

# Do you constantly feel like your brain is low on cell phone bars?

Brain Fog . Low Energy Levels . Digestive Issues . Memory & Cognitive Decline

## My top 5 Hacks to zap brain fog and recharge your mental clarity and stamina so you can operate “in the zone” all day, every day!

*HINT: Optimal mental clarity and stamina begins in the 2nd Brain, the GUT!*

### 1. RE-BOOT - Your Gut Microbiome

... by triggering the die off of bad gut bacteria.

Optimal mental clarity and stamina starts with an optimized gut microbiome. Did you know that 60-90% of your neurotransmitters are produced in your gut? The ones responsible for mood (serotonin), motivation (dopamine) and concentration and focus (norepinephrine). When I finally stopped to understand this it was as if a big light bulb had been turned on above my head.

The first step in optimizing your gut microbiome is to rid your body of bad gut bacteria imbalances that can be the source of digestive problems, food intolerances, auto immune symptoms, inflammation, plateaued weight, unhealthy food cravings and nagging mental wellness issues such as brain fog, fatigue, tension, anxiety and depression.

And yes ALL of these health conditions are related. Fix the root cause by addressing the imbalances and repairing your gut. Eat as much as you want from the Reboot Boosters column for 3 days.

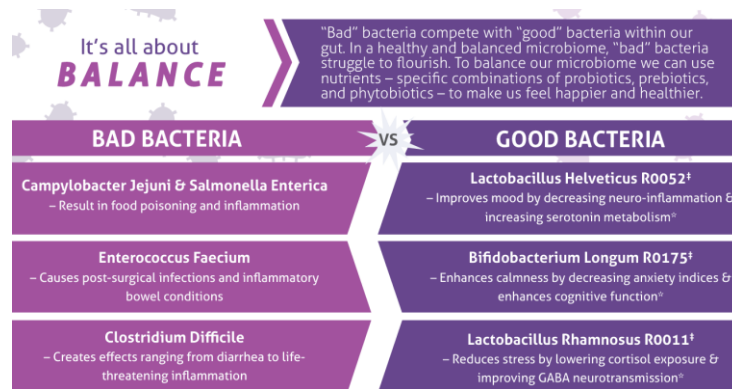
WATER		ENJOY! Reboot Boosters		AVOID! Reboot Busters																				
Due to the high fiber content of the reboot boosters, make sure to drink plenty of water to support normal digestive processes.		<b>Booster Vegetables:</b> broccoli, cauliflower, kale, cabbage, brussels sprouts, red and green lettuce, romaine, spinach, endives, artichokes, dandelion greens, arugula, asparagus, beets, collard greens, celery, parsley, carrots, onions, yams/sweet potatoes, mushrooms, bok choy		<b>Alcohol and Caffeine</b>																				
Refer to the chart below:		<b>Booster Fruits:</b> apples, pears, raspberries, açai, blueberries, blackberries, grapefruits, kiwis, lemons, pomegranates, bananas, tomatoes		<b>Sweeteners:</b> sugar, foods with refined sugars (especially soda), cane sugar/juice, corn syrup, maple syrup, honey, artificial and/or added sweeteners (stevia is permitted)																				
<table border="1"><thead><tr><th>Body Weight</th><th>Water</th></tr></thead><tbody><tr><td>100</td><td>64oz</td></tr><tr><td>120</td><td>72oz</td></tr><tr><td>140</td><td>80oz</td></tr><tr><td>160</td><td>88oz</td></tr><tr><td>180</td><td>96oz</td></tr><tr><td>200</td><td>104oz</td></tr><tr><td>220</td><td>112oz</td></tr><tr><td>240</td><td>120oz</td></tr><tr><td>260+</td><td>128oz</td></tr></tbody></table>	Body Weight	Water	100	64oz	120	72oz	140	80oz	160	88oz	180	96oz	200	104oz	220	112oz	240	120oz	260+	128oz	<b>Legumes:</b> lentils, peas, chickpeas/hummus, beans (except refried beans)		<b>Processed Foods:</b> fast food, packaged food	
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<b>Don't chug!</b> Space out your water intake throughout the day.	<b>Nuts and Seeds:</b> hemp, flax, pumpkin, & sunflower seeds, almonds, walnuts, cashews, nut butters (avoid peanuts)		<b>Dairy:</b> milk, cheese, cottage cheese, cream cheese, sour cream, yogurt, ice cream, butter																					
	<b>Booster Oils/Fats:</b> coconut oil, olive oil, avocados, coconut meat		<b>All Animal Products:</b> meat, poultry, eggs, fish																					
	<b>Herbal teas:</b> chamomile, mint, rooibos, ginger, dandelion root, hibiscus		<b>Soy Products:</b> tempeh, tofu, soy milk																					
	<b>Milks:</b> almond, coconut, hemp or rice (all unsweetened)		<b>Buster Oils:</b> vegetable oil, canola oil, soybean oil, anything partially hydrogenated																					
			<b>Buster Fruits:</b> fruit juices, spreads/preserves with added sugar																					
			<b>Grains:</b> rice, quinoa, wheat, oats, barley, pasta, bread, cereal, tortillas, oatmeal, granola																					
			<b>Buster Vegetables:</b> potatoes, corn, creamed vegetables																					

