



No More Brain Fog

7 STEPS TO BETTER MEMORY, SHARPER
THINKING, BRIGHTER MOOD, & MORE

ECO  **NUGENICS**[®]
formulated by ISAAC ELIAZ MD

We all experience those moments from time to time — a forgotten name, a hazy memory, misplaced keys. In today's age of multitasking madness, it is easy to lose track of a few details. But when these “senior moments” happen regularly, they can become more than just passing phenomena — they may be a sign of *brain fog*. This increasingly widespread problem affects people of all ages, not just seniors.

That means brain fog has less to do with aging, and more to do with overall health.

Signs You Are Experiencing Brain Fog

The term “brain fog” describes the symptoms well — people feel as if there is a thick fog dampening their mind. While the medical and mental health establishments do not recognize brain fog, it is a surprisingly common condition that affects people of all ages. Symptoms include:

- Pervasive absent-mindedness/forgetfulness
- Muddled thought processes
- Poor memory recall
- Trouble focusing
- Difficulty processing information and/or making decisions
- Disorientation
- Fatigue (physical and mental)
- Anxiety
- Irritability
- Mood swings
- Easily distracted
- Feeling “spaced out”

Because brain fog (as a condition) is loosely defined, the causes of it are murky. However, we know that optimal cognitive function depends on physical systems running smoothly: Strong circulation, efficient digestion and detoxification, maximum antioxidant activity, and more. Any impairments in these functions can deprive the brain of nutrition, fuel neuro-inflammation, and damage neurons and brain cells. So, by understanding and improving these complex processes, it is possible to combat brain fog and boost your overall health at the same time.



1. IMPROVE DIET AND DIGESTION

A nutrient-dense diet and healthy digestion are at the core of long-term vitality. Nutrition affects every system in the body, but especially the brain. Traditional Chinese Medicine, for example, has long associated cognitive power with strong digestion. Researchers have found an abundance of neuropeptides (molecules that transmit brain signals) in the gastrointestinal tract and have also shown that the beneficial bacteria in our GI tracts influence brain health, mood, and more. Overall, healthy digestion is a complex process of assimilation and organization, much like the way the brain “digests” information.

One issue linked to both diet and brain fog is chronic inflammation. Of all the factors that influence inflammation, diet has the most direct impact. Several nutrient-dense foods with specific anti-inflammatory qualities, such as green vegetables, sprouted grains and legumes, and healthy fats, have been shown to support brain health and cognitive function. On the other hand, junk foods high in refined sugars, carbs, and trans-fats fuel inflammation and impair cognitive function. Worse, insulin dysfunction – usually related to chronically elevated blood sugar from an unhealthy diet — is a major risk factor in dementia and cognitive decline.

In addition to a nutrient dense, anti-inflammatory diet, [certain herbs and nutrients](#) such as cardamom, pomegranate, cinnamon, galangal, chromium and zinc support digestion and nutrient absorption, and help reduce inflammation.



2. DETOXYFY

Heavy metals and toxins such as mercury, lead, pesticides, and pollutants can accumulate in the body, contributing to inflammation and deadening cognitive function over time. A gentle detox program with natural cleansing supplements and an anti-inflammatory diet can help improve brain function.

Since many of the dangerous pollutants we face today are fat-soluble, they can become stored in fatty tissue, and this includes the brain and nervous system. Heavy metals like mercury, many pesticides and agricultural chemicals, solvents and other environmental toxins can have serious impacts on the brain and nervous system.

Several studies link environmental toxins to neurological diseases, cognitive problems, and other related issues. One showed that living in an area with high air pollution can accelerate cognitive decline. More recent studies link both indoor and outdoor air pollution with significant reductions in cognitive abilities, on parameters such as standardized testing, professional sports performance, and others. Other reports link toxin exposure with depression, even suicide.

The body does have some protection, but toxins are insidious. For example, the blood-brain barrier serves to shield the brain from harmful invaders, however, many dangerous substances, toxic compounds, and heavy metals can breach this natural barrier and enter the brain, where they may be stored for decades.

[Modified Citrus Pectin](#) (MCP) has been clinically proven to safely remove heavy metals and other toxins from the body without affecting levels of essential minerals. MCP binds to toxins, allowing them to be gently removed through the body's detox systems. The compound also binds to an inflammatory "alarm" protein called galectin-3, increased levels of which have been linked to cancer, heart disease, and other conditions. Importantly, MCP is also shown to protect and strengthen the blood-brain barrier to defend against toxins and pathogens.

For advanced detoxification, consider a [combination formula](#) featuring natural detox binders such as fulvic acid and Icelandic kelp. These and other compounds help safely eliminate pesticides, including the weed killer glyphosate, and block their storage at receptor sites throughout the body.

This Little-Known Protein Fuels Brain Inflammation

Inflammation inside the brain (neuro-inflammation) is a major contributor to cognitive loss, and other serious neurological conditions.⁵ To reduce neuro-inflammation, you need to address one of its primary triggers: the “alarm” protein galectin-3.

