



Julie Scott Nutrition

Energize Your Life!

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Nutrition and Mindset Strategies for a Calm Mind and High Functioning Brain

1) Food choices dramatically impact:

- Focus
- Calm mind
- Stamina
- Longevity
- Mood
- Sleep

2) 3 Key Nutrients for the Brain

- **Magnesium** – found in leafy green vegetables, seeds, nuts and tofu. If using a supplement make sure it is high quality and highly absorbable. Suggested dosage: 300mg - 500 mg per day. There are different type of magnesium. I recommend magnesium glycinate.
- **Omega-3 fatty acids** – Fish such as salmon, sardines, herring, and halibut are high in omega-3's. Vegetarian sources are walnuts and flaxseeds. If using a supplement make sure it is purified of toxins. Nowadays, fish can have high levels of mercury and other toxins that are harmful to the brain.
- **B Vitamins** – found in legumes, chicken, fish, meat, egg yolks, spinach, banana, avocado. Also B12 is typically low in vegetarians. Supplementing with high quality B complex vitamin and a high quality B12 supplement (liquid or spray) is recommended – be sure the quality is good or it may not be absorbable. Alcohol depletes B vitamin levels.

3) Avoid or minimize food and beverages that disturb the mind

- Alcohol
- Caffeine
- Sugar and Sugary drinks
- Diet Drinks
- Artificial sweeteners like Splenda
- Processed foods with artificial chemicals and dyes.
- MSG and other artificial additives
- High Fructose Corn Syrup
- Food products that are Genetically Modified (GMO)

4) Alcohol depletes B vitamins.

Good supplements to take when you are drinking alcohol are a B complex, Vitamin C and Milk Thistle. Also, drink plenty of water before going to sleep. View my blog post here: <https://juliescottonutrition.com/hangover-cures-really-work/>

5) **Digestion Matters** - Make sure your digestion is functioning optimally. If you frequently experience excess gas, bloating, diarrhea, constipation or heartburn, you need to work with a nutritionist to heal your digestive tract. If your digestion is impaired you will not be able to absorb and benefit from the nutrients in your food.

6) **Practice Positive Thinking/ Stress management techniques**

- **Quote – William James** – The greatest weapon against stress is our ability to choose one thought over another.
- **Chinese Proverb** – Good news, bad news. Stay as neutral as positive as events unfold in your life, it's a journey and you never know how things will turn out. Guard your peace of mind.
- **"Spiral Up"** – It's quite possible that things will turn out far better than you can imagine. Peace of mind depends on imagining positive outcomes.
- **Avoid toxic positivity – you must feel it to heal it.** Emotions are not superfluous; they are important components of your human experience. Acknowledging and processing grief and disappointment will ultimately protect your health. Pretending you don't feel it may have very negative consequences.
- **Be kind and generous.** An open heart that connects with others creates health in your body.
- **When life comes at you, learn to pivot.** There are no failures, only lessons.
- **Meditation** – Meditation is a powerful technique for reducing stress and increasing happiness. Julie recommends her "Here/ Now" mantra to calm your mind. On the inhale think "here" and on the exhale think "now."
- **The Power of Positive Thinking** – Norman Vincent Peale. "Change your thoughts, change your world."

7) **Turn information into Action** – make sure you incorporate these practices into your daily life for better brain function, a calm mind and overall health. If you need additional nutrition support contact Julie using the contact page on <https://www.JulieScottNutrition.com>

Thank you for giving me the opportunity to share this information with you!

Warm Regards,
Julie