



BRAIN FOG: 8 KEY TAKEAWAYS

Practical ideas from the July 16, 2026 Vitality by Design Lunch & Learn on supporting brain health.

1. Brain fog is common—and frustrating.

Forgetfulness, difficulty focusing, trouble finding words, and feeling mentally exhausted can happen to many of us. Understanding possible contributors is a useful first step.

2. Three root causes highlighted: neurotransmitters, cellular energy, and inflammation/stress.

The presentation connects low neurotransmitters with focus and memory issues, lower cellular energy with sluggish thinking, and inflammation/stress with slower brain function.

3. Sleep is a foundation for brain health.

Poor sleep can contribute to mental fatigue. Create a consistent bedtime, develop a wind-down routine, and minimize screens and other distractions around bedtime.

4. Hydration matters.

The presentation emphasizes that even mild dehydration can affect brain function. Start the day with water and include water-rich foods such as cucumbers, watermelon, and celery.

5. Feed your brain well.

Build meals around nutrient-rich foods such as protein, leafy greens, berries, nuts and seeds, avocados, olive oil, and fatty fish. Limit added sugar and highly processed foods.

6. Move your body—and challenge your brain.

Walking, stretching, yoga, tai chi, swimming, dancing, and light strength training support an active lifestyle. Puzzles, reading, word games, and meaningful conversations provide mental workouts.

7. Stay socially connected.

Meaningful relationships and community connections are presented as important parts of long-term cognitive and emotional health.

8. Make healthy changes into habits.

Start with one change at a time, keep it simple, track your progress, find accountability, and celebrate small wins. If brain-fog symptoms persist or concern you, ask a healthcare professional for help.



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