

HOW TO DETOX FROM BRAIN FOG

**Gain Clarity, Focus And Concentration To
Significantly Improve Performance And Quality Of Life**



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Introduction

Most of us know what it feels like to be at the top of our game, physically, emotionally, and mentally. Our mind is clear, we get everything done that needs to be done and life is flowing as it should, and then we wake up one day and everything changes.

Suddenly, we are not as productive; we are lagging and dragging through the day or days without the ability to focus.

Stress is a part of everyone's life. One of most common symptoms of excess stress is what's known as "brain fog," also known as "clouding of consciousness."



So how do you know you have brain fog and not some other condition and what can you do to counteract the effects of this disorder? That's what you'll soon find out by reading this report.

What is Brain Fog?

The brain is one of the most mysterious parts of the body and with all science knows about this extraordinary organ, it still knows very little.

Brain fog can simply be defined as when you are not as alert or even focused as you usually are when you are at your best.

Besides “clouding of consciousness,” brain fog is also sometimes referred to as “brain fatigue.”

It involves having an episode of mental confusion can be mild, moderate, or severe. Brain fog often comes on without prior notice, and is experienced as having poor memory, a lack of concentration, and a decrease in mental fitness.

Brain fog isn't usually a primary diagnosis and often is due to something else going on in the body. If these underlying causes are not adequately identified and treated, brain fog can affect many areas of your life, including your personal life and your work life.

While most cases of brain fog are not serious, some can be more serious than others, necessitating intervention to make sure that the brain fog does not become permanent.



As mentioned, brain fog is also referred to as “clouding of consciousness.” This is a real disorder that can be identified and treated, according to the Diagnostic and Statistical Manual of Mental disorders (DSM). It used to be clumped under the diagnosis of “delirium” but more recent versions of the DSM, the DSM-III-R, and the DSM IV, have ceased calling it “clouding of consciousness” and now refer to it as “disturbance of consciousness.”

This is just semantics, however, as both ways of identifying brain fog is essentially the same thing. It is a condition that is not as severe as delirium but still causes real symptoms that need to be identified and treated in order to improve the symptoms.

Another term sometimes used to identify brain fog is “subsyndromal delirium,” which is delirium that is less severe than normal cases of delirium.

Brain fog is different, however, from normal delirium. It is often less severe than normal delirium and lacks the acute onset and length of time as is seen in normal delirium. Patients with brain fog often have a normal sleep-wake cycle and do not have abnormal motor changes seen in typical delirium.

The most common symptoms of brain fog are language difficulties, difficulties in comprehending things, abnormalities in thought processes, and a lack of attention.

These symptoms are often less severe when compared to full-blown delirium. Even though the symptoms are less severe than normal delirium, they still require a thorough evaluation and treatment of the underlying disorders causing the brain fog.

There is no test for brain fog. The diagnosis of brain fog depends on subjective symptoms, as identified by the patient's primary physician. According to the DSM IV TR, brain fog should be diagnosed and treated under the DSM category known as "cognitive disorder not otherwise specified."

Brain fog involves having part of the brain being less aware of the environment, less aware of oneself, and a decreased level of consciousness.

Note that occasional brain fog, such as that experienced from stress, overwork, fatigue, and lack of sleep can afflict you on an intermittent and periodic basis, without being given a formal diagnosis, but something you can address by simply changing lifestyle habits and taking better care of yourself. Of course, you should always consult your physician for any medical issues you are having.

As you will see, there are many causes of brain fog that affect a person's level of consciousness. Even though the level of consciousness is impaired, the patient with brain fog may or may not feel drowsy. It is possible to be completely awake and still suffer from brain fog.

Often, brain fog is not just a single diagnosis but represents a cluster of symptoms that are usually caused by something else going on in the body that results in a block of mental clarity.

Signs And Symptoms Of Brain Fog

People with brain fog often feel a sense of fogginess or mistiness. Some may feel a bit “spaced out,” feeling as though they are in a dream.

Typical symptoms seen in brain fog include forgetfulness and difficulty with concentration.

