FOLATE

Foods

per 1 cup

Black-eyed peas

358/mcg

Lentils

358/mcg

Pinto beans

294/mcg

....FACTORS THAT HELP YOUR BRAIN

LifeStyle Factors:

- **Physical Exercise:** both aerobic and anaerobic
- **Listen to Classical Music:** 45 minutes per week
- **Working with Your Hands:** in a real-world 3:D environment

WORK WITH YOUR HANDS

Work with your hands as a daily brain workout

- incorporate eye-hand coordination activities
- use your non-dominant hand for routine activities,
- Hobbies, sports, housework, gardening, crafts, workshop

WEEKLY SCORE SHEET

DATE _____
OPTIMIZE YOUR BRAIN™ DO MORE SCORECARD

DO MORE	EARLY TO BED EARLY TO RISE	EXERCISE	SPIRITUAL ACTIVITY	HEALTHY BREAKFAST	PLENTRY OF WATER	CLASSICAL MUSIC	SUGAR	ARACHIDONIC ACID	LEGAL DRUGS	RECREATIONAL DRUGS	WORK WITH HANDS
	WEEKLY REVIEW	Wake Time Sleep Time	Type of Activity Time Spent	Chapter of Proverbs Favorite Verse	✓ Drink Minim. of 64oz.	Time Spent	✓	Avoided or Reduced		✓	Type of Activity Time Spent
SUNDAY											
MONDAY											
TUESDAY											
WEDNESDAY											
THURSDAY											
FRIDAY											
SATURDAY											

EAT A MINIMUM OF 3000mg OF OMEGA-3 EACH DAY

✓	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST							
LUNCH							
DINNER							

GO WITHOUT ENTERTAINMENT: TV, SOCIAL MEDIA, INTERNET, PORN, OR MOVIES

✓	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEKLY							

WELLNESS CHECKLIST CHALLENGE

Get a Frontal Lobe Workout - try interpreting a new proverb every day, listen to classical music

Abstract thinking- Make a real budget for your finances for the next week and follow it. Math is a great way to incorporate abstract thinking.

Free yourself- start eliminating addictive substances from your life

Clean Your Plate - change elements in your diet to maximize your health and energy, i.e.) less sugar, more fruits, nuts, vegetables, and whole grains, and less meat.

THOUGHT QUESTIONS

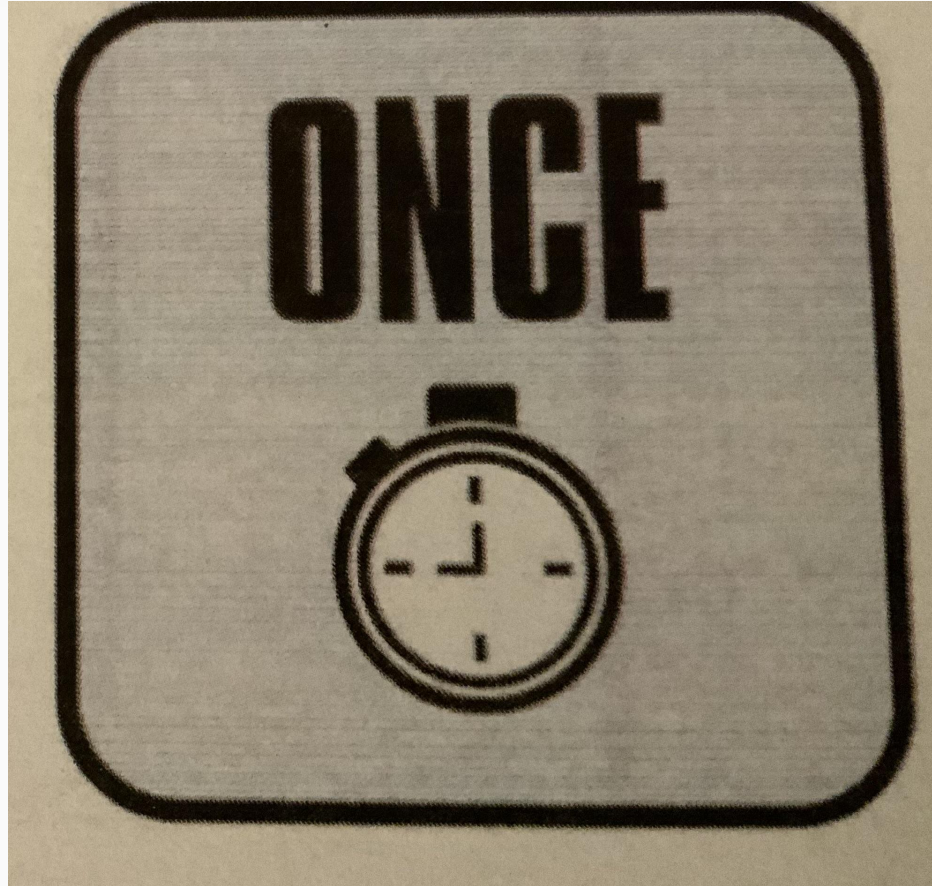
1. WHAT IS YOUR TAKE HOME FROM TONIGHT (**NOT HOW OR WHY**)
WHAT WAS NEW TO YOU THAT YOU WANT TO INCORPORATE
INTO YOUR LIFE?
2. HOW ARE YOU GOING TO INCORPORATE WHAT YOU LEARNED
TONIGHT INTO YOUR LIFE? WHAT ACTION WILL YOU TRY THIS
NEXT WEEK.

