

Test Your Brain Health. Take The Quiz

Hello, I am Dr.Vanta.Let's figure out how well is your brain working. Check each box if the condition has occurred frequently within the last 60 days or is generally true:

1. Do you feel you don't have that "sharp mind" you used to have?
2. Do you experience brain fog and have trouble focusing on your everyday tasks?
3. Do you feel tired, especially around 2 pm, even if you had 8 hours of sleep?
4. Do you feel more down than usual?
5. Do you feel irritable, nervous, shaky, or light-headed between meals and feel more energy after meals?
6. Do you have a slow metabolism or difficulty losing weight?
7. Do you suffer from any type of pain, including joint pain or headaches/migraines?
8. Are you sensitive to chemicals, scents, or pollutants?
9. Do you feel that something is not working properly in the body?
10. Do you feel unmotivated and can't seem to break out of this feeling?
11. Are you catching colds, flu or other infections easily and you feel you need an immune system boost?
12. Do you have gas, bloating, or any other digestive issues once or more per week?
13. Do you get heartburn or acid reflux?
14. Is your tongue coated with a whitish film in the morning?
15. Do you have constipation or inconsistent bowel movements?
16. Do you have frequent diarrhea or loose stools?
17. Have you been diagnosed with an autoimmune disease?
18. Are your stress levels moderate to high?
19. Do you have multiple food sensitivities or food allergies (such as gluten or dairy)?
20. Do you have blurred vision or any other vision problems?

Scoring

Create a total score, awarding one point per each question answered with "Yes":

- 0 – 4 points: Your brain is in great shape, but there is always room for improvement. Check out the 3 essential steps below.
- 5-10 points: Your brain needs some attention. Cleaning up your diet and improving your lifestyle will help you prevent more serious brain problems. Start with the 3 essential steps below.
- 11-20 points: Your brain needs more attention. Fortunately, there are effective ways to make it function better again. Start with the 3 essential steps below.

A few things to consider. Your brain cells have 4 basic needs. They need 1) nutrients 2) oxygen 3) stimulation and 4) quality time to rest and repair.

You also have a “second brain” in the gut, which contains more than 100 million nerve cells. There is a cross-talk between your gut and your brain. You can’t boost your brain health without improving gut health.

3 Steps to Supercharge Your Brainpower. Naturally.

Step #1. Start your day the right way. First thing in the morning:

- Drink 2-3 cups of water with lemon upon waking. Did you know lose more than 1 L of water every night?
- Meditate for 10 minutes. Meditation improves focus and attention, boosts mood and memory. Simply focus on breathing or click [here](#) and you’ll find over 20 short guided meditation with specific themes.
- Practice one [Brain HQ test](#) every morning for approx. 3 minutes (free subscription). Great stimulation for your brain cells. Created by top neuroscientists, Brain HQ provides real benefits and is supported by 100+ peer-reviewed papers.
- Exercise for 3-5 minutes. Exercise promotes the growth of new brain cells, slows down brain shrinkage and boosts your mood and memory. High-intensity exercise such as rebounding, push-ups, jumping jacks works best. A second option: yoga stretches. Check out [this routine](#).

Step #2. Throughout the day

- Diet: Turn vegan after 4 pm. This way your meals are fully digested by the time you go to sleep. Brain cells love a variety of veggies-all spectrum color, berries, healthy oils, fatty fish and nuts, high-quality proteins, fermented foods, and plenty of herbs and spices.
- Socialize and improve your relationships. Social connections help keep the connections between your brain cells strong and healthy. Set aside 30-60 minutes 2 times a week to socialize, in addition to quality time spent with family.
- Exercise. 30-45 minutes, most days of the week.

Step #3 Sleep well

- Good quality sleep matters. The best sleep is between 10 pm-2 am, in a completely dark, cool room (20 °C -21 °C /68 °F-70°F).

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