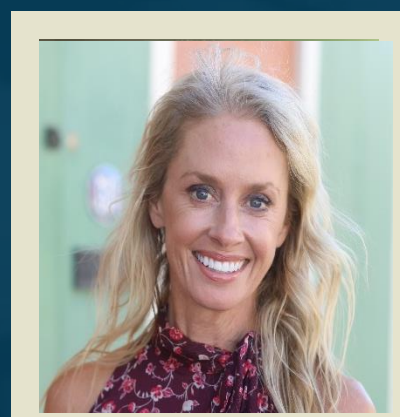


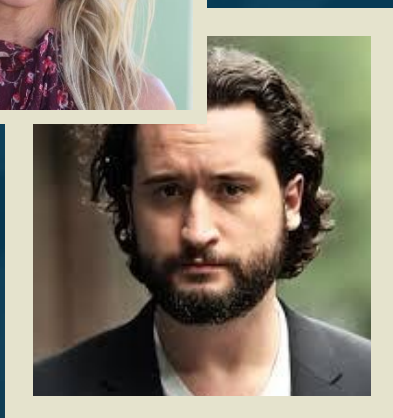
BEACON 2026



Brain Health at Every Age



A PRESENTATION BY
MOLLY KIMBALL, RD, CSSD



JAMES RINI, MD, MPH



Brain Health at Every Age



Focus + Clarity today

*Protection for
later*



Brain Health at Every Age

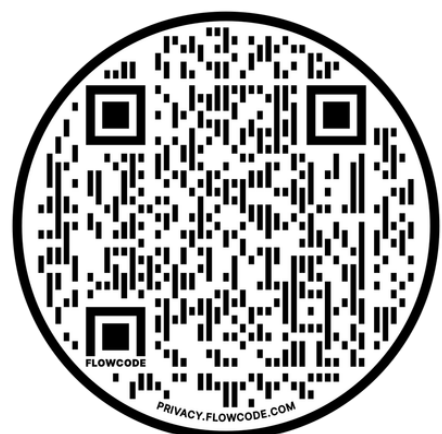


LIFESTYLE MATTERS:

