

Tips to Optimize Brain Health

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- 1) Hydration
- 2) Diet
- 3) Fuel
- 4) Exercise
- 5) Optimize sleep
- 6) Stress management
- 7) Floss
- 8) Address any toxins
- 9) Address any infections
- 10) Optimize hormones
- 11) Brain exercises
- 12) Targeted supplements
- 13) Address hearing, vision, smell
- 14) EMF's
- 15) Address any medications that may affect