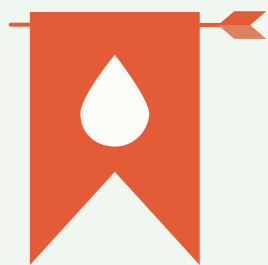


# YOUR BRAIN

## GETTING THE BEST FROM THIS AMAZING ORGAN



### H<sub>2</sub>O

The ONLY fluid that hydrates the brain. Drink 1.5-2L a day!



### O<sub>2</sub>

Oxygen helps the brain convert glucose into fuel. Pause often to take 3 deep breaths or sighs.



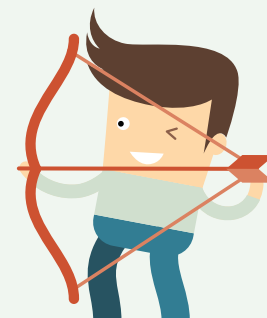
### GOOD FOOD

Healthy unprocessed food especially protein (for brekky), good fats and Omega 3 & 6 Oils, and fresh fruit and veg - Can't be beaten!



### EXERCISE

Stimulates oxygen in the blood and helps the brain integrate information.



### SLEEP

Deep sleep every night is critical to renewing our cells and makes it possible for us to retain new learning and focus - and not to be horrible screaming wrecks.



### VISUALISATION

Used by elite athletes to reach their goals. Your brain doesn't know what's real or imagined. Try it out.



## AND A BIT OF QUANTUM PHYSICS...

YOU CAN BE POSITIVELY OR NEGATIVELY AFFECTED BY OTHERS WITHOUT NOTICING, SO CAREFUL WHO YOU HANG AROUND WITH...



OPTIMISTIC, CARING, POSITIVE PEOPLE



TOXIC, CRITICAL PEOPLE