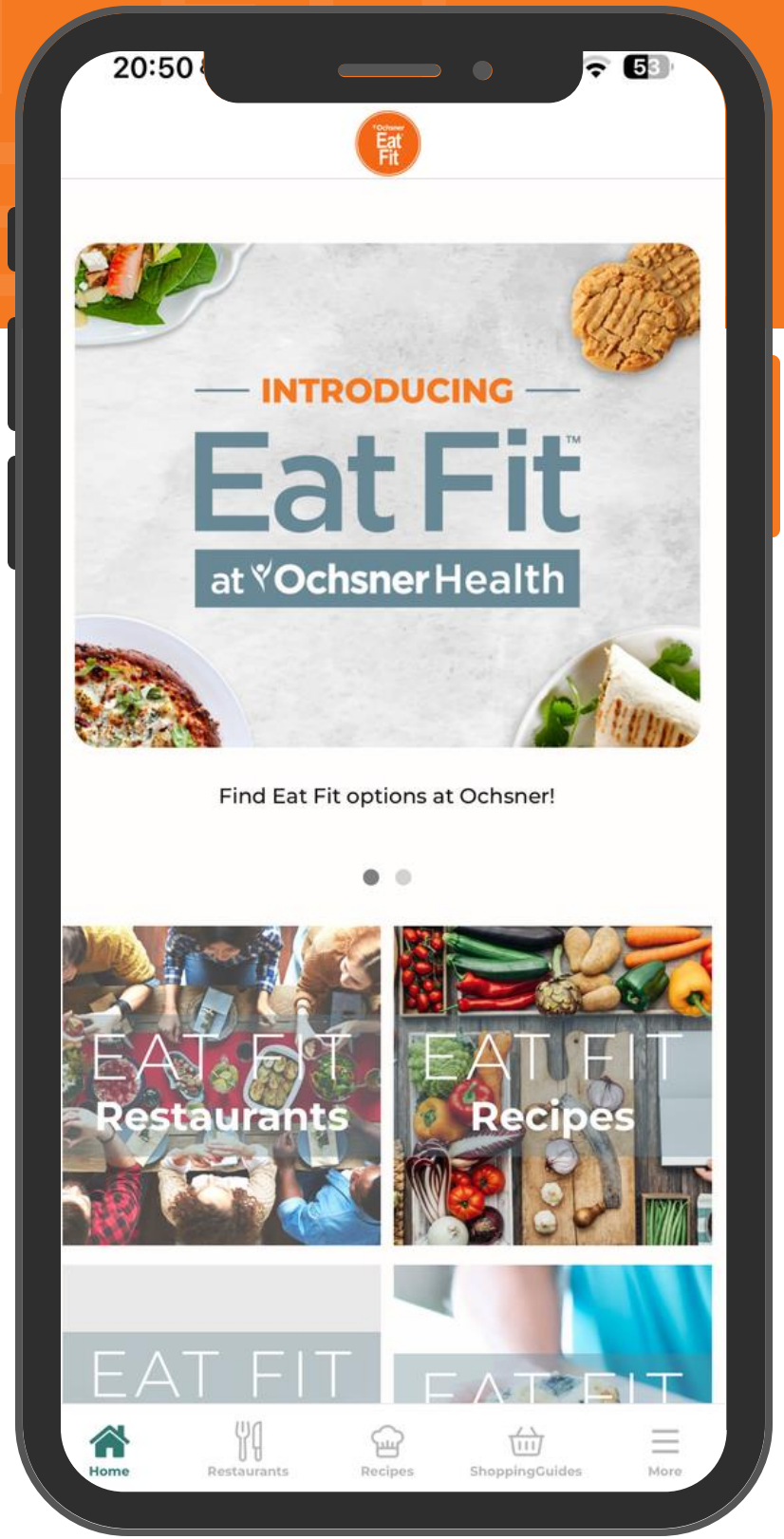
- SLEEP
- NUTRITION
- MOVEMENT
- STRESS

EAT LOCAL. EAT WELL.
EAT WELL. EAT FIT. EAT FIT.
EAT FIT. EAT LOCAL. EAT LOCAL.

- restaurant partners near you
- nutrition facts for Eat Fit dishes
- recipes + cooking videos
- grocery guides



**download
the app**
to find what's Eat
Fit near you



MIND DIET





Brain Health at Every Age

Supplements for Brain Health:





Brain Health at Every Age

CREATINE MONOHYDRATE

- 5 to 10 grams daily
- Promotes: muscle strength, lean mass, and functional performance.
- Cognitive brain related benefit's - attention span, working memory, & reaction time
- Look for Creapure® on ingredients.





OMEGA-3S

- EPA + DHA.
 - 1,000 mg daily.
 - Eat food first if possible.
 - Aids in: attention, processing speed & working memory.
 - Omega 3s don't just support brain health – they are part of the physical structure of brain cells.
-





B VITAMINS - B6, B9, B12

- Lowers homocysteine
 - Supports methylation
 - Myelin integrity (B12)
 - Deficiency in B vitamins is not uncommon
-





VITAMIN D3

- Low levels of vitamin D = higher risk of cognitive decline.
 - Supplementation is guided by blood levels.
 - Deficiency is common, especially as we age.
-





ASHWAGANDHA

- Adaptogen: Helps the body regulate stress response.
 - Lowers cortisol in several human trials.
 - Cognitive performance - potential improvement.
-





