The Brain Health Workshop
Week 4 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 4 Presentation for Class Video (PDF) Same file as on Week 4 Files Page

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

Top 5 Brain Boosting Supplements (PDF)

Food Sources Key Ingredients (PDF)

Week 4 Homework

1 - Download the Top 5 Brain Boosting Supplements - see link above.

Write these in your Brain Health Roadmap - link above. Circle the ones you need to add and start adding them to your diet and routine, if you're able to do so.

2 - Download Food Sources Key Ingredients - see link above. If you don't have access to the top five brain-boosting supplements (for any reason), you can start eating more of these different types of foods.

Write down which foods you're drawn to in your Brain Health Roadmap - link above - and start eating more of them.

Bonus Homework

1 - Try out one new botanical. You can start with either a polyphenol or perhaps try out an herb—an herbal tea, as an example.

Extra Resources from Week 4 Office Hours
(see next page)

The Brain Health Workshop
Week 4 Handouts & Homework

Extra Resources from Week 4 Office Hours

1 - Dr. Chiu's Apothecary

Sign up here to create an account, do some research, and if desired, to make any purchases:

https://us.fullscript.com/welcome/brainsave

Dr. Chiu's team is able to provide a 15% discount to orders from students. Send an email to ***care@drtituschiu.com*** to access this discount after creating your account.

VERY IMPORTANT: *Access to the BrainSAVE! Online Apothecary is for US residents ONLY. If you're not a US resident or would like to find your own sources, feel free to use the information below as a starting point for your research.*

This special access is for educational and informational purposes only and solely as a self-help tool for your own use. You should not use this information to diagnose or treat any health problems or illnesses without consulting your own medical practitioner. If you order supplements or labs through the resources listed above, you understand that doing so does not establish a doctor-patient relationship between yourself and Dr. Titus Chiu. Always seek the advice of your own medical practitioner and/or mental health provider about your specific health situation before taking any nutritional or herbal supplement or adopting any treatment for a health problem.

2 - Preferred Supplement Brands

Nordic Naturals
Thorne
Enzymedica
Designs for Health*
Apex Energetics*
Klaire*

* Means ONLY available through Doctors