



Brain Fog

Nutrition: Focus on a Mediterranean style diet with more whole food and less processed. Lots of fruits and vegetables for antioxidants. Omega-fatty acids are important. Try to get in your nutrition with fish such as salmon and albacore tuna. You can also get through flax seeds, chia seeds, walnuts and soybeans(edamame).

Hydrate: Drink $\frac{1}{2}$ of your body weight in ounces daily

Exercise: Both mental and physical. From a mental aspect, learning new things is important. Learn a new sport, board game, card game or work a puzzle as examples.