Brain Health at Every Age

CURCUMIN

- With black pepper (piperine)
 - Naturally anti - inflammatory.
-





PROBIOTICS / FERMENTED FOODS

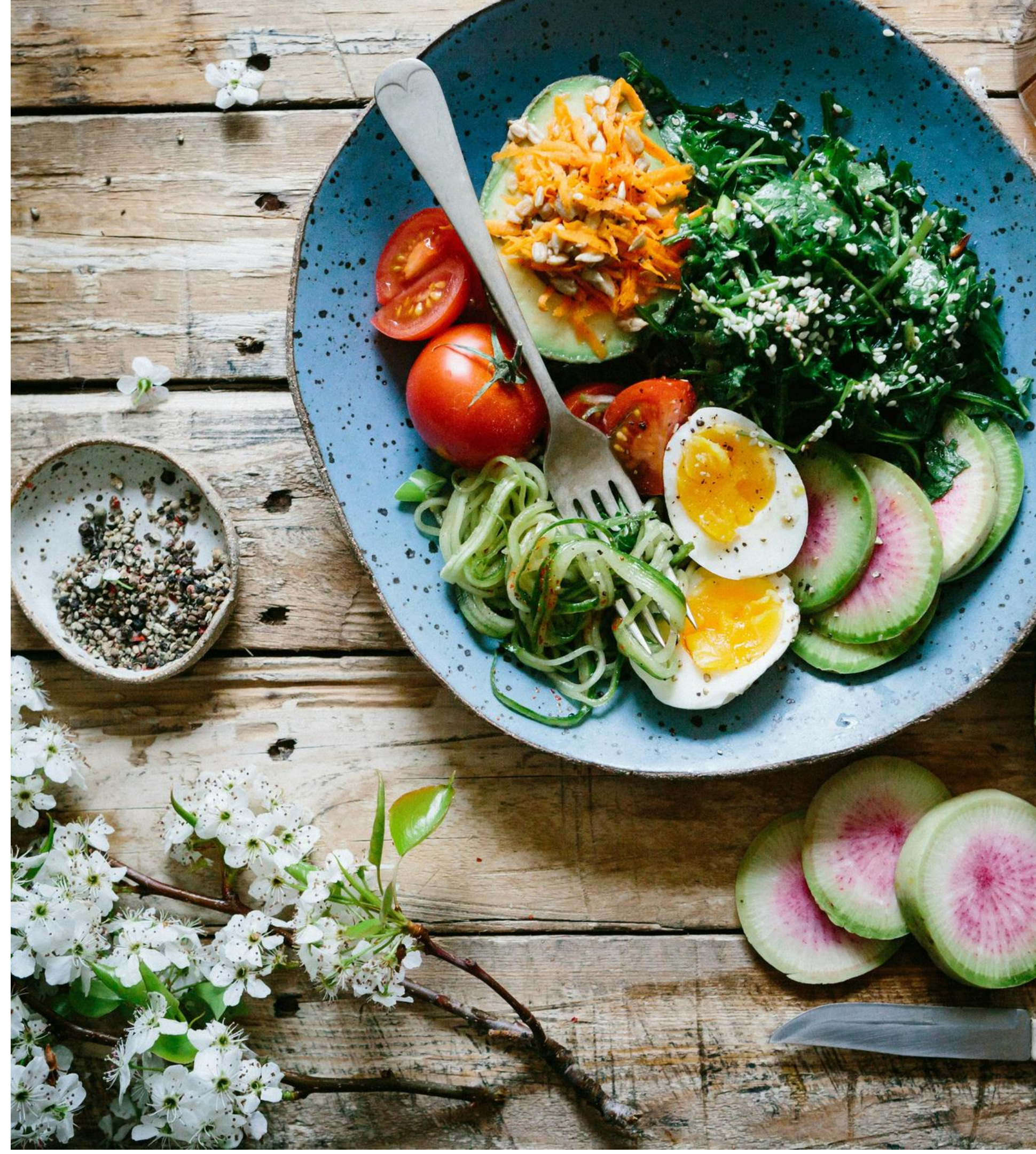
- Probiotics
- Fermented foods
- Gut-Brain connection





Brain Health at Every Age

Dietary Guidelines For Americans 2025-2030:





Dietary Guidelines: Our Take

- **Whole foods**
 - **Limit ultra-processed food**
 - **Saturated fat: clarifying the contradictions**
 - **Less added sugar**
 - **Alcohol: less is better**
-



RECAP:

Brain Health at Every age

- Lifestyle foundation first
 - personalize your approach
 - small steps matter
-



CONTACT US

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BEACON 2026

THANK YOU

