

BRAIN HEALTH BREAKTHROUGH

WITH JULIA LUNDSTROM
AND THE SIMPLE SMART SCIENCE TEAM



BRAIN HEALTH BREAKTHROUGH

Assessing your Brain Health
with
Simple Smart Science



Day 1

8 MAJOR PATHWAYS TO DISEASE



PATHWAY 1: VASCULAR - YOUR BRAIN'S HIGHWAY SYSTEM

PATHWAY 2: METABOLIC - YOUR BRAIN'S POWER PLANT

PATHWAY 3: INFLAMMATORY - YOUR BODY'S FIRE THAT WON'T GO OUT

PATHWAY 4: OXIDATIVE STRESS - RUSTING FROM INSIDE

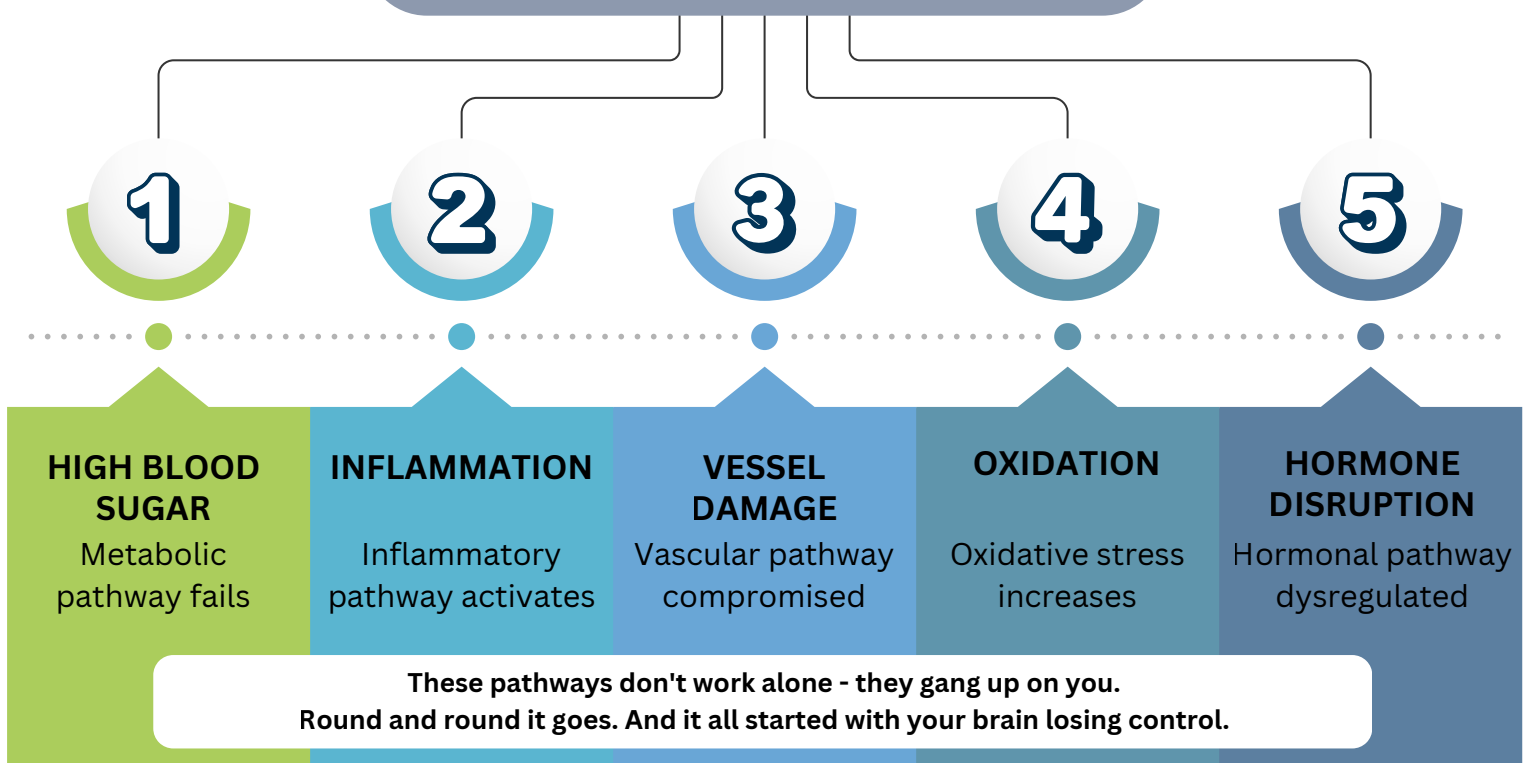
PATHWAY 5: TOXINS - WASTE MANAGEMENT FAILURE

