

# 13 STEP FORMULA

TO BALANCING YOUR BRAIN CHEMISTRY  
WITHOUT DANGEROUS PRESCRIPTION MEDICATION



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**13 STEP FORMULA  
TO BALANCING YOUR BRAIN CHEMISTRY  
WITHOUT DANGEROUS PRESCRIPTION MEDICATION**

**1**

REMOVE  
HOUSEHOLD  
TOXINS

**2**

REPLACE  
GROOMING  
PRODUCTS

**3**

REDUCE  
EXPOSURE TO  
FLUORIDE

**4**

ELIMINATE  
EXCESS  
SUGAR/CARBS

**5**

PRIORITIZE  
SLEEP

**6**

BE SELECTIVE  
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**7**

MAINTAIN  
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**8**

ELIMINATE  
DAIRY  
AND GLUTEN

**9**

ELIMINATE  
ALCOHOL

**10**

MANAGE  
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**11**

EXERCISE

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EAT  
BENEFICIAL  
BRAIN FOODS

**13**

PERSONALIZE YOUR PATH  
UNDERSTAND HOW YOUR GENES INFLUENCE YOUR HEALTH

## DO YOU KNOW THAT?



**5%**

Only are caused by genetics

**95%**

Are actually caused by environmental influences

Our everyday exposure to these environmental toxins results in defective mitochondrial cell function which is causing:



Dementia



Alzheimer's



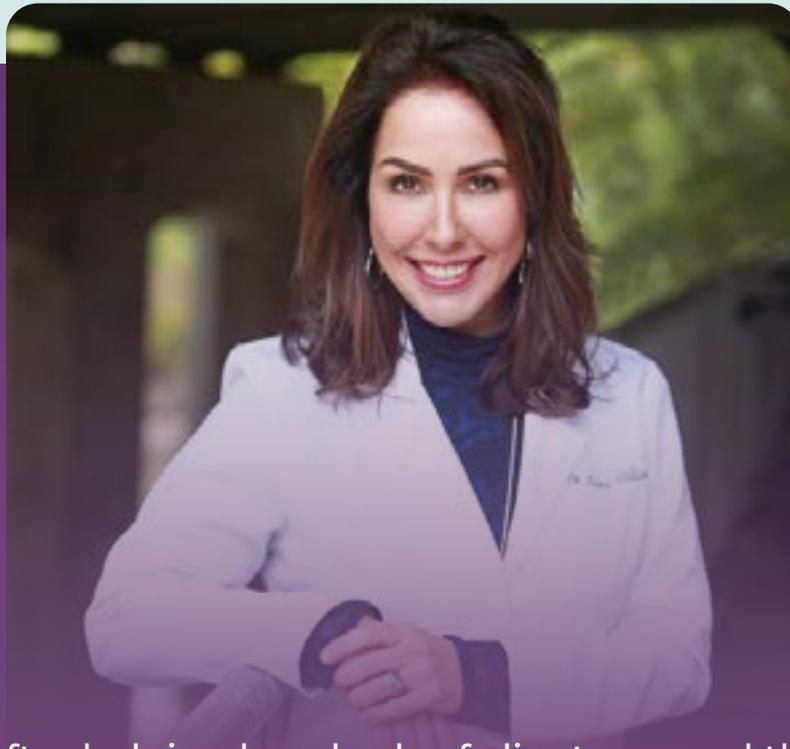
Depression



Anxiety

and other very common neurological diseases





After helping hundreds of clients around the world to successfully re-balance their brain chemistry, some common factors stand out amongst people suffering from long term anxiety and depression.

They also have issues with:

- Brain fog
- Mind racing
- Sleep
- Fatigue
- Decreased memory recall

Or other non-brain related issues:

- Type 2 diabetes
- Fibromyalgia
- IBS
- Chronic autoimmune disorders



When we realize that symptoms are simply  
**A WARNING SIGNAL FROM THE BODY**  
that something is out of balance, the path to healing  
ourselves becomes obvious.



**Fix the root causes and the symptoms will go away**



Many of you reading this have already tried every pill  
for every ill and have most likely discovered that you  
are now worse off than before.



Medications don't fix root causes; they only focus on  
covering up the symptoms.



Meanwhile, the body becomes more and more sick  
until one day medicine just doesn't work, and you are  
on more medication than ever before.



