

# Doing Dementia Differently

## Top 20 Brain Boosters

1. Get a can-do attitude - get curious and ask the question "How can I?".
2. Sit less - stand for 2 minutes, every 20 minutes.
3. Get moving - 10-30 minutes increases cognitive performance. Walking 1km in less than 16 minutes decreases your risk of early death by 50%! Get your daily HIIT 15 minutes before a meal, then do a 30 minute walk.
4. Get strong - we lose 5-8% of our muscle every 10 years.
5. Spend time in nature - 17.5 minutes per day is a good goal.
6. Mycobacterium vaccae - inhale when gardening.
7. Get some sunshine.
8. Get off all forms of added sugar - it drains the brain of energy.
9. Reduce alcohol.
10. Eat walnuts, linseeds, salmon, edamame, and take flaxseed oil / omega-3 supplements.
11. Eat olive oil, macadamia oil, ghee, duck fat, avocado oil and coconut oil.
12. Get off vegetable oils - these include omega 6 which is a pro-inflammatory.
13. "Front is fiction, back is fact" - always read the nutrition labels.
14. Ketogenic diet - prioritise protein, cut out carbs, feast on fat. Add green leafy vegetables and cut out below ground vegetables and all fruit (except berries).
15. B12 (high range), turmeric - good quality (add pepper) and MCT, iron, magnesium.
16. Take apple cider before every meal.
17. Sleep 7-9 hours each night.
18. Laugh!
19. Hearing.
20. Socialisation.



These brain boosting tips were shared by Dr Helena Popovic, medical doctor, leading authority on improving brain function, best-selling author, international speaker and friend of GHA.



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