

Make Well – Be Well – Be Blessed
The Makari Method To Neuro Health

Neurological – Brain Health
 Neuro Nutritional Supplements

Brain Health Dietary Recommendations

- Optimize gut health
- Eat a gluten-free anti-inflammatory diet
- Consume omega-3 fatty acids
- Add healthy spices and herbs
- Eat organic foods whenever possible

| Nutrients | Between Meals | Breakfast | Between Meals | Lunch | Between Meals | Dinner | Before Bed |
|-----------------------|---------------|------------|---------------|------------|---------------|------------|------------|
| Acetyl-l-carnitine | - | 250-750 mg | - | 250-750 mg | - | - | - |
| GPC | - | 150-300 mg | - | 150-300 mg | - | | |
| CDP-choline | - | 125-250 mg | - | 125-250 mg | - | | - |
| Magnesium L-Threonate | - | 48 mg | - | 48 mg | - | 48 mg | |
| Curcumin | - | 200-400 mg | - | - | - | 200-400 mg | - |
| Fish Oil | - | ~3 grams | - | | - | ~3 grams | - |

- **Longvida Curcumin** 1 cap twice per day
 Seems to pass blood brain barrier to suppress pre-tangle that may cause Alzheimer's / Parkinson's
- **Neuroactives brain sustain** 2 caps/ twice per day
 Supports brain health, memory recall, and provides nutrients to the brain that support anti-oxidative mechanisms
- **Krill oil** 2 per day
 May help to reverse and slow memory loss because it's bound to phospholipids that humans become deficient in.

- **High oral probiotic** 1 per day

Big links being found between gut bacteria health and brain health. The better the environment in the gut the better utilization of supplements, medications and foods

- **Humic & Fulvic Acid** can strengthen stomach acid, improving the gut/brain connection and may also help detox/chelate heavy metals in the body.

- **Natural brain enhancers** 2 per day.

Brain cell membranes SHOULD be Rich in these two PRIMARY phospholipids. Due to age and neuronal damage.

- **SR-PQQ COQ10**-2 per day.

This is a complement of CoQ 10 and PQQ together in one to help dissolve Amyloid deposits.

- **Coq10**, reduces the deposition of destructive amyloid proteins in the brain .

- **L carnitine**

Your nervous system is composed of cholesterol and is apx. 70% cholesterol by weight. Eating healthy, naturally occurring fats is beneficial while eating processed food provides fake and damaging fats.

- **Omega – 3 • Coconut Oil, Avocados** can supplement the good fats.

Avoid processed foods.