Our bodies don't become ill due to a lack of prescription drugs



They become ill because they don't have what they need to heal



This usually happens because of various interferences. Those interferences could be environmental toxins found in your household products such as **cleaners, shampoos, body soaps, toothpaste, laundry soaps and glyphosates (Roundup)** that are in your 'conventional' (not organic) foods as well as other toxins found in **processed foods**



And finally, one of the biggest root causes of our bodies breaking down into chronic illness is constant stress from your personal and professional lifestyle choices

It sounds too simple to be true, but if you remove interferences and give the body the ingredients that it needs to heal itself, it will do it!

**BUT IT TAKES TIME AND PATIENCE  
AND 100% COMMITMENT TO THE PROCESS**



- Let's not forget that our bodies are huge chemistry factories and are designed to restore and heal themselves.
- They do it without us even thinking about all the biochemistry that's going on inside!

However, in order for all that healing and restoring biochemistry to take place to get the body back to health, the body needs ingredients.

That's where these simple steps can change your health for good; make no mistake that you are what you eat.



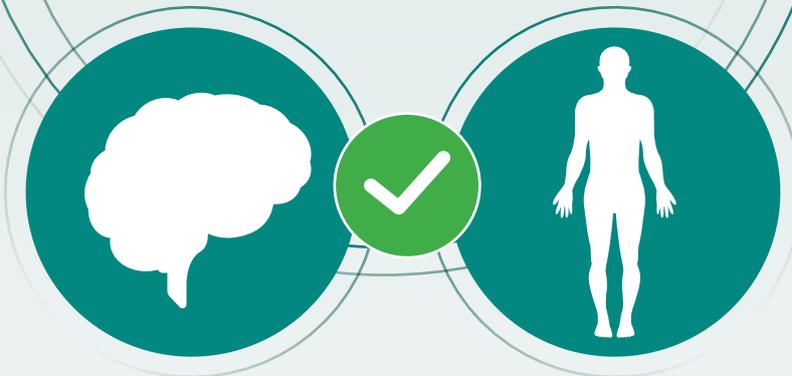
Once you give your body "high octane fuel" or what we like to call "specific nutrient dense therapy",



Your body will start to respond by eliminating the toxins and repairing itself.



The following 13 steps that I'm giving you are common threads that are critical to healing your mind and body regardless of whether or not you have access to genetic testing, brain chemistry testing, or other testing



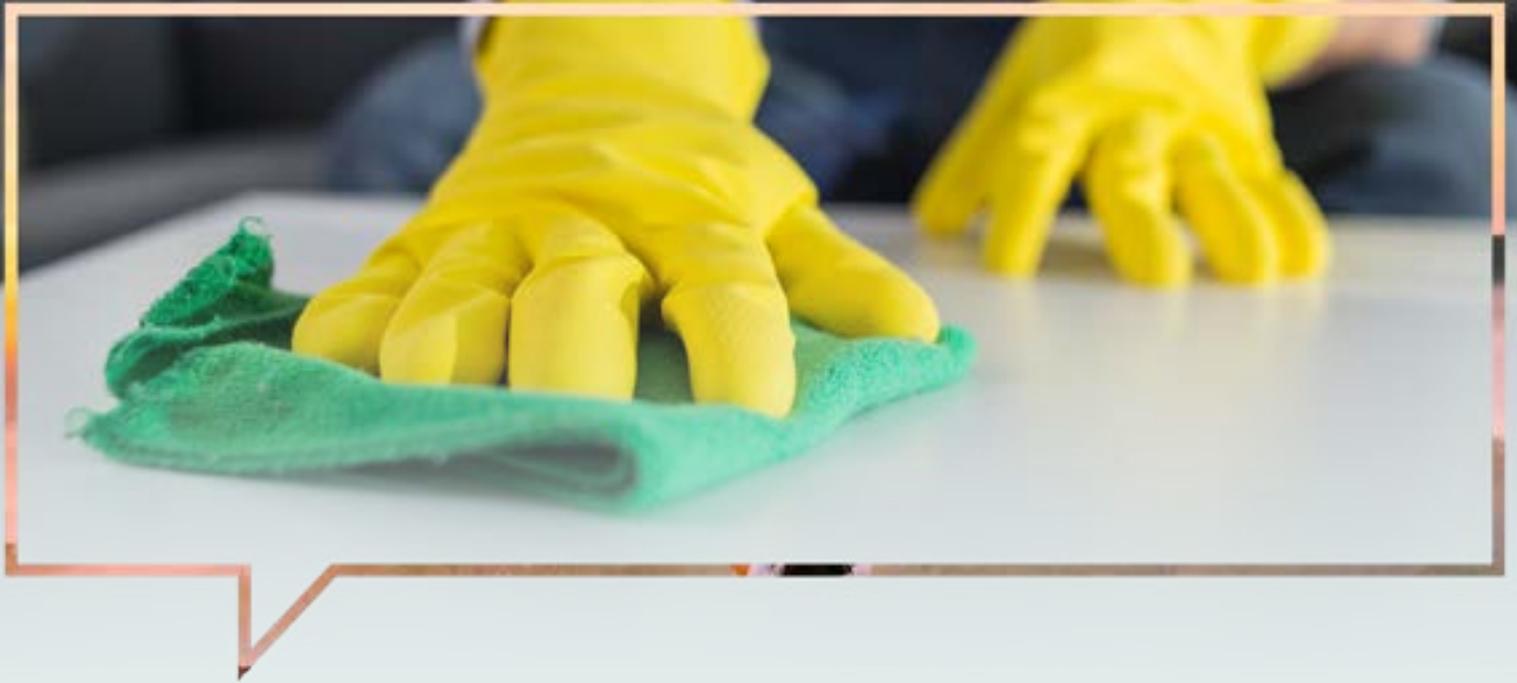
I highly encourage lab work as it shows us the exact root causes and guides us in putting together a specific protocol to begin fixing the underlying issues.