PATHWAY 6: INFECTIOUS - YOUR BRAIN'S SECURITY FORCE

PATHWAY 7: HORMONAL - COMMUNICATION NETWORK BROKEN

PATHWAY 8: GENETIC/EPIGENETIC - YOUR BRAIN'S BLUEPRINT READER

THE CASCADE EFFECT



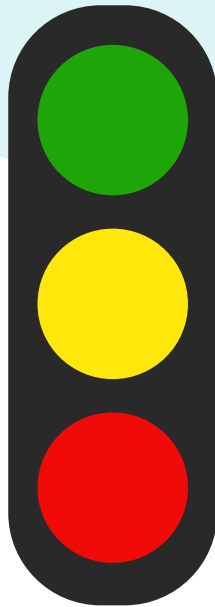


LET'S EVALUATE YOUR RISK FACTORS

1. Do you have cold hands or feet, even in warm rooms?
2. Do you get dizzy standing up or need to rest during short walks?
3. Do you crash in the afternoon or need to eat every 2-3 hours?
4. Do you crave sugar/carbs or struggle to lose weight?
5. Do you have joint pain, stiffness, or swelling?
6. Do you have gut issues, skin problems, or worsening allergies?
7. Are you aging faster than you should - wrinkles, gray hair, slow healing?
8. Do you react to perfumes/chemicals, rarely sweat, or have multiple food sensitivities?
9. Do you get sick often or have infections that keep returning?
10. Do you have trouble sleeping - either falling asleep or staying asleep more than 1-2 times a week?
11. Do you have hot flashes, mood swings, or low libido?
12. Have you gained weight around your middle that won't budge?
13. Have you been diagnosed with pre-diabetes, diabetes, high blood pressure, high cholesterol, thyroid issues, or autoimmune conditions?
14. Are you developing health problems your parents had?
15. Do you feel overwhelmed, anxious, or unable to handle stress like you used to?
16. Are you on 3 or more prescription medications?

How many YES answers? That's your score.

YOUR SCORE _____



0-5 Prevention Zone

Strengthen your brain's control **NOW** before problems start.

6-10 Warning Zone

The tipping point, **time to take action!**

11-16 Critical Zone

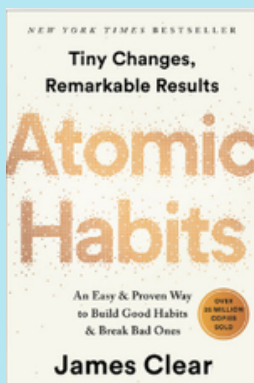
Your brain has lost significant control over your body's systems.

After Julia presents the 4 personality and behavior types, ask yourself...

What avatar type are you?

Information Overload Olivia?
Forever Learning Lisa?
All or Nothing Alex?
Good Enough Eva?

What 1% change will you start with?



Julia's book recommendation:

Atomic Habits by James Clear

The purpose of setting goals is to win the game. The purpose of building systems is to continue playing the game. Ultimately, it is your commitment to the process that will determine your progress."

- James Clear, Atomic Habits

STEP 1:



Write out the habits you want to change:

What new habits do you want to create:

1
2
3
4
5

1
2
3
4
5

STEP 2:

STEP 3:

STEP 4:





The Mindset Session



Now that you have your list of new, healthier habits written out along with how to make them easy and rewarding, let's go over how to lay the foundation to form lasting habits.

Visualize how you are going to change a habit:

- Imagine yourself doing the new habit, or not doing the old habit. An example of this would be to visualize yourself preparing strawberries for dessert instead of fixing a bowl of ice cream.
- The same regions of the brain are activated when we visualize doing the new habit are the same parts of the brain that are activated when we actually DO the habit.

Below, write how you will physically change your environment to help form new habits.

Here are some examples:

- Put a glass or bottle of water in front of your coffee pot to drink before coffee.
- Throw out the unhealthy junk food, and make healthy snacks readily available.
- Hide the TV remote and put whatever is needed to form the new habit where you will see it. For example, put a book to read on your coffee table, a journal and pen by your bed, art supplies on the kitchen table, etc. Get creative!

Set yourself up for success!

