

Your Brain Type: 12

Common Characteristics:

- Restless
- Needs to be interested to focus
- Can be relentless or strong-willed
- Can get “stuck” on thoughts
- Motivated
- Difficulty relaxing

Your Personalized Brain Fit Plan

Test My Brain:

Your brain health controls everything in your life. In addition to knowing your brain type, we want you to understand the function of your brain and to know your important health numbers. All of this information gives you a baseline from which to measure your brain health progress as you work through the program.

- **Brain Fit WebNeuro**
This is a scientifically validated assessment that measures your brain function in 4 domains: self-regulation, thinking, feeling and emotion.
- **Know My Numbers**
Here, you'll find a list of important health numbers (such as weight, blood pressure, BMI, hormone levels, etc.) for you to measure and record, because you cannot change what you do not measure! Once you know your important numbers, you can begin optimizing them, and when you do, you will notice that everything in your life is better.

Focus My Brain:

If you want to feel happier, healthier and have more energy, define your specific motivations to change and review them every day!

- Visit your **One Page Miracle** – Use this tool to determine what you want and how you will make it happen.
- **Anchor Images** – Add the pictures that help keep you inspired!
- **Fork in the Road** – Do this exercise to create a mental picture of your future based on your choices today.
- **Journal My Progress** – Studies show that people who journal are twice as successful in achieving their goals. Being able to see your progress is a great motivator that will keep you on track and headed in the right direction!

Train My Brain:

Regardless of your age, your brain has the ability to form new connections and neurons, a phenomenon known as neuroplasticity. In a way, your brain is like a muscle – the more the use it, the stronger it gets! Playing brain games every day will support your memory and focus, ability to shift, mood, resilience to stress, and more!

- **e-Catch the Feeling**
- **e-Motion Well-being**
- **e-Positive Spin**
- **e-Self-Regulate**
- **e-Think Executive**
- **e-Think on Target**
- **Positive Affirmations**
- **Relaxation Room**
- **Thought Challenger**

Train My Body:

Strengthen your body to boost your thinking, memory and focus, and reduce the risk for age-related cognitive decline.

Recommended Exercises for Brain Type 12:

- Walk like you're late for 45 minutes, 4 times a week
- Lift weights twice a week
- Coordination exercises such as table tennis and dance
- Tai chi, Qi Gong, Yoga

Nourish My Brain:

Your brain is the most energy-hungry organ in your body, using 25% of the calories you consume. One of the quickest ways to achieve better brain function is learning the right foods to choose and which foods to lose. Eat right so you can think right!

- **My Dietary Recommendations:**
 - Your Type 12 brain needs a balance between protein and complex carbohydrate diet.
 - This type of diet will boost dopamine and serotonin levels naturally.
 - Saffron spice is also helpful as a natural mood-booster.
 - Try the delicious, brain-healthy recipes and follow the eating and lifestyle tips from Tana!
- **My Supplements:**

The addition of brain-directed supplements will support your best physical and mental energy levels, making it easier for you to follow a brain-healthy program every day.

 - Dr. Amen recommends the following supplements for Brain Type 12:
 - **Brain and Body Power**, which includes:

- NeuroVite Plus, a comprehensive, power multi-vitamin/mineral complex
- Omega-3 Power fish oil
- Brain and Memory Power Boost
- **ProBrainBiotics**
- **Focus and Energy, Serotonin Mood Support** and **Everyday Stress Relief**
- **Vitamin D** if your level is low (make sure to check it in “Know My Numbers”)
- **Brain Boost on the Go**
- **Brain in Love** or **Brain on Joy**
- As a member, you receive 15% off of anything you purchase from the BrainMD Health store!
- Receive an additional discount on supplements by enrolling in our auto-shipment plan.
- Confused about the supplements? No problem! Watch Dr. Amen’s informative videos here.

Strengthen My Mind:

Explore and utilize this powerful resource of meditation, hypnosis and music audio recordings as well as exercises to help you maintain control over your thoughts and focus on the positive aspects of your life.

- Hypnosis audios – **Focus, Anxiety** and **Peak Performance**
- Meditation audios – **Kirtan Kryia** and **Relaxation, Focus and Memory**
- **Kill the ANTs**
- **Gratitude and Appreciation**
- **Barry Gold’s Music** – for Relaxation and Focus

Better Together:

There’s power in numbers and Brain Fit Life was designed to help you connect with a support system of people who want to live brain healthy lives too.

- Within your **BFL community** you will find support, accountability, and friends to experience good and bad times with. In fact, people are 50% more successful at improving their health and weight if they work with others rather than alone!
- Influence Others! The more you give the lessons of this program away and teach other people the concepts that you are learning in Brain Fit Life, the more they will become solidified in your own life.
- Teach your spouse or significant other, your children and your co-workers, and get your friends to sign up with Brain Fit Life as well. Doing so will create a stronger social support network that will elevate your own personal success!