



Brain Fog

Oestrogen increases blood flow in the brain, provides anti-inflammatory effects, promote brain activity, and support the tissues in the brain.

So when your oestrogen levels start to reduce no wonder you can feel constantly feeling drained, zapped of energy and motivation, issues with concentration and your overall quality of life. Fatigue at this level impacts the emotional and psychological well-being.

Low levels of oestrogen also causes the development of mitochondrial dysfunction and is seen with symptoms such as anxiety, depression, fat, fatigue and brain fog.

Mitochondria are the power house of the body, they are the source of your cellular energy, mitochondria are vital to nearly every biochemical reaction and cellular process in your body.



What can you try:

- Eat a banana every day it has the amino acid tryptophan which builds the feel good chemical serotonin - helps with mood swings**
- Take vitamins and supplements, e.g Coenzyme Q10, L-carnitine, Creatine and L-Arginine. Please refer to a qualified nutritionist.**
- Exercise**
- Have caffeine from four cups of coffee as it protects the heart with the help of the mitochondria. Use a good quality coffee but don't forget it can increase the body temperature and therefore increase hot flushes.**
- Reflexology can help with you having a good night sleep and therefore protect the brain by allowing it to clear the by-products of thinking that build up during the day.**
- Eat fewer calories and include more protein because if we eat more, our mitochondria release more activated oxygen than normal during energy consumption, generating higher levels of free radicals. This can trigger mitochondrial changes and dysfunctions that fuel the inflammatory processes associated with obesity and inhibit energy production in every cell in the body.**

