



Support Your Mitochondria to Boost Brain Power

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The average human brain weighs about 3 pounds. While brains typically represent only 2 to 3 percent of our body weight, the brain typically consumes over 20 percent of the energy produced by the body. Your brain is truly the most valuable and demanding organ!

Just like computers and mobile devices, which need electrical power to operate properly, your brain needs constant fueling to power its complex mainframe. Your brain needs to generate enough power to keep you alive and stay in control of your body. By moving trillions of charged chemicals in and out of your cells, your brain generates its own power to function properly. It shouldn't come as a surprise that this vital organ needs ample amounts of good nutrients to power up its more than 80 billion brain cells.

Mitochondria are the energy-generating organelles of every cell in your body. The higher the energy requirement of each cell type, the more mitochondria are needed. The brain, heart muscles, liver and kidneys have the highest concentration of mitochondria.

When you go to sleep at night, the energy consumption of your muscle decreases, but your brain stays just as active. Your brain does not merely go offline, rather, a series of highly orchestrated sleep stages play out each night. During sleep, our nervous system works to repair, detoxify, replenish important neurotransmitters, organize connections to consolidate memory, charge up our immune system, and many more functions that we have yet to find out! That is one of the many reasons why the human brain requires so much of your body's resources all day and night.

Supplements and nutrients that support your mitochondria

- CoQ10 (ubiquinol)
- N-acetylcysteine
- Alpha lipoic acid
- D-ribose
- Magnesium
- L-carnitine
- Antioxidants

An **Oxidative Stress** assessment tells you how much cellular waste you have accumulated over time. The more toxins and waste you are able to free from your cells, the more resilient your body can become. This translates directly to how vibrant and energetic you feel on a day-to-day basis. For many of us, the biggest obstacle to physical fitness is within our minds. The more you support your mitochondria by helping to eliminate oxidative waste, the better you can focus at work and improve your endurance during exercise. Oxidative stress analysis requires special blood tests that are not routinely offered by regular labs, so call us for a consultation.



PERSONALIZED BRAIN FITNESS

- Cognitive Neurofeedback
- Stress & Weight Management
- Hormone Optimization
- Supplement Consult
- Genetic Testing
- Metabolism & Resilience Boost



AgeWell Brain Center

Dr. Eva Henry is board-certified in neurology and anti-aging, regenerative medicine. Her passion is to utilize an integrative approach to prevent and treat neurological illnesses.

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