Wallah! Easy peasy, YOU'VE GOT THIS!

Remember, “re-booting” the ecology of your gut microbiome helps prepare your body and mind for healthy re-population and re-balancing.

## 2. RE-BALANCE - Your Gut Microbime

... with the strains of good bacteria linked to optimal mental wellness (e.g. anxiety, depression, cortisol/stress response, focus/concentration) and improved overall gut health (e.g. inflammation, immunity, mineral absorption, constipation/diarrhea).



The most important things to understand about good bacteria (probiotics) are that:

- You want to match the good bacteria (**probiotics**) strain to the health outcome you are looking to achieve - If you are trying to reduce stress you probably don't want to be ingesting the probiotic strain for diarrhea or constipation. Just sayin!!

**How? Include fermented foods such as yogurt, kefir, kimchi, kombucha, sauerkraut, miso, tempeh, and targeted probiotic supplements in your diet.**

- You want to **match** the good bacteria (**probiotics**) to its preferred food source (**prebiotics**) to serve as a fuel source and encourage growth of beneficial bacteria.

**How? Include asparagus, bananas, green leafy vegetables, garlic, leeks, onions, chicory, artichokes, ginger, and targeted prebiotic supplements in your diet.**



**IsoFiber™** (Iso-Malto-Oligosaccharides) — A naturally sweet prebiotic plant fiber that improves growth of specific probiotics®

**BiMuno®** (Galacto-Oligo-Saccharides) — Maintains immune health, controls inflammation and feeds Bifidobacteria probiotic strains®

**SunFiber®** (Galactomannan Fiber) — Helps improve and grow beneficial bacteria, including Bifidobacteria and Lactobacillus®

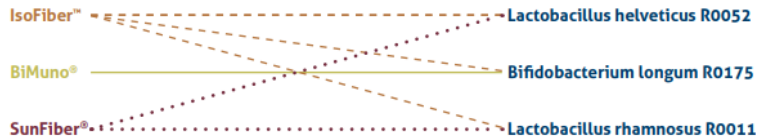


**Lactobacillus helveticus R0052** — Improves mood by decreasing neuro-inflammation and increasing serotonin®

**Bifidobacterium longum R0175** — Enhances calmness by decreasing anxiety indices and improves cognitive function®

**Lactobacillus rhamnosus R0011** — Reduces stress by lowering cortisol exposure and improves GABA neurotransmission®

Which prebiotics match up with our mental wellness probiotics?



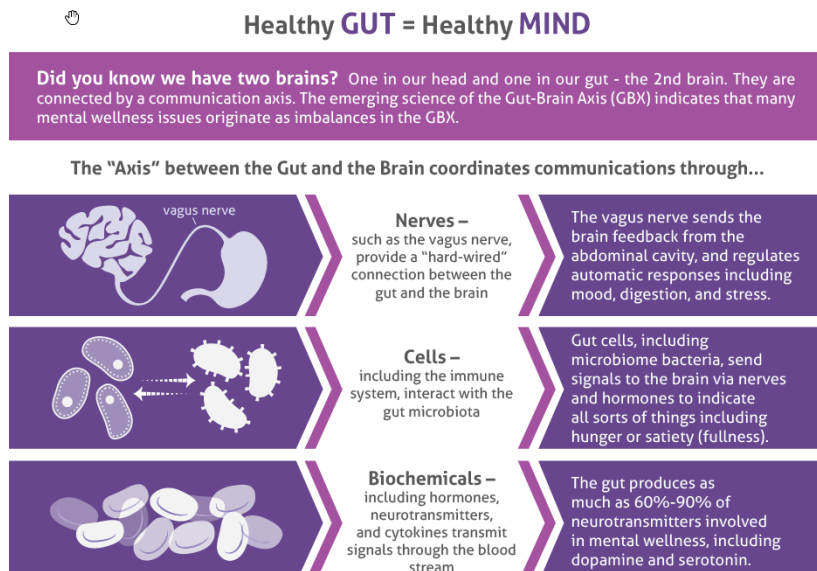
c. Lastly, you want to include plant flavonoids (**phytobiotics**) which protect good bacteria and establish a hospitable environment for the growth of good and displacement of bad bacteria.

