



New Brain Routine



- No blue light at night. Zero.*

- Light a candle or two

- *If you must watch TV, wear red glasses

- Shut off Wi-Fi at night

- Shut off power to bedroom (optional)

- Drink 1 cup bone broth with each meal

- See the Sunrise / Sunset

- Don't wear sunglasses, esp in the AM.

Eat some fish!

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