If brain fog is persistent, you may experience the following symptoms:

- Being unable to process information quickly
- Speaking with a stutter or stammering when speaking
- Having a poor memory, particularly short term memory
- Being unable to focus on tasks, including the familiar and unfamiliar. Have

you ever tried to do something yet your mind is having a hard time focusing on the task at hand? Have you tried to read a book only to have other thoughts enter your mind or experienced the inability to



concentrate or comprehend even a simple sentence? Have you ever looked at a person who is talking to you yet you cannot really hear them, because your mind wanders away from what they are saying. These are some of the symptoms of brain fog. A lack of focus can really impact your quality of life, work, and productivity.

- **Forgetfulness is another sign of brain fog.** There are a few things that we can forget during any given day. We forget where we put our keys, or our purse.

We can forget words and forget to do something we intended to do. Most of the time we can attribute our forgetfulness as random happenings in our lives brought on by many different things, but sometimes it is brain fog.

- **Feeling confused or groggy, even when you have had enough rest.** This can manifest as you being in a familiar situation, but feeling confused about what to do, say or think. You know when you can solve any problem and keep moving forward but all of a sudden your brain is not functioning with the same clarity that it used to and you just feel confused, and are thinking in a confused manner. This is a part of brain fog.
- **Lack of motivation may be another result of brain fog.** You may love doing something, but for some reason you cannot find the motivation to do it. You may have found the motivation yesterday and the week before, but on this day, it is lost. No motivation can very well be a sign of brain fog.

Brain fog is a condition where you feel a lack of focus and foggy. You may feel that you are unable to think properly. When this happens, it involves your brain giving you a crucial signal that your life is unbalanced and you feel as though something is going on that needs to be addressed.

It's similar to having a nagging feeling that you have forgotten something but exactly what it is you've forgotten cannot be identified.

Brain fog is relatively common but is not considered a normal phenomenon. When you have feelings of being unfocused, have an inability to think, and feel foggy, this is brain fog. It can happen periodically or can be something you experience every day.

Three Types Of Brain Fog

- Lifestyle-related brain fog
- Brain fog as a result of a medical condition
- Brain fog as a result of a medication

Each of these types of brain fog require a bit of digging to see what kind of brain fog you have so that the underlying condition can be identified and properly treated.

This is why you should see your doctor if you feel you are suffering from brain fog. Your doctor can help you sort out the various causes of brain fog so that you can begin to feel better.



If you experience all or some of these signs and symptoms, then you are probably suffering from brain fog.

There is hope though, as there are things you can do to help this condition and get your clarity back.

However, before the solution can be learned, it is important to look at some of the things that cause it.

Causes Of Brain Fog

As mentioned, there are many causes of brain fog. Some of these causes are completely treatable, while others are not as easy to treat, here are some typical causes of brain fog.

Eating The Wrong Foods

If you are experiencing brain fog, look first to your diet to see if you are eating something that is causing your symptoms. Certain foods predispose a person to suffering from brain fog and avoiding these foods can greatly improve your symptoms.

Eating Too Much Sugar

When you are consuming too many processed foods and foods that are high in high fructose corn syrup, you tend to have fluctuations in your blood sugar that can lead to brain fog.

These foods cause a sudden increase in blood glucose levels that later results in a “crash,” in which your blood sugar is too low. This lowering of blood sugar can contribute to brain fog. Low glucose levels in the brain lead to symptoms of brain fog, including fatigue, irritability, impairment of judgment, mood swings, and confusion.

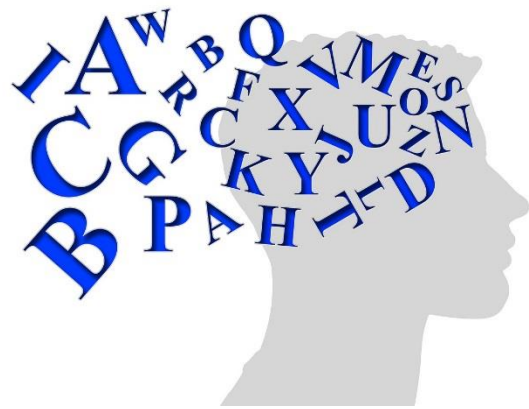
Yes, you can still function while eating a lot of sugar but you will not be able to function at your best, the low that you get after a sugar high is just a small example of brain fog.

