

MIND TRAINING SESSIONS SUMMARY

Importance of Nutrition and your Body Folders

Top 10 Brain Foods

- * Avocados
- * Blueberries
- * Broccoli
- * Coconut Oil
- * Eggs
- * Green Leafy Vegetables
- * Wild Salmon
- * Turmeric
- * Walnuts
- * Dark Chocolate

Stay hydrated at all times , water is the bonus in our brain diet.

The context helps you remember the content

Use your imagination | The key is visualization and emotion ie., what do you see and how does it make you feel.

Make information memorable | Make it silly , shocking or different.

Information + Emotion = Long Term Memory

Today's action step:

- * Add as many Brain Foods as possible to your diet.