

# The CogniDiet®

WEIGHT LOSS PROGRAMS

## Cheat Sheets - SESSION 11

### I TAKE CARE OF MY HEALTH!

# Describe Your Mood and Behaviors After a Bad Night

Use adjectives

Think about your intellectual and emotional behaviors

# Your Sleep Score – Calculate it

	Current	Resolution
How many hours do you sleep per night, average over one week? Less than 6 (-5pt.) 6 to 7 (5pts.) 7 to 8 (10pts.). Score is average for one day.		
Bedroom colors and décor (max 3 pts.)		
Bedroom tidiness factor (max 3 pts.)		
Sleep comfort (nice pillows, sheets, good mattress, darkening curtains, lack of noise etc.)  (1 point per positive element, max 5 pts.)		
Pre-sleep activities/rituals/habits Positive (max 3 pts.) Negative (max -3 pts.)		
<b>Total</b> Best score = 24 pts. & Worst score = -8 pts.		

# Good Sleep Strategies?

- Bedroom color (green, blue or lavender)
- Calming down before sleep
- No working/laptop in bedroom
- No screen time (2 hours prior)
- Complete darkness in room
- Leave emotions at the doorstep of your bedroom
- Little to eat or drink 2 hours before sleep
- Good mattress
- No clutter in bedroom



**Meditation**

**Hot Bath, Aromatherapy**

**Walk Outside, Swim**

**Feel Good Movie or Book**

**Being Consistent**

# Sleep Solutions



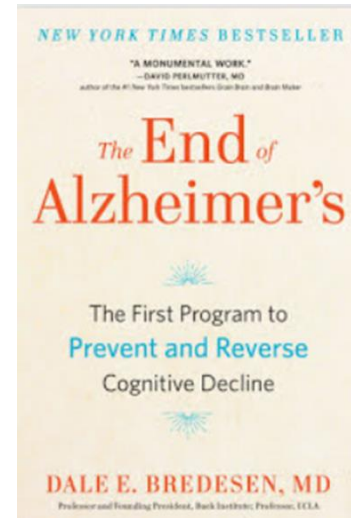
- Teas (chamomile, valerian, passionflower etc.)
- Melatonin – test the dosage first (1mg one hour before bed. Can go up to 10g or more)
- RX medications will impact your memory and cause addiction
  - Benzodiazepines (I am not recommending)
- Anti-histamines OTC → Can raise appetite
- CBD supplements. Potentially. Give them a try if you feel anxious.

# Check List for Your Health

- Thyroid Gland. It has a huge role in regulating your metabolism. Maybe it has become lazy = hypothyroidism.
  - Will not burn calories so efficiently
- Menopause and sex hormones
  - Less estrogen ----- Fat storing!
  - Less progesterone ----- Water retention
  - Less testosterone -----Less muscle mass
- Digestion, FAT LIVER (liver enzymes must be checked, initially, and later or cat scan) or leaky gut
  - A fatty liver will prevent weight loss
- Lack of digestive enzymes
- Food allergies (gluten and lactose intolerance?)

# The Brain Health

- The Dr. Bredesen's Protocol based on clinical trial
  - Fresh foods, fish, vegetables
  - Eliminate simple carbohydrates and sugar
  - Meditating twice a day – Yoga practice
  - Exercising 30min a day minimum 4 to 6 days a week
  - Sleeping 7-8 hours a night
  - Melatonin or sleeping tea, Vitamin B12, D3, Fish oil, Coenzyme Q10, Omega 3
- Are you taking your vitamins B complex? (stress and brain health)
- Exercise and meditation each day (30min)
- **I would add probiotics** (minimum 1B CFUs a day)



# My Good Health Resolutions

My Decisions	Short and Long Term
Foods in general (eliminate or adopt)	
Change something to my diet ( is low fat good for me? Should I try paleo?)	
Stress reduction	
Supplements	
Lifestyle change (restaurants, parties, alcohol, not cooking, exercise etc.)	
Doctor's visit (general check up, gynecological check up, liver, thyroid gland, digestive system, allergies etc.)	
Sleep	
Health/Nutrition DNA Test – Take one	



# Your Experiments This Week

1. Make ONE – or more – health-related decision(s)
2. Are you taking the right supplements? In the right dose...  
Clean your pharmacy cabinet. Check your levels with your health practitioner
4. Live like a Dr. Bredesen's patient for one week
5. Are you reading your labels?
6. Do you know what is in your food? Be curious. Know where your food is coming from.