

As we age, it's natural for changes to take place within our body and mind. But, just as you can stay physically healthy by eating the right foods, you can also maintain brain health well into old age by adding right-for-your-type "smart" fruits and veggies to your plate several times a week.



This chart features some Super Beneficial brain foods

**Type O** right for your type:

Beet Greens, Collard Greens, Seaweed, Plum, Blueberry, COD Fish, Halibut, Mackerel, Salmon, Sardine, Beef, Lamb, Pumpkin Seeds, Walnuts.

**Type A**

Broccoli, Kale, Escarole, Carrots, Chards, Dandelion, Garlic, Blackberry, Cherry, Apricots, Figs, Amaranth, Buckwheat, Miso, Carp, Salmon, Mackerel, Grouper, Cod fish, Soy milk, Tofu, Molasses,

**Type B**

Brussels Sprouts, Cauliflower, Onion, Chinese cabbage, Eggplant, Parsley, Red beets, Cranberry, Watermelon, Banana, Papaya, Plums, Halibut, Sardine, Mackerel Kefir, Feta, Mozzarella, Mutton, Lamb

**Type AB**

Parsnip, Beet, Celery, Cucumber, Pineapple, Broccoli, Cherry, Ginger, Figs, Lemon, Grapefruit, Lamb, Mutton, Goat, Greek Cheese, Feta, Goat yogurt, Curry, Peanuts, Chestnuts

### **Protect Your Brain With The Right Nutrients:**

A nutritious diet provides both the amount and variety of vitamins and other phytochemicals that support optimal brain function. It is especially important to eat healthfully. Vitamins are essential for thousands of chemical reactions in the body, and certain vitamins and other phytochemicals have been singled out for their critically important functions in the brain. These include B vitamins, vitamins C, D, and E, and omega-3 DHA.

**Vitamin B:** **Vitamin B12** is important for memory and production of neurotransmitters. Higher B12 blood levels are associated with slowed cognitive decline. Vitamin B6 is also involved in neurotransmitter production. Antioxidants **Vitamin C & E:** The brain is highly susceptible to oxidative stress, which is one of the main mechanisms of brain aging and a contributing factor to neurodegenerative conditions. Vit C is thought to function largely as an antioxidant in the brain and nervous system. Vitamin E is a component of brain cell membranes, and along with vitamin A and carotenoids, protects vulnerable unsaturated fatty acids (like omega-3s) from oxidative damage. **Vitamin D:** **Vitamin D** is involved in regulating glucose and calcium transport to and within the brain, and may also protect cognition by reducing inflammation and increasing availability of certain neurotransmitters. **Omega-3 DHA:** DHA is the most abundant fat in the brain and a crucial structural component of cell membranes.

# JULY 2021 SPECIAL

Dr. D'Adamo has formulated a line of products that provide targeted nutrient supplementation that can have a positive effect on the aging brain.

## BRAIN SUPPORT PACK

### FEATURED PRODUCTS



**Save  
20%**

**Now  
\$144  
only RP: \$180  
(per Pack)**

**NO Stearates & Fillers:**  
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

**•Buy any 2 bottles @ 10% off.**

**ATTENTIA \$59 / METHYL 12 \$42 / TREHALOSE \$ 79**

#### Attentia:

Our Attentia formula includes:

- Siberian ginseng, which studies suggest has the ability to improve memory and feelings of well-being.
- Ginko leaf extract which has been shown to improve memory and speed neural processing time.
- Grapeseed extract, a powerful anti-oxidant, and one of the only antioxidants that has the ability to cross the blood/brain barrier to protect neural tissue.
- Ashwagandha, that research shows stimulates acetylcholine receptor activity - scholars concluded that the increase of activity in that particular neurotransmitter could account for the increase in cognitive ability and memory that is attributed to ashwagandha

#### Methyl B12:

- Vitamin B-12 helps to metabolize food and fine tune the nervous system.
- Features two biologically active forms of B-12 with the synergistic co-factor of folate for maximum bioavailability.

