

SUPPORT FOR COGNITIVE FUNCTION

HT WELLNESS EDUCATIONAL SERIES

Renee M. Schambre

Cognitive function includes memory, focus, clarity, and decision-making.

Supportive Lifestyle Practices

Sleep Restoration: Quality sleep supports memory consolidation and neurological repair.

Mental Stimulation: Learning, reading, and problem solving help maintain cognitive flexibility.

Movement: Physical activity increases blood flow and oxygen delivery to the brain.

Stress Regulation: Balanced nervous system activity supports clear thinking and focus.

Whole Food Nutritional Support

Omega-3 foods, Colorful phytonutrients, B vitamins, Blood sugar stability.

Supporting foundational systems protects long-term brain resilience.

Small, consistent lifestyle and nutritional choices create long-term impact.

Supplement Brands Mentioned

Standard Process

- Neurotrophin PMG

MediHerb

- Bacopa Complex

Premier Research Labs

- Cognitropic

Fullscript

- Thorne Phosphatidylserine