When the body is under stress, galectin-3 signals your immune system, ordering it to produce inflammation as a response. However, many times this inflammation cannot turn off on its own, and it ends up harming the brain in several ways, such as:^{6,7}

- Destroying brain cells
- Increasing oxidative stress and damage
- Triggering brain fog and memory loss
- Disrupting focus and attention
- Increasing risks of dementia and Alzheimer’s disease

Researchers now theorize that **galectin-3** plays a key role in Alzheimer’s — and that blocking it may counteract the formation and progression of this devastating neurological disease.⁸

By triggering neuro-inflammation, galectin-3 sets off a cascade of biochemical reactions that can contribute to Alzheimer’s disease. The disease can progress slowly, beginning in the brain before symptoms even appear. Inflammation whittles away brainpower in minor ways. Before you know it, these changes can accelerate into dementia.

Studies show that Alzheimer’s disease patients have much higher levels of galectin-3 than healthy people. One study found elevated galectin-3 in patients with Alzheimer’s disease and patients with mild cognitive impairment, suggesting how the protein plays a role in the path to Alzheimer’s.⁹

Another study showed that all subjects with Alzheimer’s had significantly higher levels of galectin-3.¹⁰ This finding led to the conclusion that galectin-3 testing could help identify Alzheimer’s in its beginning stages, while there’s still time to intervene.

This is where a groundbreaking new study on the use of galectin-3 blockers in cognitive impairment becomes so significant. This new study included subjects with type 2 diabetes and resulting mild cognitive impairment — and significantly higher levels of galectin-3. Diabetes is a well-known risk factor for dementia. In fact, Alzheimer’s disease has been referred to as Type 3 Diabetes because of the combination of glucose imbalance, neuroinflammation and cognitive decline.

In this groundbreaking new study, researchers showed that [modified citrus pectin](#), the most-researched galectin-3 blocker, inhibited the actions of galectin-3 and reversed learning and memory problems in a type 2 diabetes animal model.¹¹

3. SUPPORT CELL POWER

Cellular power plants called mitochondria use oxygen to create energy, and there are more mitochondria in brain cells than other cells. So, it is important to support mitochondrial function to improve oxygen utilization in the brain.

There are several supplements that enhance cellular energy production and support brain health, such as NADH (nicotinamide adenine dinucleotide), which is found in all living cells. In addition, supplements like CoQ-10, acetyl-L-carnitine, L-carnosine, and [medicinal mushrooms](#) all support mitochondrial function and reduce inflammation, while helping to combat free radicals. As such, they can offer important support for cognitive capacity, vital energy, and overall health.

4. OPTIMIZE YOUR METABOLIC PROCESSES & ADDRESS OXIDATIVE STRESS

To heal neurodegenerative diseases, it is crucial to stop or prevent abnormal inflammatory processes and oxidative stress. And one of the best ways to do this is with herbs that help regulate the nervous system's metabolic processes — one of the most important is [honokiol extract from magnolia bark](#).

Honokiol is a powerful antioxidant and neuro-protector that penetrates the blood-brain barrier and can normalize and regulate intracellular, metabolic, and mitochondrial function. It also offers a wide range of other benefits, including relaxation and healthy stress relief, mood support, and more.

Oxidative stress is a major factor in brain fog — it is caused by unstable molecules called “free radicals.” Free radicals fuel inflammation and damage brain cells and DNA. So, be sure to pack in antioxidants such as honokiol that scavenge harmful free radicals, reduce inflammation, and help detoxify the body. Berries, dark greens and other richly colored fruits and vegetables are healthy food choices, as they have powerful antioxidant compounds that defend against oxidative stress.



PECTASOL[®]

MODIFIED CITRUS PECTIN

The super-nutrient for total-body health.*

Get 15% OFF today!

REDEEM OFFER



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



5. CONTROL STRESS

It is no surprise that chronic stress can impair mental function. Think of how difficult it was to study the night before a test. Sometimes the facts just do not stick.

Ongoing stress is inflammatory, elevating levels of hormones like cortisol that can lead to chronic inflammation in both brain and body. In addition, chronic stress can cause glucose imbalances, destroy brain cells, increase fatigue, and fuel depression.

There are a few practices that have been shown to reduce stress and benefit the brain: especially yoga, Tai Chi, and meditation. The breathing that is so essential to these disciplines increases oxygen throughout the body, which in turn increases energy. These exercises are also shown to reduce inflammation and help calm an overactive nervous system.

It is also important to take time to enjoy life. Meet up with friends, go to a show, get a massage. Enjoyment relaxes us and can have a powerful impact on both our mental and physical health.

6. GET MORE OXYGEN TO YOUR BRAIN WITH EXERCISE

One of the underlying issues we see in brain fog is the inability to get oxygen and nutrients to the brain. Many times, this comes down to a circulation issue, which can be related to a sedentary lifestyle, lack of exercise, and other factors. Regular exercise also increases neural connections throughout your body, balances hormones, and supports numerous other areas of health. Studies show that one of the most important things you can do for your brain is to get up and move around.¹² Go for regular walks, take bike rides, get out in nature. If you find yourself stuck in a fog, get out and exercise, and notice the clarity you feel afterwards.



