

BRAIN FOG BE GONE:
13 ESSENTIAL NUTRIENTS TO
RESTORE YOUR FOCUS, ENERGY,
AND BALANCE





**Struggling with brain fog and low energy?
Or perhaps you're noticing more cognitive shifts as you
approach perimenopause or menopause?**

If you're feeling exhausted, have trouble concentrating, or noticing more forgetfulness, you're not alone. Many going through perimenopause or menopause face these changes, but they don't have to become your new normal. Research shows the powerful link between hormones and brain health. Learning how specific nutrients support your brain during these transitions is key to restoring balance.

Rather than fearing menopause, let's embrace it as a powerful and fulfilling chapter of life. With a solid health foundation, we can age joyfully, confidently, and with vitality. Women now spend about 40% of their lives in menopause, and with mindful health choices, these can be some of the most vibrant years.

This guide highlights the essential nutrients that support mental clarity, energy, and cognitive function—whether you're navigating perimenopause, menopause, or simply seeking to stay sharp and energized.

By nourishing your brain with these essential nutrients, you can take charge of how you feel. Small dietary changes can lead to big improvements in focus, memory, and mind-body well-being..

NUTRIENT CHECKLIST

Vitamin B12

B12 is key for brain health, helping to protect nerves, boost mood, and improve focus. It also reduces inflammation, which can help protect your brain during hormonal changes like post-pregnancy, perimenopause or menopause

FOODS SOURCES

Salmon, fortified cereals, chicken, beef, and eggs.

BENEFITS OF VITAMIN B12 IN PERIMENOPAUSE / MENOPAUSE

B12 may help with mood swings and brain fog, common symptoms during these transitions. Its role in energy production can also help with the fatigue often experienced during midlife.

SUPPLEMENTATION (METHYLCOBALAMIN, COBALAMIN)

Ideally, ask your healthcare practitioner to check your vitamin B12 levels prior to supplementation.

Vitamin B6 (Pyridoxine)

B6 is vital for the creation of neurotransmitters, including serotonin and dopamine, which regulate emotions. It also plays a role in homocysteine metabolism, thus protecting the brain from inflammation and degenerative processes.

FOODS SOURCES

Chickpeas, skipjack tuna, bananas, sweet potatoes, and turkey breast.

PERIMENOPAUSE / MENOPAUSE BENEFITS

B6 supports mood stabilisation and may help alleviate symptoms of depression and irritability. It also helps in the synthesis of hormones, therefore possibly helping with hormonal fluctuations.

Vitamin B9 (Folate)

Folate is key for DNA synthesis and repair, cell division, and the production of red blood cells. It works closely with B12 to reduce homocysteine levels, thus protecting the brain from damage.

FOODS SOURCES

Lentils, asparagus, avocado, broccoli, and spinach.

PERIMENOPAUSE / MENOPAUSE BENEFITS

Adequate folate levels can help manage changes in mood and support cognitive function. Folate's role in cardiovascular health is also crucial, as menopause increases the risk of heart disease.

Calcium

Beyond its role in bone health, calcium is crucial for neurotransmitter release and synaptic transmission in the brain. It is also thought to help with the communication between brain cells.

FOODS SOURCES

Collard greens, dairy, almonds, tofu, sardines, and almonds.

PERIMENOPAUSE / MENOPAUSE BENEFITS

Calcium's role in bone health becomes increasingly important during menopause, as changes in estrogen levels can accelerate bone density loss. Ensuring adequate calcium intake can help mitigate this risk and support overall skeletal health.

Vitamin D3

Vitamin D receptors are widespread in brain tissue, and this vitamin is essential for brain health and cognitive function. It may protect against cognitive decline and support mood regulation.

FOOD SOURCES

Eggs (yolks), fortified milk, salmon, and cod liver oil.

Please Note: Vitamin D3 is primarily obtained through sun exposure and fortified foods or supplements, but here are foods that help

PERIMENOPAUSE / MENOPAUSE BENEFITS

Vitamin D3 not only helps with calcium absorption for bone health it may also help improve mood and reduce the risk of depression during the menopausal transition, where fluctuations in hormone levels can impact mental well-being.

D3 SUPPLEMENTATION

It's beneficial to **check your vitamin D levels** to ensure that you are supplementing with the correct dose.

Magnesium

Magnesium helps to support brain health by maintaining nerve and muscle function, supporting learning and memory, and helping to manage stress and anxiety. It may also help with sleep quality.

FOODS SOURCES

Spinach, almonds, black beans, avocado, and pumpkin seeds.

PERIMENOPAUSE / MENOPAUSE BENEFITS

Magnesium may help ease some menopausal symptoms, such as mood swings and sleep disturbances. Its calming effect on the nervous system can promote better sleep quality for some women, a common challenge during these life stages.

Omega-3 Fatty Acids (EPA & DHA)

Omega-3s are vital components of cell membranes in the brain and are essential for brain development and function. They offer neuroprotective benefits, support memory, and can help with mood disorders.

FOODS SOURCES

Salmon, sardines,
flaxseeds, chia seeds,
walnuts

PERIMENOPAUSE / MENOPAUSE BENEFITS

Omega-3s can help alleviate hot flashes and depressive symptoms associated with menopause for some individuals. Their anti-inflammatory properties also support heart health, which is particularly crucial as the risk of heart disease increases after menopause.

