

The Foundation by Neuroflux - 8-week Course to Optimal Brain Health, Performance and Lon...

Enhance your **cognitive function, focus, and mental clarity** with **The Foundation by Neuroflux**, an 8-week science-backed program designed to **optimize brain health and performance**. This course combines **neuroscience, biohacking, and practical lifestyle strategies** to help you improve **memory, concentration, stress resilience, and overall mental well-being**. Learn how to **fuel your brain with proper nutrition, enhance neuroplasticity, master mindfulness techniques, and develop high-performance habits**. Perfect for professionals, students, and anyone looking to **sharpen their mind and unlock peak mental potential**.

THIS IS YOUR BRAIN ON DRUGS neuroflux

I'd like to start this off with some good news to any and all who – like me when I was a kid – may have been spooked by this ad:

After analyzing 1,000's of fMRIs, I can confirm without a doubt that drugs do not in fact turn your brain into a fried egg.

Now, I am making some assumptions here, mainly that at least a few of the brains I've viewed were exposed to some type of "drug" – cocaine, marijuana, caffeine, heroin, oxy or other – and that I have yet to see 1 fried egg up there.

Phew!

What I can share with you is what happens to your brain after following a neuroflux program such as these actual before and after fMRI scans of a client's brain:

Notice the increased white areas in the "after" pics indicating much greater blood flow.

The top left pic shows the brain from the side and the other 3 pictures are the corresponding slices as if you were looking up at the brain from below.

These scans were taken with the patient wearing a CO2 mask to simulate an exercise condition, which should result in brain blood vessel dilation and increased blood flow.

The important things to notice are the change in amount of teal (low blood flow) versus white (high blood flow) as well as left-right symmetry.

KEY POINT: to be healthy, your brain *needs* blood – which brings oxygen and nutrients to nourish it and promote cellular health – while also removing “waste” (metabolic by-products).

As you can see, the after pics show much more white (indicating greater blood flow) as well as better symmetry (especially the bottom left) where white is more balanced left to right.

This is one reason why people dealing with post-concussion syndrome can have no symptoms at rest but have symptoms with exercise – the brain needs more flow and if it's not getting it, it hurts or is otherwise problematic.

Now, here's some GREAT NEWS for you...

While the absolute levels of white are clearly less than in the exercise condition, these images also show something else that's extremely important for your brain health and longevity:

Greater blood flow AND better left-right symmetry of *the brain* after neuroflux at rest.

Do you think greater blood flow and better symmetry at rest might be beneficial for *your brain*?

The reality is that every day we rest way more than we exercise.

So if deficiencies in blood flow or imbalances exist *at rest*, it basically means the brain isn't getting the blood flow it needs for most of the day to keep everything healthy.

And that's just from a few months of work.

Greater Blood Flow + Better Symmetry = A Healthier Brain

Whether you have inadequate flow or imbalances – you might experience improved focus and concentration, more powerful “multi-tasking”, better single leg balance, improved ability to track objects with your eyes like tennis balls or your kids trying to make a break for it, a resolution in low level headaches and more...

... the truth is I can't say for sure what will happen for you, but what I can say for sure is this: improving brain blood flow as shown (not to mention activation and brain-body integration) will keep your brain “alive” and healthy and is akin to what regular cardio does for your heart and brushing your teeth does for oral health.

That's why I'm so excited to invite you to participate in my new course The Foundation...

If you've got just 20-30 minutes, 4 days a week, you can literally FLOOD your brain with fresh oxygen-rich blood, contributing to better brain health, performance and longevity.

The Foundation is a structured, progressive and easy-to-follow program based on drills I use everyday to heal patients from years of post-concussion symptoms and for regular people to million dollar athletes to optimize performance.

Now, the way I see it, you really have just 2 options:

OPTION #1:

Do *nothing* and let the natural age-related decline in blood flow take its course on your brain.

OPTION #2:

Signup for The Foundation to maximize flow and get on the path to better brain health, performance and longevity.