



TRANSCEND HEALTH

EVIDENCE-BACKED BRAIN HEALTH CHECKLIST

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DISCLAIMER:

This goes without saying, but this content is for educational purposes only.

While I am a board-certified neurologist, I am not your personal neurologist and therefore do not know everyone's unique health backgrounds, considerations, and needs.

So before undertaking any of the action steps we discuss, you should consult any changes to your personal routine with your physician who does know you and can best advise you on these topics.

UNDERSTANDING YOUR INCREDIBLE BRAIN

- [] Appreciate that your brain has 86 billion neurons and over 100 trillion connections
- [] Remember: You use 100% of your brain, not just 10% (that's a myth!)
- [] Recognize that your brain controls everything from conscious thought to automatic functions
- [] Acknowledge that you only get one brain—protect it and optimize it

FUEL YOUR BRAIN WITH HEALTHY FATS

- [] Avoid the Standard American Diet (SAD) which is carbohydrate-heavy and processed, as a poor diet can slow brain metabolism and increase the risk of Alzheimer's and dementia
- [] Include DHA-rich omega-3 sources daily (wild-caught fish, walnuts, flaxseeds)
- [] Remember: 60% of your brain is fat, and 40% of that is DHA
- [] Limit processed and ultra-processed foods that slow brain metabolism
- [] Consider omega-3 supplementation from high-quality brands (90% of Americans are deficient)

PROTECT YOUR BRAIN FROM IMPACT

- [] Avoid activities with repetitive head trauma where possible
- [] Wear appropriate protective gear during contact sports or activities
- [] Be aware that even minor impacts can contribute to tau protein buildup, and over time, this can lead to Alzheimer's and premature memory loss
- [] Take concussions seriously—never return to activity until fully cleared

PRIORITIZE RESTORATIVE SLEEP

- [] 1/3 of Americans don't achieve sufficient sleep
- [] Get 7-9 hours of quality sleep every night
- [] Create a consistent sleep schedule (even on weekends)
- [] Remember: Sleep is when your brain clears amyloid and other waste products
- [] Limit evening artificial light
- [] Sleep is absolutely non-negotiable — it's your brain's only time to heal itself

EXERCISE REGULARLY FOR BRAIN VOLUME

- [] The hippocampus (your memory center) typically shrinks 1-2% annually with age but exercise can reverse age-related brain loss
- [] Include aerobic exercise at least 3-4 times weekly to increase brain volume
- [] Movement counters age-related cognitive decline (hit your 10,000 steps daily)
- [] Combine cardio with strength training for maximum brain benefits

REFRAME NEGATIVE THOUGHTS

- [] Be aware that 80% of your ~70,000 daily thoughts are negative 🧠🧠
- [] Practice gratitude daily to overcome your brain's negativity bias
- [] Incorporate mindfulness or meditation to stay present
- [] Use stress as a cue to pause and reflect
- [] Protect thinking time
- [] Consciously redirect negative self-talk to positive, solution-focused thinking

NURTURE YOUR GUT-BRAIN CONNECTION

- [] Avoid activities with repetitive head trauma where possible
- [] Wear appropriate protective gear during contact sports or activities
- [] Be aware that even minor impacts can contribute to tau protein buildup, and over time, this can lead to Alzheimer's and premature memory loss
- [] Take concussions seriously—never return to activity until fully cleared

PRIORITIZE RESTORATIVE SLEEP

- [] The gut is considered your "second brain" – Your gut bacteria influence your thoughts, mood, food choices, and hunger
- [] A poor diet leads to gut dysbiosis (microbiome imbalance) that drives inflammation, increases the risk of dementia, and could shorten your lifespan
- [] Limit sugar and processed foods, and instead include fiber-rich foods as well as fermented foods for healthy gut bacteria (such as yogurt, kimchi, sauerkraut)
- [] Remember: 95% of your body's serotonin is produced in your gut

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Visit **TranscendHealthGroup.com** to learn more about our membership, coaching programs, and additional resources designed to help you live longer, perform better, and create a lasting legacy.

*YOUR BRAIN IS YOUR MOST PRECIOUS RESOURCE.
TREAT IT THAT WAY.*

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