**How? Include apples, grapes, dark chocolate, and berries and targeted phytobiotic supplements in your diet.**

### 3. RE-CALIBRATE - Your “FEEL GOOD” Neurotransmitters

... like serotonin (mood), dopamine (motivation), norepinephrine (concentration and focus) and GABA (relaxation) for example and get them producing and talking to your brain correctly again via what is now commonly referred to as the gut-brain axis.

Did you know that the bidirectional communication between the gut and brain is 90% one way? 90% one way from the gut to the brain, crazy right? So how exactly do they talk to each other?



Remember, 60-90% of neurotransmitters are produced in your gut. So how you feel may not just be “in your head,” but more likely what’s going in your gut.

So what exactly are these bad boys, and what do they do?

- ✓ **Dopamine** affects your emotions—especially feelings of happiness and joy.
- ✓ **Endorphins** interact with the opiate receptors in the brain to reduce your perception of pain.
- ✓ **Oxytocin** is known as the love neurotransmitter that promotes connectedness.
- ✓ **Norepinephrine** helps mediate focus and attention.
- ✓ **Serotonin** regulates anxiety and can affect mood, appetite and sleep.

**How?**

**Load up on nutrients that balance normal signaling between cells of the gut, brain, and immune system such as yeast alpha & beta glucans, mushrooms high in polyphenols (maitake, shitake and agaricus), fucoidan seaweed, calcium butyrate, magnesium butyrate and zinc carnosine. These nutrients also help nourish the gut lining which improves gut permeability (leaky gut).**

## **4. RE-CHARGE - Your Brains' Cell Phone Bars**

... with the right nutrients for enhanced mental focus, clarity & cognitive function.

Lack of focus or forgetfulness is something we all experience every now and then. However, in today's hectic world, we tend to have these incidences more and more often. We encounter so many distractions on a daily basis, which become more prevalent when we are under stressful conditions. Those moments when we lack concentration and memory recall can affect both our personal and professional lives. Think about all the times when you could have used a little more concentration, attention, alertness, or memory recall and how that would have changed an event in your life.

**How?**

**Load up on nutrients such pomegranate, green tea, omega 3 fatty acids, guayusa and healthy fats like olive oil, avocado and coconut oil.**

## **5. RE-ALIGN – Your Body's Cortisol Response by Managing Stress & Prioritizing Sleep**

## Ways to Manage Stress

- **Be Mindful** - practice meditation, yoga, gratitude, and mindful breathing
- **Eat Healthy** - the better food you eat the better you feel mentally and physically
- **Sleep More** - quality sleep improves mood and mental function
- **Write** - journaling how you feel can help you keep track of emotions and identify stressors
- **Exercise** - regular physical activity reduces anxiety, stress, and feelings of depression
- **Do Something You Enjoy** - try a hobby, chat with a friend, play with a pet, or volunteer

## Tips for Better Sleep

- Meditate for 5-10 minutes before going to sleep to calm your mind
- Refrain from eating 2 hours before going to bed
- Turn the lights off and put your computer, tablets and/or mobile devices away 1 hour prior to sleep
- Avoid caffeine, alcohol and/or drinks with sugar before bed
- Reduce an upset stomach by taking Amare's Digestive with your dinner

### The drawback of melatonin

Most sleep products contain melatonin to help you fall asleep quickly, but then leave you feeling groggy and sluggish the next morning. Because melatonin supplements are a synthetic version of the melatonin your body produces naturally, taking them teaches your body not to make its own melatonin. This ups your tolerance to the hormone and ultimately leads to dependency.

**Ready to start experiencing the possibility of healing in your body so you can get your health and your life back?**

**I am here to walk with you every step of the way!**

Click the **GET STARTED NOW** button below to get started with the exact gut-brain connection rebalancing protocol I used and now recommend to all of my clients in conjunction with the steps outlined in the guide that made this process a bazillion x's easier.

For optimal gut healing and adrenal fatigue support and I strongly recommend that you add on Digestive, Probiotics and Mood + as part of the 50% off Bundle & Save program.

I look forward to walking alongside you on your journey towards optimum health!

**Get Started Now**