#### Tehalose Complex:

Trehalose Complex acts on multiple levels:

- May protect nerves from the destructive forces of aging and environmental toxicity.
- Stimulates the activity of your own neural stem cells
- Energizes your existing nerves to maximize their functional capacity.
- May improve the activity of the brain and nervous system.

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# JULY 2021

## 4 Steps to Better Brain Health

There are changes you can make right away to improve your short- and long-term brain health.

### Follow a Healthy Diet

Whether you're on the Blood Type, GenoType or SWAMI Diet, including plenty of leafy green vegetables, fruits that contain antioxidants, and healthy fats and oils may help to protect your brain cells. Check out this chart to find brain superfoods right for your type. As an added bonus, a healthy diet can also stave off cardiovascular disease, which research has found to have some correlation with Alzheimer's.

### Stay Physically Active

Exercise fuels your cardiovascular system, pumping nourishing blood and oxygen to your brain. In fact, every heartbeat pumps about 20 to 25 percent of your blood to your head, where brain cells utilize the food and oxygen it carries. Staying active keeps this system running smoothly.

### Remain Socially and Intellectually Active

Research has found that people who engage in meaningful relationships and continue to participate in learning endeavors have healthier brains. It's believed that positive connections formed between people can reduce stress levels, and release serotonin and other chemicals in the brain that trigger a feeling of happiness. Intellectual stimulation from continuous learning, meanwhile, helps to build new connections within the brain and may even generate new nerve cells. With all that upside, why not take a class or pick up a new hobby?

### Supplement Smart

Most of the vitamins and nutrients needed for healthy brain function are found in the foods you eat. But if you feel the need for a boost, D'Adamo Personalized Nutrition's all-natural personalized supplements are made to provide that extra support:

## For Mental Relaxation:



### Catechol:

- Catechol also features the adaptogen *Rhodiola rosea*, which helps to modulate the effects of excess Adrenaline on the body during stressful periods.
- This formula is more specific to types O and AB.

### Cortiguard:

This formula is designed to enhance the health of the nervous system and strengthen resistance to the physical effects of occasional stress, especially in those individuals who are type A or B.



### Tranquility Base:

- Supports mental and physical relaxation while decreasing occasional stress and anxiety.
- Can be used as a nutritional aid to restful, restorative sleep.

# JULY 2021

## TCM TRICKS TO HELP REDUCE ANXIETY

Do you constantly feel anxious but do not want to take medication and not sure what else you can do to cope?

Being in such a fast-paced and stressful working environment in Singapore, it is easy to feel constantly overwhelmed and develop anxiety. Anxiety disorders may be more common than you think; according to SGH, about 10% of Singaporeans suffer from some form of anxiety disorder. Anxiety disorders are different from simply feeling anxious! One TCM theory on anxiety is that the individual could have excessive energy, also referred to as heat or energy (qi), in the head. Symptoms of anxiety include insomnia, racing thoughts, and excessive worry. This is why TCM treatments such as acupuncture that help with qi regulation may be able to provide relief.

It is important to learn how to manage ourselves and our stress levels through what we do to our bodies. Don't forget our mind is part of our bodies. Remember to take care of yourself and take some time to unwind!

**Flowers are not only beautiful and great for uplifting your mood, they are often used in TCM to help manage your symptoms. Here are some commonly used flower herbs:**

### HARVEST TCM

#### **Calendula (金盏花, Jin Zhan Hua)**

- 1 Promotes blood circulation
- 2 Reduces blood cholesterol
- 3 Promotes better sleep and reduces anxiety



#### **Rose Buds (玫瑰, Mei Gui)**

- 1 Calms and soothes our mind
- 2 Regulates the circulation of Qi
- 3 Helps to regulate menstruation



#### **Jasmine (茉莉花, Mo Li Hua)**

- 1 Tonify the liver and brighten eyes
- 2 Anti-inflammatory
- 3 Detoxifying

**TO LEARN MORE  
OUR TCM  
SERVICE. PLEASE  
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