

Brain and Body Longevity 4-Week Workshop
Redesign your lifestyle to live a long, happy and disease-free life

Mondays 1:00 pm – 3:00 pm
[1/20, 1/27, 2/3, 2/10]

\$80/ members; \$120 / non-members
Drop-in fees: \$25 (members); \$35 (non-members)

Free bonus:

MoCA Test (MONTREAL COGNITIVE ASSESSMENT)
(by appointment only)

Presented by

Anu Simh, Functional Health Coach
Sasha Briskin, Brain Health Coach

Week 1 (Jan 20): Prevent or Reverse Memory Decline via Food, Movement and Brain Exercise

- How food reduces the risk of Alzheimer's?
- A diet to prevent Cognitive Decline.
- How movement reduces risk of Alzheimer's?
- How meditation reduces risk of Alzheimer's?
- Mental Stimulation - Brain games
- Dancing and how it helps the brain
- Talk about electrolyte imbalance especially with seniors who are active.

Week 2 (Jan 21): Prevent or Reverse Memory Decline via Stress & Sleep Management

- What is stress?
- Relaxation techniques through food and mindful eating (Anu)
- Relaxation through yoga and yogic breath (Sasha)
- Vagus Nerve stimulation to activate parasympathetic nervous system
- Why is sleep important
- How sleep helps clear out beta amyloids in the brain?
- Foods, herbs and spices for better sleep (Anu)
- When to eat?
- How to eat?
- What to eat?
- Introduction to Super foods and spice concoctions for better sleep
- Other techniques to improve sleep (Sasha)

Week 3 (Feb 3) – Brain-Gut Connection – Food is Medicine

- What is microbiome?
- We are 90% bacteria and 10% human
- Bacteria, Virus and Fungi control all bodily and brain functions
- MicroBiome dysbiosis is the cause of all diseases
- Microbiome gene expressions can be changed with proper diet (Anu)
- Microbiome gene expressions can be changed with exercises and meditation (Sasha)
- Our gut is another brain
- Many neurotransmitters are generated in the gut (90% of serotonin)
- Brain and the gut are connected via vagus nerve
- Vagal tone is an indicator of our health
- Techniques for stimulation of vagus nerve and raising the vagal tone
- Nutigenomics: Food is medicine

Week 4 (Feb 10): Prevent or Reverse Memory Decline via Detox

- What are toxins and where they come from
- Why detox your body
- Connection between liver and gut
- Explore common triggers and benefits of eliminating triggers from your diet for a body reset.
- What toxins do to the brain?
- What toxins do to the gut?
- Compare commercial and organic produce
- Mindfully smell, taste and chew both to come to your own conclusions about texture, taste and how your body feels.
- Other detox techniques
- The importance of dental hygiene
- Maintaining Dental Hygiene techniques
- Designing a perfect daily regimen