

THE BRAIN HEALTH PROGRAMME



Introducing a New Online Brain Health Programme

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nutriessential
nutritional therapy

What is the Online Brain Health Programme?

The Brain Health Programme is a nutrition and lifestyle coaching programme. It has been designed to optimise brain health and cognitive function using a nutrition and lifestyle approach.

The Brain Health online programme and content has been designed by Cytoflan based on the nutrition and lifestyle elements of Professor Bredesen's 'The Bredesen Protocol'. You can find out more information about Cytoflan and this programme at <https://thebrainhealthprogramme.co.uk>

What's included in the programme?

The programme delivers six pre-recorded workshops (30-60 minutes each), covering topics that have all been shown in research as being important for brain health, including:

- **Mind What You Eat**
Poor diet is a significant factor in mental health and other conditions affecting the brain
- **Optimising gut health**
Poor gut health increases inflammation and is one of the features of many health conditions, including cognitive decline
- **Stress reduction**
Persistently elevated levels of the stress hormone can kill brain cells and negatively affect brain function
- **Getting a good night's sleep**
During sleep our body cells detoxify (eliminate) waste products, this is the same for our brain
- **Exercise**
Aerobic exercise protects the brain from damage and helps to build new cells within the brain
- **Brain training**
Challenges and stretches the brain allowing new connections to be created and maintained

Each workshop is designed to help you engage with every aspect of the programme and understand what you need to do to optimise brain function.

The workshops include suggestions to show you how to make, and sustain, lifelong food and lifestyle choices to improve brain health. You will receive summary documents to accompany each workshop, along with a 'Self Care Journey' booklet (with activities designed to help you with motivation to achieve sustainable, long-term change), and a recipe booklet with ideas for breakfast, lunch, dinner and snacks.

You will also receive a 60 minute initial consultation and a 45 minute follow up consultation with your nutritional therapist who will guide you into the programme, follow your progress and oversee any aspects relevant to your specific health symptoms.

If you wish to take any functional tests these are organised through independent laboratories and your nutritional therapist will advise you of the relevant costs and explain the results to you.

Who is the programme for?

If you are concerned about your risk of cognitive decline now or in the future, perhaps because you have experienced brain fog, poor memory, anxiety, low mood, stress or a reduction in your ability to concentrate, or maybe you have a family member that has been diagnosed with dementia, then you might be interested in this programme.

Enrolling and the cost of the programme

You can enrol onto the programme at any time. Full log-on details will be provided during your first consultation along with any dietary considerations related to your health symptoms. You will also be asked to complete a health questionnaire prior to the first consultation.

The price of the course and consultations is £180.00