Although the damage from sugar may not be felt immediately, the change over time that results from sugar abuse is not good. This abuse can result in increasing risks for chronic disease later in life, and the type 2 diabetes epidemic in the United States certainly reflects this fact. Avoiding or greatly limiting sugar can decrease symptoms of brain fog.

Low Fat Diets

Low fat diets have become increasingly popular although they often cause a person to suffer from brain fog. The brain is 60 percent fat by weight and needs the right amount of healthy fats daily in order to function.

Eating a low fat diet may cause weight loss but it also deprives your brain of the fat it needs to function properly. Instead of ingesting dietary fats, the brain starts to digest its own fat, resulting in the typical symptoms of brain fog. You may not be making the



neurotransmitters necessary for proper brain function if you eat a low fat diet.

Even though the brain uses glucose as its major source of fuel, it also uses fat in order to help the brain function at peak capacity. You need to eat fat from healthy foods, such as eggs, wild salmon, grass-fed meats, avocados, olive oil, coconut oil, and nuts. Avoid canola oil, safflower oil, and sunflower oil, which contain a high concentration of omega 6 fatty acids, which cause your brain to become inflamed.

This excess inflammation is considered by some doctors to be the underlying reason why some people suffer from brain fog.

It isn't dangerous for the brain to eat more cholesterol either. Your brain is high in cholesterol so that, if you restrict the cholesterol in the diet, you may suffer from brain fog, depression, suicidal ideation, and certain types of dementia. This may mean that a diet low in fat and cholesterol may be damaging your brain.

Food Allergies

You can suffer from brain fog if you have a food allergy or a sensitivity to a particular food. If you are like the typical American, you consume 2/3 of your calories from soy products, corn-related foods, and wheat-containing foods. These are foods that cause many food allergies.

If you are allergic, your brain fog may be stemming from a food intolerance or food allergy, try cutting out this food from your diet for a couple of weeks to see if you feel better.

The Information Age

It is easy to get brain fog as a result of our newfound obsession with electronic gadgets. Surfing the web, playing video games, constantly looking on social media, or staring at our smartphones for hours on end can lead to brain fog.

Your mind may just blank out and become fatigued from too much info and digital stimulation. No one is saying do not use electronic gadgets, they are wonderful, but moderation is the key to everything and anything working properly in your body.

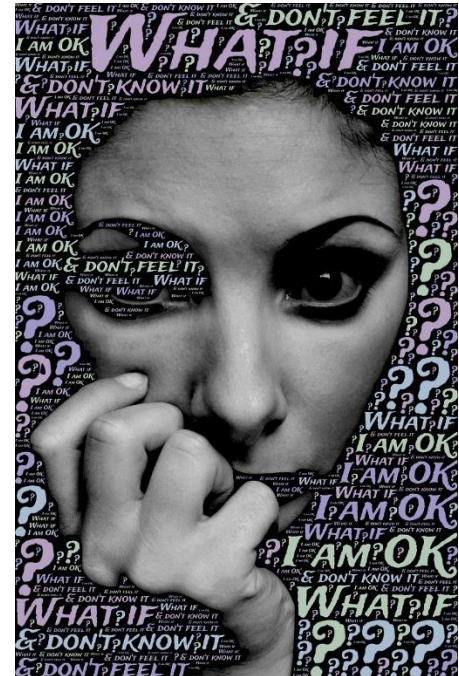
Overwork Overload

Working too much, and related fatigue is a common problem for many people. Sometimes, brain fog occurs when you are simply overworked and the mind needs a break, as it can no longer keep going.

Wheat Consumption

As mentioned, wheat-containing foods can lead to brain fog. Intolerance to wheat is called celiac disease. This is an autoimmune condition that is triggered by the gluteins found in wheat products, as well as barley and rye-based foods.

By avoiding these foods, you may lessen your brain fog, even if you don't technically suffer from celiac disease as the sensitivity to wheat can lead to brain fog in anyone.



Menopause/Pregnancy

The changes in hormones occurring around the time you are going into menopause can contribute to brain fog. This type of brain fog doesn't usually happen until you are middle aged and start to have reductions in the level of hormones produced by the ovaries, such as estrogen and progesterone. This lack of normal female hormones is perhaps the number one cause of brain fog in women who are nearing or are in menopause. The brain fog in menopause is

usually the result of a defect in your working memory, which is the memory you rely on to add numbers and remember lists of things.

