



Knowledge is  
your secret  
weapon to good  
health.

## BRAIN HEALTH

### Memory, Learning & Concentration

*The brain is made up of a network of interconnected cells called neurons. Neurons receive and transfer messages (neurotransmitters) across communication gaps called synapses. When neurons are not able to communicate effectively, issues with memory, learning, attention, and concentration can develop. Some of the most prevalent conditions of this type are ADD/ADHD, Alzheimer's/Dementia, and Parkinson's.*

#### Contributing Factors

Poor diet resulting in nutritional deficiencies (high in trans/hydrogenated fats, refined/processed foods, sugars, artificial sweeteners, caffeine, alcohol & low in fibre, vitamins/minerals, protein and healthy fats), dehydration, toxins (heavy metals, chemicals, herbicides/pesticides, electromagnetic frequencies), stress, poor sleep, blood sugar imbalances, high cholesterol, high blood pressure, poor gut health (food sensitivities, candida, parasites, constipation/diarrhea, leaky gut), low thyroid, lack of brain stimulation, head injury/trauma, lack of relationships/social support, aging

#### Lifestyle Recommendations

- Minimize toxins in food, environment and products. This can look like choosing fresh organic foods whenever possible, avoiding EMF's (radiation from electronics), or choosing natural beauty and household products that don't have harsh chemicals, among other things!
- Stay away from food sensitivities (ex. gluten/dairy). Ask about an elimination diet or get a food allergy/sensitivity test through a naturopathic doctor. Also, reduce simple carb/sugar intake and increase protein/fibre/good fats.
- Manage stress and sleep. Develop healthy stress management techniques such as meditation, yoga, journaling or counselling. A healthy sleep routine that involves sleeping by 11 pm is also recommended!

#### Product Recommendations

- Aid good digestion and gut health: Probiotics, Enzymes/HCl, Fibre, Gut Repair Nutrients (L'Glutamine, C-NAG)
- Building blocks of brain cells (neurons): Omega 3 (from Fish, Flax, Algae oils), GLA Omega 6 (from Evening Primrose, Borage oils), Phospholipids (Phosphatidylcholine (PC) & Phosphatidylserine (PS))
- Nutrients to aid in neurotransmitter production: Tryptophan/5-HTP, Tyrosine, Glutamine, GABA, Acetyl-L-Carnitine
- Nutrients to aid brain processes: Vitamin C, D & B Complex, Magnesium, Zinc, Iron, MCT Oil, Multivitamin/Mineral
- Brain cell protectors/supporters: Curcumin, Pycnogenol, Alpha Lipoic Acid, Astaxanthin, Resveratrol, NAC, CoQ10/Ubiquinol, Selenium, Vitamin E, Quercetin
- Herbs/nutrients with help bring circulation to the brain: Vinpocetine, Ginkgo Biloba, Gotu Kola, Bacopa
- Fast-acting herbs/nutrients to help bring mental clarity: L-Theanine, Siberian Ginseng
- Consider a cleansing formula/herbs to help clear toxins that affect brain function: Whole Body Cleanse, Candida/Parasite Cleanse, Humic/Fulvic Acids, Selenomethionine, Cilantro

**Book a free 15 minute consult with a GNN Product Advisor!**

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