

## **The Brain Health Workshop**

### **Week 3 Handouts & Homework**

**VERY IMPORTANT:** Since Dr. Chiu is not your primary care provider, he cannot discuss your personal medical situation. Therefore, BEFORE you decide to take any tests, or purchase any products or supplements, please consult with your doctor.

[Week 3 Presentation for Class Video](#) (PDF) Same file as on Week 3 Files Page

[Brain Health Roadmap](#) (PDF) For all 6 Weeks - Same file as in previous weeks.

[Food Chemicals](#) (PDF)

[Foods to Eat and Avoid](#) (PDF)

[Possible Food Triggers](#) (PDF)

#### **Week 3 Homework**

1 - Download the Foods to Eat and Avoid file - link above. Put together a cheat sheet for yourself with the list of all the different foods to eat, as well as the foods to avoid.

2 - Add one new food to your diet this week. Look at the section on the foods to eat more of, add one new food that you've never eaten before. Whatever you're drawn to, start eating more of that.

3 - Download the Possible Food Triggers file - link above. Stop one trigger food.

If you're already eating gluten-free, dairy-free, low sugar, awesome. Congratulations, keep going. Look at the possible food triggers list and choose a category of foods or at least one trigger food to avoid, and see if you feel any different. And if you've never eaten gluten-free, dairy-free, low sugar before, choose one of those foods to avoid and see how you feel.

Write these down in your Brain Health Roadmap - link above.

#### **Bonus Homework**

1 - Do a 30-day challenge. If you've never gone gluten-free, dairy-free, and low sugar, schedule a 30-day time chunk in your calendar before next week's session and commit to it. It doesn't mean you have to start before next week's session - just schedule it in your calendar when it's right for you.

2 - If you've already done this before, look at the possible food triggers handout list, pick one category of food that you haven't tried getting rid of. Add that to your bucket and do it for thirty days and write that into your calendar.

Write these down in your Brain Health Roadmap - link above.