ACTIVITY

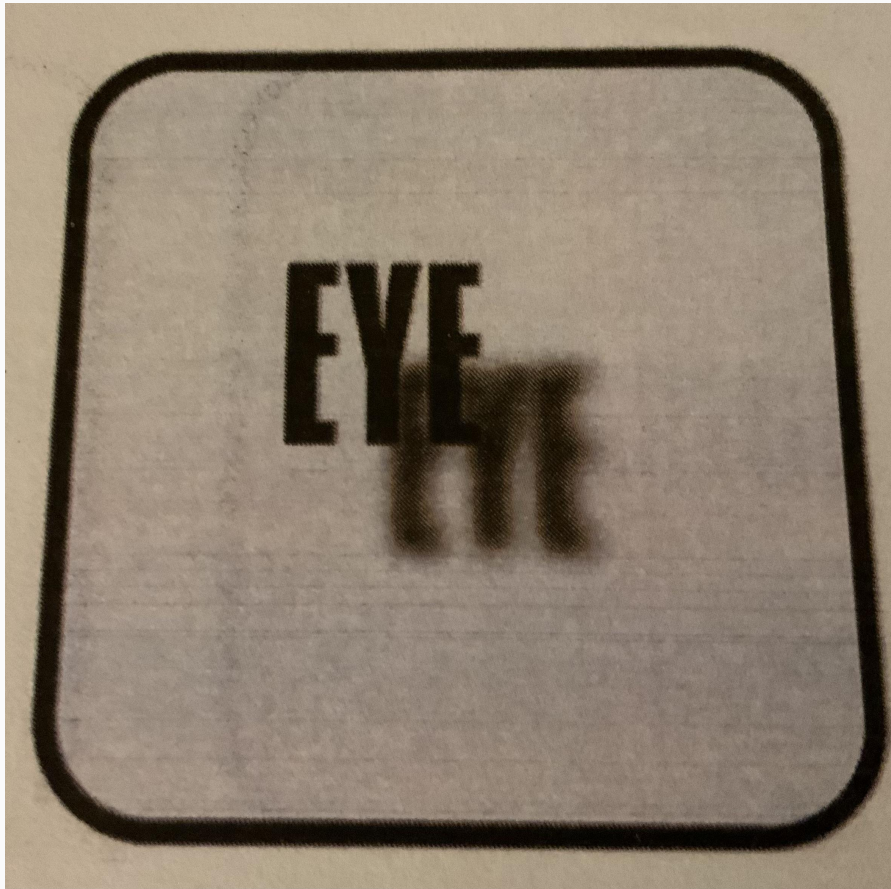
Abstract Thinking - Interrupt these pictures

QUESTIONS ?

Can you figure this puzzle?



Try Stand
2



TRAVEL
CCCCCC

SECRET
SECRET
SECRET



Good Night !

See You Tomorrow