

# DR. PAUL NUSSBAUM: ON BRAIN HEALTH LIFESTYLE<sup>®</sup>

Dr. Paul Nussbaum:  
Neuropsychologist and President  
of Brain Health Center



## WHY HAVE A BRAIN HEALTH LIFESTYLE<sup>®</sup>?



Alzheimer's disease involves parts of the brain that control thought, memory, and language. Alzheimer's disease kills brain cells making it harder to perform the areas impacted above. The more resilient your brain is the better your ability to delay onset of neurological diseases such as AD.

## BRAIN DEVELOPMENT

Symptoms of the disease can first appear after age 60, and the risk increases with age. According to Dr. Nussbaum, there is no specific age in one's life where brain development is most critical. You can develop your brain throughout your entire life and it's never too late to start.



## PRESERVE YOUR LIFE STORY

Located in your brain, the Hippocampus retains your life story. By living a brain healthy lifestyle, you maintain access to your life story.



## PEOPLE NEED BALANCE

Often when people are getting forgetful, they have imbalances in their brain health. The next page will explain things that you can do to to strengthen your brain and create balance.



### SOURCES

- For more information on Dr. Nussbaum's research, see his website: <https://brainhealthctr.com/dr-nussbaums-brain-health-lifestyle/>
- <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>

# DR. NUSSBAUM'S 5 CATEGORIES OF BRAIN HEALTH



## SOCIALIZATION

- Remain integrated and involved
- Develop hobbies
- Build friendships and family networks
- Do not retire- maintain meaning/role
- Avoid loneliness

## PHYSICAL ACTIVITY

- Walk 10,000 steps daily
- Dance
- Knit or Garden
- Reduce Sitting Time
- Aerobic Exercise/Yoga
- Swim



## MENTAL STIMULATION

- Learn a 2nd language, such as sign language
- Travel
- Play board games/do puzzles
- Listen to music & explore art
- Surf the Web

## NUTRITION

- Increase OMEGA-3 fatty acids
- Reduce caloric intake (Fasting 8-hour time frame)
- Decreased processed foods/bad fat
- Increase anti-oxidants (berries, kale, dark chocolate, beans)
- Explore Mediterranean Diet



## SPIRITUALITY

- Breathing exercises
- Learn how to meditate/do yoga
- Pray daily
- Attend formal places of worship regularly
- Prioritize sleep
- Take in nature
- Power down

## REMEMBER

Brain health is very important in combating diseases like Alzheimer's. Maintaining balance between these 5 categories will create a stronger brain and body.



### SOURCES

- For more information on Dr. Nussbaum's research, see his website: <https://brainhealthctr.com/dr-nussbaums-brain-health-lifestyle/>
- <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>