7. KEEP YOUR BLOOD PRESSURE IN CHECK

Researchers from the University of Edinburgh found that risk factors that are usually associated with vascular health — like smoking, high blood pressure, and a higher body mass index (BMI) — are also risk factors for dementia and Alzheimer's disease.¹³

What is more, the researchers found that the more vascular risk factors a person has, the greater the association with poor brain health. There were connections between vascular risk factors and brain atrophy and the loss of both gray and white brain matter.¹³

Researchers identified high blood pressure as one of the three main vascular risk factors that are also associated with cognitive decline. The other two are smoking and diabetes. So, it is important to keep an eye on blood pressure levels. Individuals should check their blood pressure regularly and note any increases, even small ones. If, despite following all the other suggestions here, your blood pressure levels are still high or increasing, talk to your doctor.^{13, 14}

If your symptoms of brain fog persist, see your doctor. In serious cases, it can signal an underlying neurological or inflammatory condition, such as Lyme disease, fibromyalgia, or diabetes. Most importantly, do not let brain fog become your normal state. With the right support, you can stay sharp and protect your brain health — at any age.

sources

1. Schikowski T, Altuğ H. The role of air pollution in cognitive impairment and decline. *Neurochem Int.* 2020 Jun;136:104708. doi: 10.1016/j.neuint.2020.104708. Epub 2020 Feb 21.
2. Zhang, et al. The impact of exposure to air pollution on cognitive performance. *PNAS* September 11, 2018; 115 (37) 9193-9197.
3. Kim Y, et al. Air Pollution and Suicide in 10 Cities in Northeast Asia: A Time-Stratified Case-Crossover Analysis. *Environ Health Perspect.* 2018 Mar 6;126(3):037002.
4. Eliaz I, et al. Integrative medicine, and the role of modified citrus pectin/alginate in heavy metal chelation and detoxification—five case reports. *Forsch Komplementmed.* 2007 Dec;14(6):358-64.5. Yin Q, et al. Pharmacological Inhibition of Galectin-3 Ameliorates Diabetes-Associated Cognitive Impairment, Oxidative Stress and Neuroinflammation in vivo and in vitro. *J Inflamm Res.* 2020;13:533-542
5. Bradburn S, Murgatroyd C, Ray N. Neuroinflammation in mild cognitive impairment and Alzheimer's disease: A meta-analysis. *Ageing Res Rev.* 2019 Mar;50:1-8. doi: 10.1016/j.arr.2019.01.002. Epub 2019 Jan 2. PMID: 30610927.
6. Liu FT, Hsu DK. The role of galectin-3 in promotion of the inflammatory response. *Drug News Perspect.* 2007 Sep;20(7):455-60. doi: 10.1358/dnp.2007.20.7.1149628. PMID: 17992268.
7. Sartori AC, Vance DE, Slater LZ, Crowe M. The impact of inflammation on cognitive function in older adults: implications for healthcare practice and research. *J Neurosci Nurs.* 2012;44(4):206-217. doi:10.1097/JNN.0b013e3182527690
8. Boza-Serrano A, et al. Galectin-3, a novel endogenous TREM2 ligand, detrimentally regulates inflammatory response in Alzheimer's disease. *Acta Neuropathol.* 2019 Aug;138(2):251-273.
9. Wang X, Zhang S, Lin F, Chu W, Yue S. Elevated Galectin-3 Levels in the Serum of Patients With Alzheimer's Disease. *Am J Alzheimers Dis Other Dement.* 2015 Dec;30(8):729-32.
10. Yazar, T., Olgun Yazar, H. & Cihan, M. Evaluation of serum galectin-3 levels at Alzheimer patients by stages: a preliminary report. *Acta Neurol Belg* (2020). <https://doi.org/10.1007/s13760-020-01477-1>
11. Ma S, Li S, Lv R, Hou X, Nie S, Yin Q. Prevalence of mild cognitive impairment in type 2 diabetes mellitus is associated with serum galectin-3 level. *J Diabetes Investig.* 2020 Mar 20;11(5):1295–302. doi: 10.1111/jdi.13256. Epub ahead of print. PMID: 32196999; PMCID: PMC7477520.
12. Voss MW, The Beckman Institute and Department of Psychology, Nagamatsu LS, et al. Exercise, brain, and cognition across the life span. *Journal of Applied Physiology.* <https://journals.physiology.org/doi/full/10.1152/japplphysiol.00210.2011>. Published November 1, 2011.
13. Cox SR, Lyall DM, Ritchie SJ, et al. Associations between vascular risk factors and brain MRI indices in UK Biobank. *European Heart Journal.* <https://academic.oup.com/eurheartj/article/40/28/2290/5371095>. Published March 11, 2019.
14. Holland K. 7 Ways to Keep Your Brain Healthy. Healthline. <https://www.healthline.com/health-news/heres-how-to-keep-your-brain-healthy-as-you-age>. Published March 14, 2019.