

5 Ways To Recover from Chemo Brain

Rest and Relax. If there's no signal from the brain to recover, it misses out on vital repair time. Consider meditation, or a mindfulness practice. Take a break.

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Exercise. Studies show movement increases blood flow, and helps form protective cells in your brain. Its also makes your good gut bugs happy, and they elevate your mood.

Healthy Fats. Omega 3s can reduce neuroinflammation and oxidative damage, as well as beta amyloid plaques in the brain that are associated with Alzheimer's.

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Sleep. Humans need between 7-9 hours of sleep every night. This is the time when the brain's garbage crew comes out and cleans up all the toxins that build up in our day.

Eat Flavinoids. A great antioxidant in many foods! Blue/Black/Purple fruits and veggies, and unsweetened cocoa. Add some to a smoothie.

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