Findings from a recent human clinical trial demonstrated that a 6-week regimen of Isagenix Brain Boost & Renewal improved brain function in participants in several ways, including memory, balance, brain response and decision-making. The study showed significant improvement in all areas.

The study, conducted by Dr. Michael Colgan, is a leading researcher in the field of brain function and aging, and is one of the world’s leading scientists on environmental toxins and how to combat them. At the Universities of Wellington and Auckland in New Zealand, and Rockefeller University in New York, he is trained in environmental toxins and how to combat them.

Dr. Colgan is a living example of the power of nutritional science to maintain lean and vibrant health. From more than 50 years of science to maintain lean and vibrant health. He brings a unique understanding of the science of aging research, and from training many world champion athletes, he brings a unique understanding of environmental toxins and how to combat them. Trained at the Universities of Wellington and Auckland in New Zealand, and Rockefeller University in New York, he is acknowledged as one of the world’s leading scientists on athletic performance and the inhibition of aging.

For additional copies of this brochure call 1.877.225.3528 or visit www.IsaSalesTools.com.

Michael Colgan, PhD, CCN

Dr. Michael Colgan, PhD, CCN

© 2012 Michael Colgan. All Rights Reserved. No part of this publication may be reproduced, transmitted, or translated into any language in any form by any means without the written permission of Sound Concepts. Information herein is reprinted with permission from Dr. Michael Colgan, PhD, CCN.

References
1. Jin, JH. Brickell potential of ShiKu- 
Hai, a traditional Chinese medicinal 
7. Foodboss: http://www.isagenix.com/ 
10. American Academy of Dermatology. 
http://www.panna.org/
11. Ponto LL, Schultz SK. Ginkgo biloba 
12. Manyam BV, Dhanasekaran M, Hare TA. Neuroprotective effects of the 
13. Amenta F, Tayebati SK. Pathways 
14. US National Center on Sleep 
15. McNamara RK, Carlson SE. Role 
16. Eriksson P et al. Neurogenesis in 
17. Packer L, Cadenas E. Lipoic acid: 
18. Calabrese V, et al. Nitrosative stress, 
19. Colgan M. Save Your Brain. Van 
20. Colgan M. Save Your Brain. Van 
23. Jin, JH. Brickell potential of ShiKu- 
Hai, a traditional Chinese medicinal 

As with musical instruments, unless you carry out regular maintenance on brain structures, they gradually get out of tune or may break down altogether. Thus the music of information becomes discordant, and the concept of consciousness declines.

Your entire existence is centered in your brain, the magnificent machine that operates your mind and body. You can take it anywhere on Earth, but you can never sell it, exchange it, or leave it—lifelong. So it makes good sense to take care of it, to nurture it every day. The good news is that the Isagenix Brain and Sleep Support System was designed precisely for that purpose.
Brain Decline Begins Early

We can’t feel our brain creating our consciousness, so we tend to take it for granted. We spend more time and trouble looking after our health! But, unlike rooted teeth, rooted brains are irreplaceable.

Recent science shows that almost everyone begins to experience brain decline by age 25, with a corresponding decline of cognition.

How the Isagenix Brain Support System Helps:
When used with the Isagenix 30-Day Cleansing System, the Brain Support System can help rid the body of unhealthy impurities and chemicals, as well as protect the brain from the oxidative stress associated with these impurities.

1. FREE RADICALS
Changes to the brain occur when free radicals made inside the brain cells multiply beyond the control of antioxidants also made inside the brain cells. These changes are called oxidative stress. The best way to eliminate oxidative stress is to promote the manufacture of these antioxidants.

Glutathione is the most abundant antioxidant inside the mitochondria (the powerhouse of the cells that produce our energy), the concentration of glutathione exceeds that of any other antioxidant by over 100 times. Research on subjects from 9 to 85 years old shows progressive loss of glutathione with age.

2. TOXINS
The urban environment in the US and Canada exposes us continuously to thousands of toxic chemicals in our air, food, water, workplace, and homes. Chemicals are especially toxic as they accumulate in the fatty tissue that comprises most of our brain and spinal cord. Our bodies inevitably absorb large quantities of these toxins, contributing to oxidative stress and chronic inflammation that detrimentally affect our brains.

3. NEUROGENESIS
Until recently, scientific dogma stated that, because neurons cannot divide or replicate to increase their number, the brain gradually dies off from infancy over our lifetime. We know now this belief was destroyed by research.

Studies since 1998 show that the adult human brain given the right stimulation can grow millions of brand new neurons (neurogenesis) throughout one’s lifetime. This increase in brain capacity, a bit like providing your computer with more RAM.

In new research, Dr. Amar Sahay and colleagues at the Department of Neuroscience at Columbia University show that inducing neurogenesis in young adult mice improves normal cognition. When combined with daily exercise, it also appears, however, nurturing the dopamine and acetylcholine systems can support them lifelong.

How the Isagenix Brain & Sleep Support System Helps:
This product contains vitamin B6, which is known to increase glutathione levels in animals. The product also contains acetyl-carnitine, which supports the health of your cells.

4. DOPAMINE & ACETYLCHOLINE PRODUCTION
Gradual loss of the neurotransmitter dopamine and the cells that produce it in the brain occurs in almost everyone over age 35. Symptoms progress slowly for decades, causing progressive tremor, loss of balance, indecision, and emotional distress.

Similar gradual loss occurs of the neurotransmitter acetylcholine and its cells. Acetylcholine decline causes progressive loss of memory and reasoning.

Recent science shows that inducing neurogenesis in young adult mice improves normal cognition. When combined with daily exercise, it also appears, however, nurturing the dopamine and acetylcholine systems can support them lifelong.

How the Isagenix Brain & Sleep Support System Helps:
Brain Boost & Renewal contains potent amounts of ginkgo biloba, Rh-lipoic acid, acetyl-carnitine and egisetinacte-gallate (EGCG), all of which help improve oxygen and nutrient flow to the brain, and enhance brain nutrition.

Sleep Support & Renewal contains both instant-release and delayed-release melatonin to support the sleep cycle during which most neurogenesis occurs.

5. SLEEP
Sleep is an active physiological process essential for brain growth, memory consolidation, and restoration of brain neurons.

The Isagenix Brain & Sleep Support System helps:
This product contains velvet bean (Mucuna pruriens), a rich source of dopamine and its precursor NADH.

It also contains acetyl-carnitine and citochrome, which is shown to support acetylcholine production.

How the Isagenix Brain & Sleep Support System Helps:
This product contains instant-release and delayed-release melatonin in a complex of botanicals shown to support sound sleep.

How the Isagenix Brain Support System Helps:
When used with the Isagenix 30-Day Cleansing System, the Brain Support System can help rid the body of unhealthy impurities and chemicals, as well as protect the brain from the oxidative stress associated with these impurities.

How the Isagenix Brain Support System Helps:
When used with the Isagenix 30-Day Cleansing System, the Brain Support System can help rid the body of unhealthy impurities and chemicals, as well as protect the brain from the oxidative stress associated with these impurities.