



# *Julie Scott Nutrition*

## *Energize Your Life!*

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### ***Nutrition Strategies to End Your Stress and Supercharge Your 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 - 350 mg per day.
- **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. 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
- Processed foods with artificial chemicals and dyes.
- MSG and other artificial additives
- High Fructose Corn Syrup
- Food products that are Genetically Modified

#### 4) 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.

#### 5) Practice Positive Thinking/ Stress management techniques

- Gratitude
  - Today – appreciate and directly thank someone toward whom you feel gratitude
  - Feel gratitude for co-workers that improve your work-life

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- Upon waking or before bed or at both times – hold a thought of gratitude for someone or something in your life.
  - Meditation – Meditation is a powerful technique for reducing stress and increasing happiness. Julie Scott Nutrition offers online meditation classes. See the Events page of her website for details – [JulieScottNutrition.com](http://JulieScottNutrition.com)
- 6) Turn information into Action – make sure you incorporate these practices into your daily life for better brain function and overall health. If you need additional nutrition support contact Julie at [JulieScottNutrition.com](http://JulieScottNutrition.com)