Female hormones help to shape the brain so that, when the levels of these hormones fluctuate, it is natural to have fluctuations on brain cognition and an increase in brain fog.

Brain fog symptoms can also be a part of pregnancy, which is another time in a woman's life when hormones are not functioning normally. In pregnancy, it is the spatial memory that is mostly the cause of brain fog. Spatial memory is the type of memory you need to remember where you have left things or remember what tasks you have to do.

Depression Or Bipolar Disorder

The changes in neurotransmitters in depression or bipolar disorder can contribute to brain fog. Researchers have found that brain scans of people with these disorders can be seen on brain scans. One study involved women with depression and found that those who suffered from this disorder performed more poorly when compared to women who didn't have depression.

Women with depression or bipolar disorder have dysfunctions in the brain that are responsible for memory and cognition. There may be a reduction or elevation in neurotransmitters that causes the brain to work in a different manner so the person suffers from brain fog.

Excess Stress

Stress can contribute to brain fog. In fact, worrying about your brain fog can actually feedback in the brain, causing even more stress and worsened brain fog in a never-ending cycle. Stress causes an impairment in your physical and mental performance.

You can help decrease your brain fog by recognizing those things that contribute to stress in your life and avoiding those things in the future. If stress becomes unmanageable on your own, you can see a therapist who will help you overcome your stress.

Medications

There are many medications that can contribute to brain fog. The more medications you take, the greater is your likelihood of developing brain fog. Medications for high blood pressure, medications for incontinence, and some types of antibiotics can result in brain fog.

Painkillers, allergy medications, and antidepressants can also result in brain fog. If you feel that a medication is causing your brain fog, seek the advice of your doctor in order to find an alternative that doesn't contribute to your symptoms.

Cancer Treatment

People who are undergoing chemotherapy for cancer can also suffer from brain fog. In such cases, it is referred to as "chemo brain." Symptoms of chemo brain

include having a difficulty in word formation, disorganization, difficulty concentrating and problems forgetting things.

You can counteract brain fog from chemotherapy by eating plenty of nutritious foods that can feed your brain as you go through this necessary part of cancer treatment.

You can also make lists of things to remember and use sticky-notes in places you are likely to forget things. Fortunately, most people suffer from brain fog only while on chemotherapy, although in a select few, the brain fog can last up to five years after receiving chemotherapy.

You Have An Underlying Medical Problem

Certain medical conditions can result in brain fog. These include neurological diseases, lupus, multiple sclerosis, fibromyalgia, and other autoimmune diseases.

If you feel that you are suffering from a medical disorder that is causing your brain fog, you need to see your doctor for a thorough evaluation as to what might be underlying your symptoms of brain fog.

Chronic Fatigue Syndrome

People with chronic fatigue syndrome often suffer from brain fog. No one knows exactly how chronic fatigue syndrome causes brain fog but researchers have discovered fundamental changes in the brains of those suffering from brain fog. These brain changes may be part of the underlying brain fog you are experiencing.



If you find yourself feeling brain fog and fatigue at the same time, see your doctor about which things you can do to counteract the effects of chronic fatigue.

Chronic fatigue syndrome causes a reduction in cytokines in the brain. There are receptors in the brain that bind cytokines, so a lack of these cytokines may be why chronic fatigue sufferers are experiencing brain fatigue.

Poor sleep

There is nothing that will keep your mind from being clear and productive more than lack of sleep. You need sleep in order to regenerate your brain for the next day.

Many studies have found that a lack of sleep interferes with normal brain functioning and has various real and detrimental effects and so there is definitely a link between brain fog and not getting enough sleep.

When your sleep is interrupted or if you don't get enough sleep, you can easily suffer from brain fog, particularly in the mornings.

Caffeine can counteract this cause of brain fog but it doesn't work on everyone with sleep-related brain fog.

Diabetes

Fluctuations in blood glucose levels are typical of diabetes. These fluctuations can lead to brain fog. Keeping your blood sugars as stable as possible is one way of avoiding the brain fog associated with having diabetes.

These are some of the causes of brain fog that are known, now let's look at some of the things you can do to detox your brain of brain fog.

