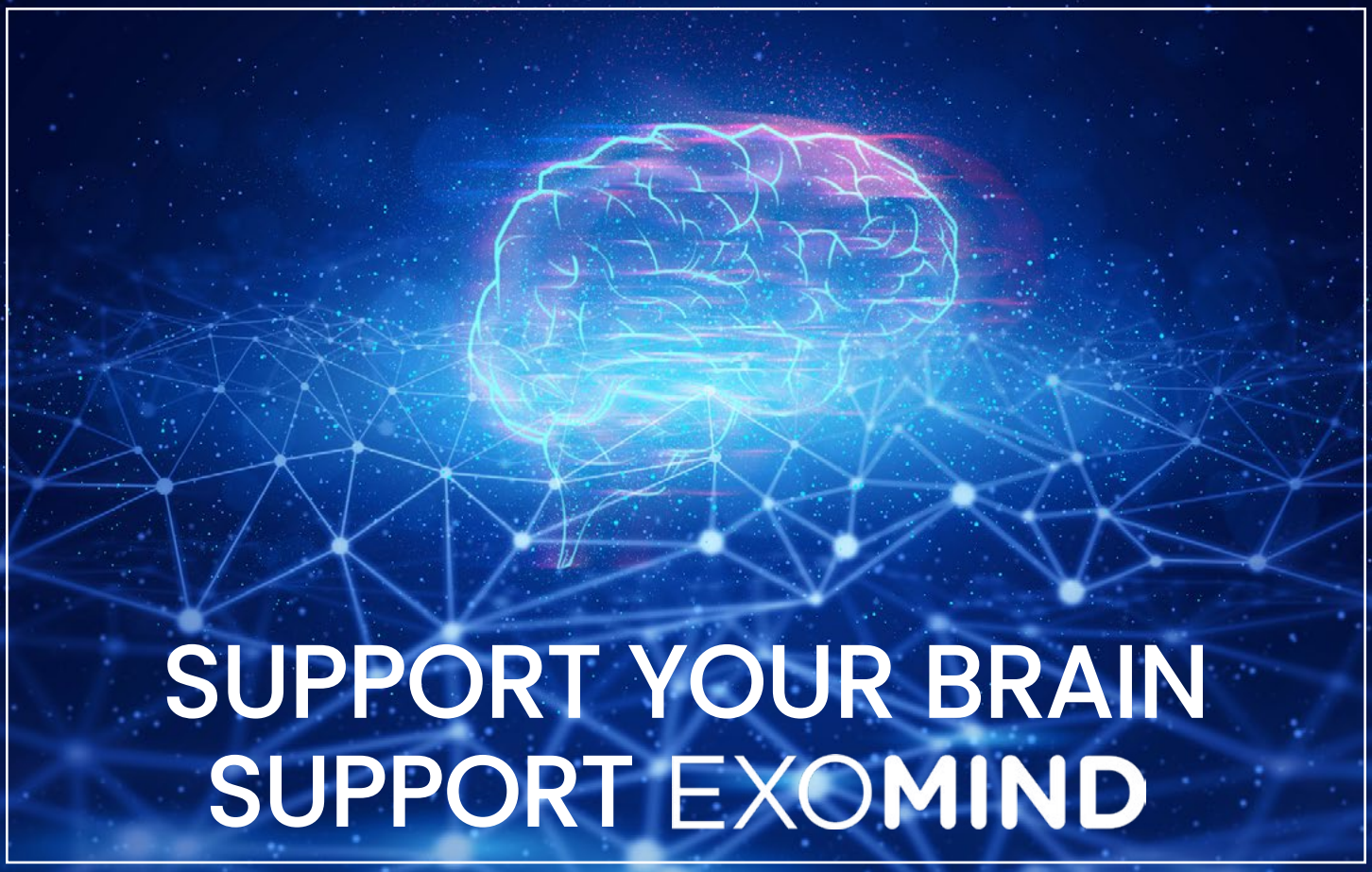


There are many things we can do to help support our brain to be healthier and more positive. With life's daily challenges, we want to implement those techniques as regularly as possible to help counteract the stresses of our society. One way to turbo-boost this effort is **Exomind**, using repetitive **Transcranial Magnetic Stimulation**. It can help almost everything the brain is responsible for.

*We are so excited to offer this technology at **Salubrio Natural Healthcare**. We were the first to adopt Exomind therapy in New Mexico, and we are the most experienced.*

Because we want the best for the Salubrio community, we're offering a list of beneficial options that can not only help you get the most out of your Exomind treatments but also **help maximize your brain and mental-emotional well-being** on your own. Who wouldn't want the best results possible? Pick the most appealing (low-hanging fruit) to start and continue to progress from there. ***Be Well!***

Salubrio Natural Healthcare

Call: (505) 573-4325

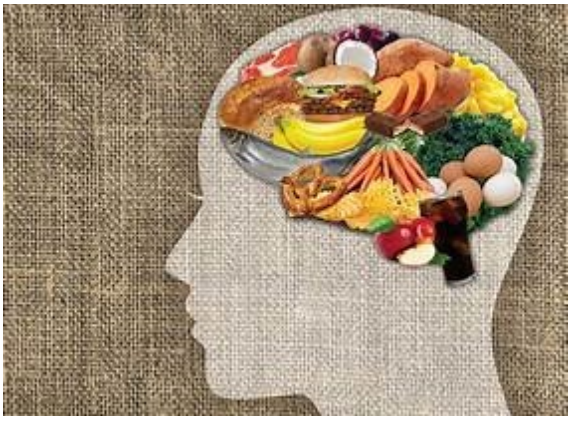
Location: 3536 Anderson Ave SE
Albuquerque, NM 87106

