

Clean Energy, Clear Mind: See What's in Store

As you work on expanding mitochondrial health and energy, you may notice an increase in your mental clarity, energy, and stamina. Mitochondria, the tiny energy powerhouses of your cells, play a vital role in supporting healthy cognition.

Many of Quicksilver Scientific's supplements can help bolster your mitochondrial health, but so can complementary lifestyle strategies. Here are some ways to keep supercharging your brain and reaching new heights of mental clarity.



Banish Brain Fog For Good

Brain fog, that unshakeable cloud over your cognition that makes it hard to think clearly, can hinder success in your professional life. But what triggers brain fog? Often it's caused by inflammatory imbalances and impaired energy production in the brain. But as your mitochondrial function improves, your brain's ability to regulate its inflammatory balance and cellular energy production should follow suit. Like a light at the end of a tunnel, you may notice subtle changes that begin to clear stubborn fogginess and enhance mental clarity.

Productivity Practices For Work & Life

The modern, fast-paced world has challenged our work productivity in numerous ways. We have increased distractions from children, spouses, social media, phones, and pets, not to mention increased stress from trying to balance it all! The good news is that the same mitochondrial-based mental clarity you experience this month may apply to other parts of your life, improving your ability to focus at work and increasing your efficiency in keeping it all together. Here are some ways to put your newfound energy and focus to good use:

- 1. Streamline your workspace:** Now that your brain is functioning better, this may be an excellent time to clean up your workspace, eliminating distractions and creating an environment conducive to "deep" work. Smartphones and social media pose a significant threat to our focus and mental clarity. The mere presence of a smartphone is enough to reduce focus and cognitive acuity! Streamline your workspace by placing your smartphone

away from your desk and switching your phone into “Do Not Disturb” mode for several hours each day.

2. Find your optimal work window: Our cognitive and mental performance tends to follow distinct patterns during the day. Some people are most productive early in the morning, whereas others peak in the late afternoon or evening. Research suggests that aligning our workdays to our circadian rhythms may optimize cognitive performance and productivity. While there’s only so much wiggle room in our work schedules, trying to get things done within your optimal time of day may yield beneficial results for your career!



3. Learn something new: Mastering a new skill, particularly one significantly outside your wheelhouse, acts like exercise for your brain. It can improve cognitive function and may support a healthy brain during the aging process. Not sure where to start? Consider learning a musical instrument, reading a book on a topic that is completely new to you, or even trying a new recipe in the kitchen.

Did You Know...

Exercise can improve the function of your brain’s mitochondria? Physical exertion has been found to increase mitochondrial biogenesis (the production of new mitochondria) in the brain. So move your way to improved mental energy, stamina, and clarity today!