

JULY

BRAIN HEALTH



The brain is the control center of our bodies, responsible for everything from processing information to regulating our mood. Keeping the brain healthy is essential for maintaining memory, focus, emotional well-being, and reducing risks of cognitive decline.

These are some key lifestyle factors that can impact brain health and actionable tips to help you make choices that support cognitive wellness.

- 1 The not-so-sweet truth about sugar.** Consuming too much sugar can be detrimental to brain health. High sugar intake has been shown to impair memory, increase brain fog, and negatively affect mood. Excess sugar causes inflammation, which damages brain cells over time and can lead to cognitive decline. Research also shows that diets high in sugar may increase the risk of Alzheimer's disease.
- 2 Food as medicine, nutrition for optimal brain health.** Certain foods can provide the building blocks for neurotransmitters, protect brain cells, and improve memory and mood.
- 3 Movement for brain gains.** Exercise promotes blood flow to the brain, which nourishes cells and encourages neurogenesis, the growth of new brain cells. Physical activity has been shown to improve memory, increase focus, and support overall brain health. Exercise also helps reduce stress, which can otherwise negatively impact cognitive function.
- 4 Sleep smarts. Why sleep matters.** During sleep, the brain clears out toxins, consolidates memories, and restores cognitive function. Poor sleep can impair memory, reduce focus, and increase the risk of mood disorders. Chronic sleep deprivation has also been linked to Alzheimer's disease and other forms of dementia.
- 5 Stress on the brain.** Chronic stress releases cortisol, which can damage brain cells, especially in the hippocampus (the area responsible for memory and learning). Prolonged stress can impair decision-making, memory, and emotional regulation.

