

# Cristina Paiva zesting\_lyme AUDIO

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## SPEAKERS

Cristina Paiva



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Hi, guys, my name is Christina Paiva, I just wanted to hop on and share some things with you that have really helped me reduce my brain fog and improve cognitive function and memory. I've been on a journey, healing journey, the past few years. And it, this was an area that I really, really struggled with. And so if you're going through this, I really feel for you, I know how frustrating it can be, how scary it can be, to not be able to recall things, to lose your memory, to just feel like you can't even function. So I really feel for you sending you some love. But I do want to let you know like there are so many things that you can do to help support and improve your brain function and your cognitive function. And I've found a variety of things that have been really helpful for me and it's improved a lot. So I want to share some of those things with you in hopes that it can help someone, even if it's just one little tidbit of information that I share if it can help you, that would make me so happy. So first and foremost, I really started with the basics. So my diet, removing any sort of processed foods, refined sugar, alcohol, dairy, gluten, all of that any sort of inflammatory food and swapped it with whole organic foods. Lots of fruits and vegetables, and brain supported foods. So blueberries are really good for your brain, super detoxifying, walnuts, healthy, healthy fats. So like olive oil, avocado, all the Omegas, chia seeds, flax seeds, all of that good stuff, and then making sure that I was really hydrated. So drinking lots of purified water throughout the day. And getting in that hydration swapping out like coffee for a chaga latte or a healthy juice, homemade juice, or smoothie. Really prioritizing my sleep and making sure that I'm getting enough sleep.

Sleep is huge for brain health. It's when your brain detoxifies, and kind of resets so you want to make sure you're really getting in that sleep. Trying to get in movement, little by little and increasing that. So even if you can't do much, just getting in some stretching and or walking, if you can, anything helps and every little bit kind of adds up. It's really good for your brain and your nervous system. And then also just incorporating more like mindfulness in my life, more relaxation tools and techniques. Guided Meditation has been huge for me. I try to do it every single day EFT, which is Emotional Freedom Technique, also known as tapping. I've gotten really into that lately. I actually have a brain fog tapping series, and I'll share that in another video with you guys because that's been really, really helpful for me in more areas than just brain health. And then, let's see just grounding out in nature, really reducing, giving myself permission to reduce screen time whether that's my laptop, my phone, television, even reading at some points, just kind of like reducing it, not feeling guilty about it. And then just being really easy and gentle with yourself and finding ways when you do feel up for it to stimulate your brain and improve your memory. So if you can read readings great, listening to a podcast that you find interesting, or an audio book, learning something new online, or I recently just started Spanish lessons and I remember when I first started I was like, What am I doing? Like, my memory is so off right now. And just allowing yourself to do it anyways and go at your own pace and just being really gentle with yourself. And being okay with you know, not remembering everything. And just taking it easy. Taking notes or like voice recordings. Those have been really helpful for me like even at doctor's appointments just having my voice recorder on on my phone so I can record it. Super helpful tip. And then what else, I'm trying to think, I guess it's just really trying to reduce the overwhelm, trying to reduce your stress. Not feeling like you have to do everything at once, not getting getting finding ways to get out of your head grounded into your body. And really just loving yourself through it and trusting and knowing it will improve little by little. Oh, last but not least, a couple other things that have really helped me is like working with my doctor and medical professionals to try to reduce some of my prescription medication. I know that everyone's situation is different. And you know you have to do what you got to do. And whatever is best for you and your body. It's a personal decision, but Found like getting off some of the more heavy duty prescription medicine has really -and switching over to like more holistic alternative herbal type of remedies has really helped me with that brain function and cognition. And then also like being super cautious and wary of the products that I'm using my household products, making sure that they're non-toxic, being really cautious of like scented things so like switching over to natural perfumes, natural candles, and all of that has been just really helpful. So I really hope you got something out of this and sending you so much love and healing. And if you have any questions or anything, feel free to reach out. My Instagram handle is zesting\_lyme, and I hope you have a wonderful day. Thank you guys.

