**Brain Wash: Science, Biohacking, and Ancient Practices**

**Brief Description:**

This module explores the glymphatic system’s role in clearing brain toxins during sleep, investigating the impact of amyloid-beta, tau, and neuroinflammation on cognitive decline.

Learn how NAD+, CoQ10, and the gut-brain axis influence detox pathways.

Case studies, assessments, and references provide practical insights and evidence-based strategies to optimize brain health and resilience.

**Learning Objectives:**

* Explain the role of the glymphatic system in brain detoxification, particularly during deep sleep.
* Identify the impact of toxic proteins such as amyloid-beta and tau on neurodegenerative diseases.
* Understand the relationship between chronic neuroinflammation and impaired brain detox pathways.
* Describe how molecules like NAD+ and CoQ10 support mitochondrial health and detoxification.
* Analyse the effects of environmental toxins and the gut-brain axis on brain health and detox processes.
* Apply evidence-based strategies to enhance cognitive function through optimized brain detox pathways.