Vitamin E

Vitamin E acts as an antioxidant, protecting brain cells from oxidative stress that can lead to cognitive decline.

FOODS SOURCES

Almonds, spinach,
sunflower seeds,
avocados and sweet
Potatoes

SUPPLEMENTATION - NOTE

Always consult a
healthcare provider
before
supplementing
with (fat-soluble)
vitamin E.

PERIMENOPAUSE / MENOPAUSE BENEFITS

Vitamin E has been studied for its potential to relieve hot flashes and improve vaginal dryness in menopausal women. More research is needed. It is thought that antioxidant properties may help support skin health, countering the effects of ageing accelerated by hormonal changes, although reviews are mixed.

However, please be aware that recent studies have suggested supplementing with high doses of vitamin E may increase the risk of heart disease and cancer

Zinc

Zinc plays a critical role in neurotransmitter function and is linked to brain health. It can influence memory and brain function.

FOODS SOURCES

Oysters, pumpkin
seeds, lentils, beef,
and cashews.

PERIMENOPAUSE / MENOPAUSE BENEFITS

Zinc plays a critical role in mood regulation and cognitive function, which can be beneficial in managing mood swings and memory issues that some women experience during menopause.



Iron

Iron is essential for creating neurotransmitters and myelin, which sheathes nerve fibers and is critical for cognitive functions. Iron deficiency, common in women, can lead to cognitive impairments.

FOODS SOURCES

Spinach, lentils, beef, tofu and chicken Liver.

PERIMENOPAUSE / MENOPAUSE BENEFITS

During perimenopause, fluctuations in menstrual flow may increase the risk of iron deficiency. Maintaining adequate iron levels prevents anaemia, supports energy levels, and

Selenium

An antioxidant that plays a role in preventing oxidative damage in the brain, selenium supports overall cognitive health and function.

FOODS SOURCES

Brazil nuts, tuna, sunflower Seeds, eggs and shiitake mushrooms.

PERIMENOPAUSE / MENOPAUSE BENEFITS

Selenium's antioxidant properties may help protect against cellular damage and support immune function, which is beneficial as the immune response may alter during menopause.

Iodine

Iodine is crucial for thyroid health, which impacts brain function. It supports brain development and cognitive abilities.

FOODS SOURCES

Seaweed, cod, dairy, iodized salt and eggs

PERIMENOPAUSE / MENOPAUSE BENEFITS

Iodine is crucial for thyroid health, which can be particularly important during menopause, as hormonal changes can sometimes impact thyroid function, affecting metabolism and overall energy levels.

Creatine

Associated with physical performance, creatine also supports brain health by increasing the energy available to brain cells, potentially improving cognitive function.

Creatine

Creatine is not typically found in significant amounts in foods except in meat and fish. It's generally taken as a supplement for cognitive and physical benefits.

FOODS SOURCES

beef, pork, salmon, tuna and chicken for dietary sources.

PERIMENOPAUSE / MENOPAUSE BENEFITS

While often associated with muscle strength and exercise performance, creatine can also support cognitive function. As estrogen, which helps regulate energy production in the brain, declines during menopause, creatine supplementation may be beneficial for some individuals.



Supplementation Caution

While these nutrients are essential for brain health, it's important to approach supplementation with caution. Excessive intake of certain nutrients, especially without medical advice, can lead to adverse effects.

Always consult with a healthcare provider or nutrition expert before starting any new supplement regimen, especially if you have underlying health conditions or are taking medications.

This checklist provides a foundation for understanding how each nutrient supports brain health in women. It highlights the importance of a balanced diet and, where necessary, thoughtful supplementation.

DISCLAIMER

This guide is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition or before starting any new diet, supplement, or exercise regime. The information provided in this guide does not constitute medical advice and should not be relied upon as such. Individual needs may vary, and the dietary suggestions and supplement recommendations provided herein may not be suitable for everyone. Consult with a healthcare professional to ensure that any changes to your diet or supplement intake are appropriate for your personal health needs and conditions.

Ready to clear the brain fog and to take charge of your mind- body health?

Join the waitlist for my Brain Boost Bootcamp—a 12-week online group coaching program that will help you regain energy, improve cognitive function, and feel your best.

Special Bonus!

The *first 5 women* to join the waitlist will get a *complimentary 1:1 session* to kickstart their journey!

REGISTER HERE! 📌

<https://l.bttr.to/Qz5Lp>



Why You'll Love It:

- **Root Cause Approach:** Focuses on the causes, not just the symptoms.
- **Actionable Steps:** Easy, results-driven strategies.
- **Nourishment Guidance:** Recipes, meal plans, and food delivery options.
- **Comprehensive Support:** Weekly videos, handouts, tasks, and community.
- **Holistic Focus:** Nutrition, sleep, hydration, nervous system balance, and more.

Brain Health Lifestyle Coach

Diana helps proactive, health-minded women overcome fatigue, clear brain fog, and feel more at home in their bodies by learning which foods fuel them best and building lasting lifestyle habits.

With a focus on the mind-body connection, she empowers women to take charge of their health so they can feel vibrant and balanced at any age.



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