



Confidence Coach Debe Bloom Shows How To Have A Healthy Brain

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Debe Bloom, a confidence coach, works with people to help them gain confidence. She works with them to develop goals and tasks that help build one's confidence. She believes that at the heart of a person's successful accomplishment of goals lies in their confidence.

"As a confidence coach, I work with people in one area of brain health," says Debe Bloom. "I help them to reduce their stress levels which in turn helps their brain health. Too many chronic stressors can wreak havoc on the brain. It can make you forgetful and emotional. But what's really interesting is that it can halt the production of new brain cells and actually lead to the creation of toxic levels of free radicals that kill brain cells."

According to Bloom, having a healthy brain also relies on healthy eating. A healthy diet, in fact, plays a crucial part in maintaining a healthy brain as taught by Daniel G. Amen, MD, a highly acclaimed brain health advocate. There is a significant amount of evidence to show that adding essential fatty acids such as omega 3 can have a significant impact on brain health throughout life. Studies also have shown that dietary intake of antioxidants from fruits and vegetables significantly reduce the risk of developing cognitive impairment

because antioxidants help to inhibit the production of free radicals. Therefore adding berries like strawberries and blueberries and vegetables such as broccoli and beets to an eating plan is highly recommended.

Secondly, as referenced by the National Heart, Lung, and Blood Institute, Bloom advises that people get enough rest. Sleeping at the right time and in the right amount has consistently been shown to be important in maintaining both physical and mental well-being. Furthermore, she recommends that people exercise to keep their brain healthy. Research has shown that regular exercise changes the brain, thereby improving memory and thinking skills which is pointed out by Heidi Godman, Executive Editor, Harvard Health Letter.

Debe Bloom also suggests that people engage in brain exercises, known as neurobics. Breaking a brain free from routine has shown to be very important to keep the brain happy and healthy. Some examples of brain exercises: switch hands when performing everyday actions like brushing hair or teeth; take a different route when driving to the same destination; practice daily meditation.

Finally, she recommends that people use supplements such as EHT, which is endorsed by Dr. Amen, and a product that she uses herself. "Networking wears our brains down--we have to stay focused, alert, pleasant, and listen to others. Not even to mention that our energy level needs to stay 'up'. As a coach, I not only recommend, but I rely on EHT (the herbal supplement) from Nerium Int'l. It helps me be centered during coaching sessions, when I'm networking and gives me the energy to stay active with my family. And, since I'm dealing with so many people day to day, its good to know I'm doing something good to help protect my immune system." According to WebMD, another supplement that research has found to have promising results with brain health is Ginkgo biloba.

In closing, "Having a healthy brain relies on many things that we can actually control," says Debe Bloom. "We have Coaches that can help with exercise and nutrition. I am a coach that can help exercise the brain from a different avenue. In the end, the goal is to have a long and prosperous life."

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For more information about Debe Bloom Confidence Coach, contact the company here: Debe Bloom Confidence Coach
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Debe Bloom Confidence Coach

As the forward-thinking team of client and coach, our work will be designing the framework for your goals and how you achieve them, identifying and removing your invisible barriers (fences), and empowering you to obtain whatever you seek in the future.

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