





# Keys to a Healthier Brain

Drawing on her mother's battle with Alzheimer's, Regina Kubelka teaches how to optimize cognitive performance.

**June is Brain Health Awareness month**—a topic that might not be top-of-mind but is important to be aware of. We talked with Regina Kubelka, a functional medicine certified health coach, who specializes in brain health. She shared strategies for retaining cognitive health for people of any age.

People often think of brain issues as something that primarily affects the elderly. Kubelka teaches that healthy brain function in later years starts with a healthy lifestyle throughout one's life.

Inspired by her own mother's 10-year battle with Alzheimer's disease and the toll it took on her personally, Kubelka decided to channel her emotions and make positive changes in her own life by learning new strategies for optimal health.

"I turned those feelings of helplessness into new, healthy habits that support brain health," she says. "It left me feeling so empowered that I was eager to bring it to others, and my health coaching business was born. My goal is to help others make positive changes in their own lives."





### Lifestyle Matters

Kubelka's focus centers around the mind-body connection and how to reduce risks for diseases such as Alzheimer's and dementia as well as retaining cognitive health.

Behavioral and lifestyle changes can play a significant role in overall health improvement, she says. She explains three pillars that—when incorporated into your lifestyle—can help create the road map to healthy cognitive function:

- **DIET:** What you put into your body can significantly impact brain health. For optimal brain function, natural unprocessed foods are a great start. Eat the rainbow—as long as all those colors come from nature!
- **EXERCISE:** Regular physical activity goes a long way to keeping not only your body but also your mind functioning well. Exercise releases endorphins—natural mood boosters that fuel emotional well-being.
- **SLEEP:** During sleep, your body is at work supporting your brain health function as well as your physical health. The amount of sleep that an adult needs varies, but the rule of thumb is between seven and eight hours a night.



### Spreading Her Message

In addition to offering behavioral coaching and healthy cooking classes, Kubelka works directly with the Alzheimer's Association as a community educator. She speaks on behalf of the association, conducting programs and workshops that teach the importance of brain health at any age.

She has conducted programs at Wildflower Terrace and can regularly be found spreading out her signature blanket and holding workshops right in Mueller Lake Park.

"I feel that everyone is hungry for a face-to-face personal connection these days," Kubelka says. "We all care about our health, too. My workshops are a way to nurture your personal wellness—to connect with nature, learn, share and socialize."

She chooses Mueller as her preferred location because she recognizes how special the community is. With such a diverse mix of people of all ages, it is the ideal place to spread her message. When she is not holding workshops in the park, she can often be found there walking her rat terrier, Sugar.

To learn more about strategies to improve your own cognitive health and get information about her workshops, visit [www.burst-wellness.com](http://www.burst-wellness.com).