Choose one habit to work on at a time. That 1% compounds over time!



SMALL WINS & 1% IMPROVEMENTS



- The brain thrives on small wins
- No overhauls, routines, or expensive supplements
- Just tiny, strategic changes.
- Fix the brain first with targeted 1% improvements where it's failing.
- One change tonight → felt tomorrow → expected in a week → automatic in a month.
- Consistency, ease, and obvious steps matter more than significance.
- Small, steady improvements rebuild brain control one moment at a time.

MY 1% CHANGES TO MAKE:

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Notes:



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Day 2

LET'S EVALUATE YOUR INFLAMMATION RISK FACTORS



1. Are you struggling with sugar or carb cravings?
2. Are you having a difficult time shedding those last 10, 20 or 100 pounds?
3. Do you ever struggle with digestive issues such as diarrhea, constipation, bloating or gas?
4. Do you have low energy levels throughout the day, or do you crash after lunch?
5. Do you follow a low-fat diet?
6. Do you sometimes push yourself too hard at the gym?
7. Do you have a food sensitivity or allergy?
8. Do you have arthritis?
9. Do you have chronic back pain?
10. Do you have fibromyalgia?
11. Do you have diabetes or pre-diabetes?
12. Do you have sensitive gums?
13. Do you drink alcohol more than 6 drinks, meaning 4 ounces, a week?
14. Do you have a hard time sleeping more than 2-3 times a month?
15. Do you smoke?

If you answered yes to any of these questions, then you probably have some chronic inflammation going on that needs to heal in order for your health to improve and your brain health to get better.

LIST INFLAMMATORY FOODS, THEN CIRCLE WHAT YOU'RE WILLING TO REDUCE OR CUT OUT

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CAUSES OF INFLAMMATION

WRITE THE FOODS THAT REDUCE INFLAMMATION

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What will you hold yourself accountable to? (Write your answers here)

[illegible]

STRESS BUSTERS

[illegible]

Where are you committed to doing the next 30 days?
(Write your answers here)

Fill in the names of each Pillar of Brain Health



10 PILLARS OF BRAIN HEALTH



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Notes:

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Day 3

As Julia goes through each pillar,
give yourself an honest rating in each one.



10 PILLARS OF BRAIN HEALTH



Nutrition	Exercise	Sleep	Stress Reduction	Meditation	Breath	Supplementation	Learning & Purpose	Social	Toxins
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Rate yourself in each
pillar on a scale of 1 - 10

1 is the lowest (worst)
10 is the highest (best)

TOTAL:

SLEEP SOLUTIONS



1

2

3

4

5

6

7

NOTES:

EXERCISE IN DISGUISE



Add exercise in without even adding something extra to your day :

- Add movement to your cleaning and housework – make your cleaning a fun workout and try to focus on different postures, stretches, or the different muscle groups you can activate with each activity.
 - Add some music or dancing to your chores!
- Stop making laps to find the closest parking spot to your destination. PURPOSEFULLY park far away to get extra steps in!
- Stop taking the elevator if possible or reduce the number of floors you use it for.
- Pace or walk around the yard / the block when you are on the phone.
- When you're watching TV, get up and walk around during commercial breaks and don't stop until your show comes back on. Or, during your show, get your yoga mat out and do some floor exercises or stretches. You are likely to do them longer because your mind is distracted by your show!
- Invest in a treadmill desk or under the desk cycle



MY ACTION PLAN:

HOW ARE YOU GOING TO IMPLEMENT THESE INFLAMMATION BUSTING TOOLS INTO YOUR DAILY LIFE

After watching
the workshop, what do I
believe is the main source of
my inflammation?



What 3 steps am I willing to
take over the next 30 days?
(these can be anything, just
make it work for you!)



1ST ACCOUNTABILITY STATEMENT:

I promise myself to do _____ in order to reduce the inflammation in my brain
in improve my memory.

How many times a week are you going to take action to realistically do achieve this step? _____

2ND ACCOUNTABILITY STATEMENT:

I promise myself to do _____ in order to reduce the inflammation in my brain
in improve my brain health.

How many times a week are you going to take action to realistically do achieve this step? _____

3RD ACCOUNTABILITY STATEMENT:

I promise myself to do _____ in order to reduce the inflammation in my brain
in improve my memory.

How many times a week are you going to take action to realistically do achieve this step? _____

I will ask myself before every bad habit,
“Is this going to make me sharper and nourish my brain cells?”

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