Visit: drkarla-nd.com

Email: salubrio.llc@gmail.com

1. Drink Plenty of Water

Did you know just two cups of water can make a big difference? One study showed it helped young adults think more clearly and even improved memory after going 12 hours without water. A general rule of thumb is to drink about half your body weight in ounces each day. So, if you weigh 150 pounds, that's around 75 ounces of fluids daily.[1]

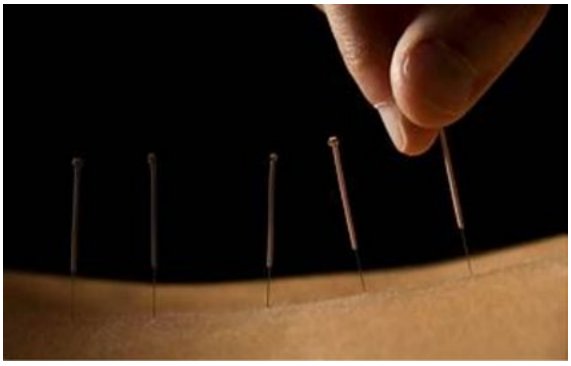


2. Eat Plenty of Lean Protein

One study found that adults over 60 had better brain function when they included more protein in their diets. Adding protein-rich foods like eggs, fish, beans, or lean meats throughout the day may give your brain an extra boost as you age.[2]

3. Go for a Walk

One study showed that a 40-minute low-intensity walk in nature can improve mood and focus more than the same amount of time spent in an urban environment.[9]



4. Get Acupuncture

One study found that acupuncture can help with mild cognitive impairment.[21]

Another study found that acupuncture can help reduce cognitive impairment after a stroke.[22]

We offer acupuncture at Salubrio if you would like to try it out!

5. Do Things You Enjoy

One study found that older adults who took part in more leisure activities had better brain function and a slower rate of cognitive decline. In fact, the amount of leisure time people enjoyed was a good predictor of their cognitive health.[5]

One article found that people who engage in hobbies like playing an instrument or doing crossword puzzles tend to have better memory, stronger problem-solving skills, and even a lower risk of dementia.[6]

6. Spend Time in Nature

One article found that spending time in green spaces can help lower anxiety and depression and improve overall well-being.[7]

One study found that spending time in nature is linked to better brain activity, improved thinking skills, lower blood pressure, better mental health, more restful sleep, and even increased physical activity.[8] Just getting outside for a walk or some fresh air can help support these benefits.

7. Get Plenty of Rest

One study found that even brief moments of simply resting, doing nothing at all, can be crucial for your brain. Those little pauses give your mind a chance to reset, which helps support memory, focus, and overall cognitive function.[3]

Another study has shown that sleep plays a crucial role in enhancing brain function. It gives your mind the ideal conditions to learn better and strengthen memory.[4]

8. Play

Play is all about doing something fun just for the sake of it, not to reach a goal. One article shows that play can stimulate brain growth, improve memory, and boost problem-solving skills. It also highlights how play can increase brain-derived neurotrophic factor (BDNF), a molecule in the brain that helps form synapses and supports neuron growth.[10] Fun fact: ExoMind treatments have been shown to increase this molecule too!

Another article found that adding play into daily routines for adults can help lower stress and improve mental health.[11]

9. Spend Time with Friends and Family

One study found that staying socially active and having strong social support can positively impact cognitive function.[12]

Another study found that staying socially active can help slow down the effects of normal brain aging.[13]

One article found that having strong social networks can lower the risk of developing dementia and cognitive impairment. It also showed that socializing can positively affect chronic disease, reduce stress, improve mood, and even lower the risk of premature death.[14]

10. Try Neurographica Art

One article highlights the benefits of Neurographica art, including potential improvements in neuroplasticity, creativity, emotional healing, focus, concentration, self-awareness, and stress reduction.[23]

11. Meditate

One study found that mindfulness and meditation can improve the brain areas responsible for emotional regulation and sensory processing. They also help boost emotional regulation, strengthen brain connectivity, improve neurotransmitter levels, increase neuroplasticity, and reduce anxiety by calming amygdala reactivity, the brain's "alarm system" that triggers stress and fear responses.[15]

One article highlights the benefits of meditating daily, including increased happiness, better focus, and an improved ability to handle stress.[16]

12. Supportive Herbs and Nutrients

One of the supplements we offer for ExoMind patients in the clinic contains ashwagandha and Lion's Mane.

One study showed that ashwagandha can help lower stress, improve psychological well-being, and support better sleep quality.[17]

Another study found that ashwagandha can have positive effects on amyloid plaques, protein buildup in the brain linked to cognitive decline, and help reduce neuroinflammation, which is inflammation in the brain that can interfere with healthy brain function.[18]

One study found that Lion's Mane can improve cognitive function, help prevent decline, and support dementia prevention.[19]

Another study found that Lion's Mane can stimulate neuronal growth, meaning it helps new brain cells and connections form.[20]

SOURCES

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