

ADD,ADHD Solution

10 Key Aspects Brain Health

1. **Nerve Supply**...Your body rebuilds itself every 90 days, by having mental impulses from the brain flow down to the tissue cells. If this vital information flow is choked off Dis-ease results.
2. **Nutrition** ... allows your body to have the necessary materials to rebuild your cells (Fresh, Organic, Preservative free, Eliminate Grains, Eliminate Dairy)
3. **Exercise** ... is Vital to rid your body of waste products and reverse dis-ease processes.
4. **Rest** ... is when your body actually rebuilds itself, under normal sleep you have between 6-8 periods of R.E.M. state of sleep, that is the deep sleep when rebuilding occurs.
5. **Prayer and meditation**vital for cell regeneration
6. **Nurturing environment**vital for immune system function
7. **Read Daily**The Brain is like a muscle use it and develop it!
8. **Detox** Colonics, juicing, direct sunlight, etc...
9. **Hydration** ... 50% of your bodies weight in oz. per day
Example: 100 lb person =50 oz water
10. **Reduce or Eliminate Toxins** ... Read labels anything you put on your skin will go into you blood stream. Reduce or eliminate Medications Rx and OTC . If man makes it don't eat it.

For More Information Contact Dr Bergman
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