The Aging Brain Is Going To Be THE ISSUE of the Baby Boom Generation

What was that word? What? Huh? Who's that? Where did I put that?

At some point the brain you got when you were young began to lose some of its neurological connections.

It's called aging ... and yet ...

I want to be clear about ONE THING -- that future (of an aging brain) is not an inevitable future. It is only a possible or probable future.

You see if you do the same (unhealthy) things over and over and don't do other (healthy) things - that's the future brain you'll have.

So what are those things?

See text to right and let me ...
add a few important variables:

1. **Detox**: Autophagy is brainwashing. Not like Jim Jones and Kool-Aid, but like removing toxic compounds from brain metabolism.

   ![Detox Bottle]

   buy 2 TO3O in April and get the third at 50% off

2. **Sleep**: Sleep enhances autophagy.

3. **Chiropractic**: The adjustment has been shown to increase brain blood perfusion. More blood means more oxygen and better nerve conduction.

4. **Love and connection**: This goes without saying, but I'm going to say it anyway. Living alone is no damn fun.

   The most important part of being human is being social. Without social connections, without love, without support, and without community (all being parts of human being) -- we wither and die by small degrees.

   Dr. Olejak

5. **Citicoline**: Citicoline is a natural substance found in the body's cells and helps in the development of brain tissue, which helps regulate memory and cognitive function, enhances communication between neurons, and protects neural structures from free radical damage. Clinical trials have shown citicoline supplements may help maintain normal cognitive function with aging and protect the brain from free radical damage. (Kyowa Hakko USA).

6. **Choline**: Choline, which is associated with liver health and women's health, also helps with the communication systems for cells within the brain and the rest of the body. Choline may also support the brain during aging and help prevent changes in brain chemistry that result in cognitive decline and failure. A major source of choline in the diet are eggs.

7. **Magnesium**: Magnesium supplements are often recommended for those who experienced serious concussions. Magnesium-rich foods include avocado, soy beans, bananas and dark chocolate.

8. **Blueberries**: Blueberries are known to have antioxidant and anti-inflammatory activity because they boast a high concentration of anthocyanins, a flavonoid that enhances the health-promoting quality of foods. Moderate blueberry consumption could offer neurocognitive benefits such as increased neural signaling in the brain centers.

   Source: [http://www.sciencedaily.com/releases/2015/04/150415203340.htm](http://www.sciencedaily.com/releases/2015/04/150415203340.htm)

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**Health Transformation Is At The Heart of What We Do**

![Two Men Talking]

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