



Topic Strategies to Boost Brain Health

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KEY TAKEAWAYS

- Brain health is 90% lifestyle and 10% genetics.
- Finding what works for you and having movement built into your daily routines supports health and well-being.
- Something small that gives us a stressful emotional response usually takes about 90 minutes to clear the body.
- Specifically select foods to help support your brain. Foods that fuel our brain are those with healthy fats, like avocados, walnuts, cheese, whole eggs, and cold-water fish. The brain also likes berries of all kinds.
- By the time you're thirsty, you're likely already 1% to 2% dehydrated. And by the time you're 2% dehydrated, your cognitive performance is about 30% impacted.
- Early Alzheimer's disease typically occurs around age 65. Some changes can be detected as early as 25 years before that.
- Online tests and memory screening tools are available free.
- Researchers are beginning to study brain health and migraine as risk factors for dementia. No definitive determination has yet been reached. Community-based studies have been smaller in size, but a larger Danish study linked migraine as a midlife risk factor for dementia.
- Social isolation, or feeling lonely and not reaching out to others, has the equivalent effect of smoking about 15 cigarettes a day.

QUOTES

- “Brain plasticity is our brain's ability to adapt and change. It's a lifelong process, and this occurs for people, really up until we're no longer here.”
- “Exercise creates new neural pathways and new brain cells. It's one of the easiest ways for us to kind of rebuild a brain and just keep rejuvenating our brains. It stimulates blood flow, and it can have an anti-inflammatory effect.”
- “Brain health is for everyone. It's people now in their 30s [who] should be talking brain health. It's children with developing brains we should be teaching about brain health. It is absolutely for everyone.”
- “The ability that we really have to sculpt and mold our brains, and that it's this continuous change, and it can be cumulative over time.”

PRACTICAL STEPS

- Take five-minute brain breaks: Do something that just turns your brain off and lets you have fun, something that will uplift your spirit and lets you play or brings you joy. Take those breaks frequently.
- Make an effort to connect with others, even in small ways, like sending a text.
- Be mindful of medication interactions with alcohol. Always drink water after alcohol use.
- Work out your brain 20 minutes a day. Learn something new and different. Break it into maybe two 10-minute segments, or four or five minutes at a time.
- Nurture all aspects of your health: mental, physical, behavioral, and emotional. Take a proactive approach with your health care providers in managing any health conditions.

TREATMENTS CITED

“Brain breaks”	Lifelong learning
Exercise	Meditation
Good sleep hygiene	Social connection
Healthy fats	
Hydration	