

THE ULTIMATE CHEATSHEET FOR

BRAIN ENHANCEMENT

*10 Noobru-Approved Actions to Boost Brain
Function FAST*

THINK
NOOBRU
DRINK

Brain Enhancing Cheat Sheet

10 Noobru-Approved Actions to Boost Brain Function FAST

- **No Screens for first 60 minutes** *after waking up* 🚫📱
- **Grounding** 🌍 **20 Minutes** – *Connect your barefeet to the earth*
- **Morning Electrolytes** 💧🧂 – *Add half a teaspoon of seasalt to your water*
- **'Noobru Warrior' Coffee** ☕🔪: Coffee + 1 tbsp MCT oil + 1-2 tsps cacao powder* (*delay morning coffee by 60-90 minutes*)
- **Morning Binaural beats** *to 'wake up'* 🎵🚀 ([click here](#))
- **Sun exposure** – 10 minutes if ☀️ 20 if ☁️
- [3 rounds of 'breath of fire'](#) 🔥
- **Contrast Shower** 🚿🔥🧊 (30 seconds cold followed by 30 hot – 10 x each)
- **10 min walk after each meal** 🚶 (5-10k steps per day)
- **Upward Gaze 10-15 seconds** 👁️⬆️ ([click here](#))

* We always recommend consulting with a doctor for any allergies or other issues the suggested food ingredients may trigger

