

# Just One Thing

## How Simple Incremental Changes Can Transform Your Life

- Dr Michael Mosley

Adopting one new habit every day, or even every week, will have a cumulative effect on the will-power region of your brain ... the anterior midcingulate cortex (aMCC). It will grow and reduce your cognitive decline as you age.

### Philosophy

Make progressive simple changes.  
Build them into your routine.  
Change can take months.  
Create triggers.  
Track progress.  
Replace bad habits with good ones - daily.

### Exercise

- ☐ **Develop aerobic capacity - cycling, rowing, walking**
- ☐ **Intelligent exercise - weights, squats, press ups**
- ☒ **Resistance exercise develops learning and memory**
- ☒ Resistance exercise promotes BDNF
- ☒ Move about periodically
- ☐ Eccentric exercise - stairs, weights down

### Sleep

- ☐ Get more sleep
- ☒ Dark , quiet room
- ☒ **Get better quality sleep**
- ☒ Grab the odd nap

### Diet

- ☒ more oily fish
- ☒ reduce carbohydrates
- ☒ 70-80% fresh, clean plants
- ☒ more clean protein - eggs, nuts
- ☐ **6 hour feeding window - AM to noon**
- ☐ **intermittent fasting - Tuesdays and Thursdays**
- ☐ more bacteria - greek yoghurt, kimchi, kefir, sauerkraut
- ☐ fruit for afternoon tea - apple, water melon

### Water

- ☒ Drink more water - first thing and before meals

### General health

- ☐ hot bath
- ☐ cold showers
- ☐ stand to work
- ☐ sing and dance
- ☐ play video games

- ☒ take regular breaks
- ☐ develop my balance
- ☒ get some vitamin D every day
- ☒ get out into nature at least 1/week
- ☒ prayer, mindfulness and deep breathing

Manage /  
eliminate  
depression

- ALL of the above plus
- ☒ eliminate herbicides and pesticides
  - ☒ more beans, pulses and hommus
  - ☒ no sugar, no alcohol, no flour
  - ☐ more good bacteria
  - ☒ dark chocolate

## Suggested Daily Routine

|              |   |
|--------------|---|
| Early AM     | Clean teeth<br>Glass of water<br>Intelligent exercise<br>Aerobic exercise - walk, row, cycle<br>Cold shower |
| Breakfast    | Glass of water<br>Grass fed beef with avocado<br>or eggs and spinach<br>Coffee                              |
| Late morning | Weights<br>Deep breaths   |
| Lunch        | Glass of water<br>SMASH oily fish<br>- Salmon, Mackerel, Anchovies, Sardines, Herring<br>Beetroot, salad,   |
| Afternoon    | Apple<br>Orange<br>Chocolate  |
| Evening      | Walk, dance,<br>Read to learn<br>Hot bath<br>Early to bed and read to sleep                                 |