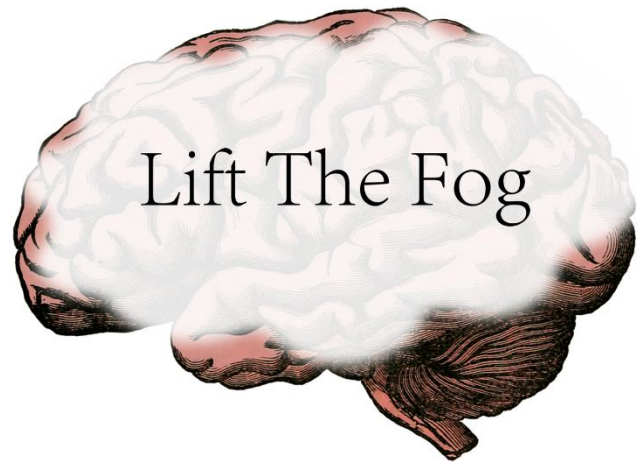
20 Ways To Detox From Brain Fog

In many ways, you can counteract the effects of brain fog. The treatments you partake in depend on the underlying cause of the disorder.

Some great ways of counteracting brain fog include the following:

1. Get Enough Sleep Every Night

Try to get at least 8 hours of sleep per night that isn't interrupted by frequent night awakenings. This will regenerate your brain, just like charging a battery, so you are sharp when you wake up in the morning.



2. Avoid Medications That Are Causing Brain Fog

You need to think about the possibility that medications are behind your suffering from brain fog. Talk to your doctor about switching medications to those that are less likely to cause brain fog.

3. Drink At Least 1.5 Liters Of Plain Water Daily

Drinking water every day is one of the most helpful habits for clearing brain fog.

You want to drink at least 1.5 liters of plain, preferably filtered water plus all your teas, coffees, and other liquids. You can add lemon or lime but that is it. A fog is a block and water promotes flow and helps flush toxins from the body.

Your body uses water to hydrate itself and perform many functions. In order for it to work at maximum performance, you need to drink enough water to support all its functions.

4. Stop Smoking And Reduce Alcohol Intake

Both alcohol and cigarette smoking are linked to the presence of oxygen free radicals in the brain that can kill brain cells and can cause brain fog. Instead of drinking or smoking, try taking in as many antioxidants as you can. These will fight off oxygen free radicals so you won't have as much propensity toward having brain fog.

5. Eat Healthier

A diet that is high in omega 3, omega 6, and omega 9 fatty acids, B vitamins, and magnesium will help decrease the number of episodes of brain fog you experience.

6. Eliminate Preservatives In Your Diet

If food is in a box or a bag and has a list of ingredients, it probably has preservatives in it. A good way to keep brain fog from taking over your life is to eliminate junk food and processed food and eat clean. Eating clean means eating

real whole food, like fresh vegetables, fruits, protein and whole grains as provided by nature.

7. Eat Whole Grains, Nuts, And Lean Proteins For Energy

If you shouldn't eat boxed food with preservatives, what should you eat? Whole grains like oats, flax, bran, and other grains are excellent choices. You can also have crackers made from whole grains. Wild and brown rice are also great grains.

Nuts make an excellent snack, or you can even have nuts as your protein in a meal by sprinkling them on your salads. Lean proteins such as fish, turkey, chicken, and beans are excellent sources of energy and can help zap brain fog from its place in your life.

8. Eat Organic Food

Organic food has no pesticides and is not genetically modified. Chemicals on and in food can build up as toxins in your body. To eat organic is to help eliminate that buildup and ensure that you are running on the cleanest energy you can find. This pure energy helps reduce brain fog.

9. Increase Your Intake Of Antioxidants

Antioxidants decrease the number of oxygen free radicals in the brain that can ultimately cause brain fog. There are antioxidants in many fruits and vegetables.

10. Reduce Sugar To 30 Grams Or Less Per Day

Experts recommend that adults have no more than 30 grams of sugar a day, this equals about 8 teaspoons. This includes any sugar that occurs naturally in food like carrots and fruit.

Yes, that is all the sugar you should have, and preferably even less than that. Unfortunately, the general population consumes much more than that, and therein lies the problem of widespread epidemics such as obesity and type 2 diabetes and occurrences of brain fog.



