

Victory of Hollywood

MC Griffin Campbell, M.Div., MA

List of Strategies and behaviors that decelerate (slow down-move slowly) brain aging. If you want to live a long time with your brain intact, engage in these behaviors: (Gene)

Hear the word of God:

Proverbs 3:5-6

*Trust in the Lord with all your heart;
do not depend on your own understanding.
Seek his will in all you do,
and he will show you which path to take. (NLT)*

Hebrews 12:1-3

And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people; then you won't become weary and give up. (NLT)

1. Make good decisions, Consistent, thoughtful; conscientious behavior is the number one predictor of longevity.
2. Surround yourself with a positive, healthy support system made up of friends and family.
3. Protect your brain from injuries
4. Keep your surroundings free of toxins: limit alcohol consumption.
5. Fish oil, taking multiple vitamin, and drinking green tea, black tea, white
6. Maintain physical health: strive for low levels of inflammation; avoid gum disease and intestinal problems; maintain healthy levels of thyroid, testosterone, and other essential hormones; maintain healthy levels of nutrients, such as vitamin D and omega-3s: Get physical exercise and include endurance and strength training; get quality sleep, 7-8 hours each night; maintain healthy weight and expend calories wisely.
7. Expend calories wisely.
8. Focus on great nutrition that serves your brain and body: Eat high quality calories and not too many of them; eat high quality lean protein; eat smart; limit fat consumption to healthy fats; eat natural foods of many different colors; avoid sugar; cook with brain healthy herbs and spices
9. Engage in Physical exercise, building endurance and strength
10. Practice effective stress management practices, such as, deep breathing and meditation
11. Promote good mental health and avoid severe anxiety or depression
12. Maintain a positive and optimistic mood.
13. Promote positive messages around aging
14. Get proper nutritional supplements: Take a multivitamin; take an omega 3 supplement; take a vitamin D supplement; consider taking individualized supplements to fit your brain type.

(a) Cancer chemotherapy or chemo brains

Note: Inflammation considered a major cause of many diseases of aging including cancer, diabetes, heart disease and Alzheimer's

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If you want to live longer with your brain intact avoid these as much as possible:

1. **Inconsistent, thoughtless** behavior and decisions that negatively affect your health.
2. **Unhealthy friends** or a lack of a positive support system. The people you spend time-get your advice from-really matters.
3. **Remember: People are contagious** and if you spend time with unhealthy people you are much more likely to pick up their brain-damaging ways. Use wisdom-limit the amount of time you spend with them and get a new healthier group if you want to live long.
4. **Brain injuries**
5. **Toxins like:**
 - (b) Drugs, illegal and many legal drugs, such as benzodiazepines and pain killers
 - (c) Alcohol, more than a few glasses a week
 - (d) Smoking
 - (e) Excessive caffeine, more than 300 mg. a day (3 normal size cups of coffee)
 - (f) Environmental toxins, such as pesticides, organic solvents, phthalates, mold
 - (g) Cancer chemotherapy or chemo brains