

Enhancing Brain Resiliency and Averting Cognitive Decline-- Transcendental Meditation® and the Bredesen Protocol®

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12 Top Tips for Brain Health

- Transcendental Meditation for stress-reduction and brain integration
- Eat “Mediterranean diet,”—mainly organic, fresh vegetables, berries, olive oil, walnuts and other nuts (soak first in water)
- Cut out sugar and refined flour entirely.
- Eliminate “bad” fats and processed foods (chips, deep fried,) GMOs
- Drink 6-8 cups of pure water daily, ideally warm or room temperature
- Get good sleep, 7–8 hours: ideally go to bed by 10 pm
- Don’t eat for 3 hours before bed; Fast for 12 hours, dinner to breakfast (water ok) -- Promotes brain cleansing—
“autophagy”
- Brain Training 3X/ week for 15 min -- Brain HQ, Lumosity; Or, learn a language, dance, play musical instrument
- Get 50 grams of protein, but don’t overdo
- Optimize Vitamin B12 & Vitamin D levels (blood test) –
supplement with Methyl-B12 and Vitamin D as needed
- Exercise—at least 30 minutes 5–6 days a week
- Avoid alcohol, smoking, and recreational chemicals