

'Master your Memory'

Cheat Sheet

10 Noobru-Approved Actions for Better Memory

- Brain training** – 30–60 minutes of brain training e.g. Sudoku
- Practice a new skill or hobby** – E.g. 10 mins of language learning a day
- Eat memory booster foods** (See next page)
- Cut down (or cut out) grains**
- Morning electrolyte drink** – Half tspn sea or himalayan salt + lemon +¼ tspn cream of tartar
- Drink a big glass of Noobru Advantage and/or Noobru Shield**
- Prioritise 7–9 hours sleep** (and be consistent w. Wake up/bed times)
- Connect your bare feet to the earth for 30 mins**
- Read for 60 mins**
- Exercise Daily 30–60 mins**

Memory booster foods

- Fatty Fish
- Egg Yolks
- Meat - Beef, Chicken, Turkey Pork
- Beef or Chicken Liver
- Dark Chocolate 70%+
- Nuts - Macadamias, Brazil, Walnuts, Almonds
- Avocados
- Pumpkin Seeds
- Extra Virgin Olive Oil
- Dark Leafy Greens e.g. spinach, kale, Arugula
- Beetroot
- Garlic, Onions & Leeks
- Kefir
- Purple Carrots or Cauliflower
- Bone Broth
- Cacao Powder or Nibs

We always recommend consulting with a medical professional before consuming any of the suggested foods