Besides all the other significant benefits of reducing sugar intake, your clear mind will be thanks enough when you cut back your sugar intake.

11. Decrease Stress

Stress is a major cause of brain fog so anything you can do to decrease the level of stress in your mind and body can decrease the risk of brain fog. You can exercise more or practice relaxation techniques in order to lessen your chances of having stress-induced brain fog. Yoga, meditation, Tai chi, and Qigong are all great mind-body exercises that effectively reduce stress.

12. Power Naps

A power nap is a short period of sleep, typically about 10 minutes. Power naps are powerful tools to restart the mind, refresh, and re-energize. The reason for the short time frame is that you do not want to go into REM sleep, the deepest part of a sleep cycle. If you nap too long and go into REM you will awake groggy, but a short power nap is to your brain as a jump-start is to a dead car battery.

13. Regular Exercise

Regular physical activity promotes blood circulation to keep brain fog away. You can pick whatever activity you love to do and do it for twenty minutes at least 5 days a week.

You can swim, walk, run, cycle, or even dance, just as long as your blood is pumping and your heart rate is elevated.

14. Take A Walk

Getting a little fresh air can really help you to think clearly, diminish brain fog, and gain perspective on life. This is especially useful during stressful times, heavy workloads and after a long day of working or studying, especially when it is simply not possible to stop for the day.

Simply taking a small walk around your neighborhood, through the park, or simply in the back yard for about 10 to 15 minutes can bring a new wave of clarity.

Movement is an excellent detox from brain fog and walking is one of the easiest ways to move.

15. Drink ½ Cup Of Coffee

Coffee works if you find you have brain fog during the day or during the afternoon hump that's source is fatigue from a long day.

16. Deep Breathing

It is easy to get stressed, tense, and muddled during the day, but learning to deep breathe is very effective in helping clear brain fog from your mind. Coincidentally, it has many other benefits as well.

1. Inhale through your nose and deep from the diaphragm for a count of 4 seconds
2. Hold that breath for 7 seconds
3. Then exhale slowly for a count of 8 seconds

Do this several times throughout the day

17. Do Something You Have Never Done Before

Most people have a routine that they live by and this is healthy and productive, but sometimes this routine can become too monotonous and cause a little brain fog.



It is important to try something new every week. It could be a new food, a new exercise, a new restaurant, or a new place to have fun. It can be very beneficial to

try something new to stimulate the growth of new brain cells and keep the inquisitive mind active and clear.

18. Put Away The Electronics

We spend way too much time on social media, smartphones, tablets, and computers. Give your mind a break from the onslaught of tech that has become the modern world.

Make a conscious effort to turn electronics off at a certain time at night. Do not let them interrupt your sleep. Seek balance between electronics and human interaction and letting your mind just be.

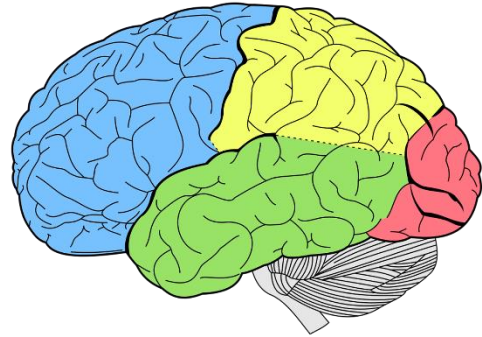
Substitute tech or social media use with meditation for just 10 minutes a day and you will find incredible clarity.

19. Be In Nature

Nature is healing, being out in the fresh air, among trees, plants and grass is soothing to the mind. It calms and it brings clarity. Breathe deeply and you will feel refreshed and rejuvenated.

Final Thoughts

Having brain fog can significantly affect your everyday performance and reduce your quality of life. It can hinder you from moving forward in your day and accomplishing what you need to. Brain fog can obstruct your work, school, and home life and simply make you miserable.



The good news is there are things you can do to detox your brain, get clear, and eliminate this problem from your life. You can try all or just some of methods mentioned in this report, and you will find clarity.

Every day is a chance to be your very best, get things done and carry on to work, think and thrive.

Never let brain fog stop you from doing what you need and want to do!