

NATURAL TREATMENTS FOR BRAIN FOG

A proper, mineral rich balanced diet can balance the amount of minerals in the body and in turn help cure **brain fog**. A magnesium deficiency can also lead to brain fog, so rebalancing the amount of magnesium in body can help your body handle stress and anxiety more effectively.

Vitamin B daily supply provides energy throughout the entire day, for long-lasting energy, increase mental alertness, concentration, and memory.

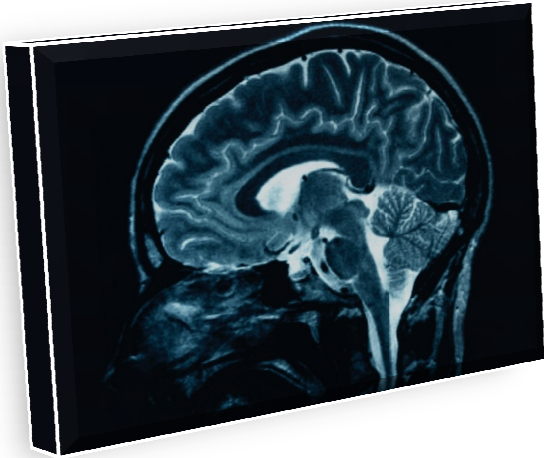


A pure fish oil blend with powerful, heart-healthy EPA and DHA fatty acids that improve cognitive and behavioral performance, and can relieve mood-swings for better emotional well-being. By eliminating sugar, wheat, fruit and a few other foods from the diet can also help in reducing **brain fog** over time. Some simple changes in life, like deep breathing, taking more rest and drinking spring water can also help a lot. It is necessary to deeply remove many toxins from the brain, liver and kidneys.

For a healthy brain, avoid all unnecessary drugs, toxins and especially recreational drugs of all kinds.

For detoxification, one or two coffee enemas daily and two near infrared sauna sessions for about a half hour each day are also very helpful. This may show good results if done regularly and are very safe to do. Intake of Vitamin B12 supports healthy brain function. In most cases, a healthy balanced and nutritional diet solves most of the problem.

Depression and anxiety also plays a role in **brain fog**. So it is necessary to enhance your mood, and involve more good moods



which keep your brain healthy and fit. Other important natural and safe way is Exercise. Fight depression and increase energy with regular exercise. Approximately one hour of exercise daily, keeps the mind and body healthy and fit and also disease free. Sleep helps reduce depression and other mental problems, and also fatigue. Plan for eight

hours of sleep a night. Take Melatonin to improve your sleep, which can help **natural treatment for brain fog**.

Remove toxins from your body to help improve brain function and get rid of brain fog. Limit caffeine and alcohol, and eat plenty of fruits and vegetables. Drink eight glasses of water a day.

Sweeteners can harm the body functioning, and also can be a boost to brain fog. Fake sugar found in diet drinks can bring on mental foginess. Limit your intake of such ingredients, or avoid them completely **brain fog treatment**.