For those who may not have access to testing or haven't gotten testing done yet, these 13 simple steps are critical components that are necessary for the body to do its complicated process of healing.



If you do these simple steps, your body will have what it needs for all the complicated work.



1

## REMOVE COMMON HOUSEHOLD TOXINS FROM YOUR HOME

Most of the household cleaners we use are toxic, cause hormone disruption, and are widely known to be endocrine disruptors.



Environmental Protection Agency ranks indoor air pollution amongst the top environmental dangers. You can go online to look up 'clean' alternatives for household cleaners that you can use to clean your floors, bathrooms, kitchens.



Not only are you helping yourself and your family, you are also helping the environment and you are saving yourself some money in the process of going 'clean'.

[27 Chemical-Free Recipes for DIY Spring Cleaning](#) 



## 2

### REPLACE PERSONAL GROOMING ITEMS: SHAMPOOS, BODY SOAPS, LOTIONS, AND MAKEUP

When was the last time you glanced at what was in your deodorant, toothpaste, or body lotion?



It's easy to turn a blind eye and believe that if it's being sold in the store then it must be safe for us to use. We've all thought, "How can these products really affect my body chemistry?"



**THINK AGAIN**

**DID YOU KNOW THAT?**

Your skin is your body's largest organ and readily absorbs just about everything it comes in contact with.

Unfortunately much of what is sold on the market is known to cause hormone imbalances and even cancer.



I have had at least three female clients this year who were incorrectly diagnosed with PCOS because their testosterone was high. Their doctors never tried to figure out why and instead prescribed them more hormones!



With some investigating we found they were using mascaras that actually had testosterone in them as well as sunscreens that contained toxic endocrine disrupting ingredients (hormone disruptors)

“ Yes, you heard me right! ”



There are many brands of personal beauty and care products which claim that their products make your lashes grow.... It turns out the magic ingredient is testosterone. How sad it would have been to have these young ladies thinking they were infertile when the culprit was in their makeup!

Need some ideas on what clean products to try?  
Check out these links for some new products to try:



[Toxic personal care products you need to replace](#) 

[The 10 most important clean beauty swaps](#) 





### 3

## REDUCE EXPOSURE TO FLUORIDE

Fluoride inhibits certain chemical reactions in the body and can affect brain chemistry.



Opt for purified drinking water that has gone through a reverse osmosis purification system and avoid toothpaste with fluoride in favor of brands without fluoride.

Physiological Effects of Ingested Fluoride 



#### 4

### ELIMINATE SUGARS AND EXCESS CARBS

Sugars are truly the root of all evil when it comes to a healthy body and mind.



High blood sugar seen in diabetes causes the brain to shrink and damages small blood vessels that bring oxygen and glucose to brain cells.



In fact, there is a direct connection between high blood sugar (high HbA1C) and Alzheimer's. Some consider forms of Alzheimer's to be Type 3 diabetes. Patients with diabetes may sometimes develop neuropathy in hands and feet, but they don't realize their brain is being damaged too.



#### REMEMBER

The largest nerve bundle in the body is the brain!



## 5

### MONITOR AND PRIORITIZE YOUR SLEEP

The brain needs quality sleep to function properly. It's necessary to be alert, productive and creative for optimal body functioning.



Lack of quality sleep may result waking up the next day feeling tired, groggy, and cranky, which in turn increases the risk of dementia, weight gain, depression, diabetes, cancer and accidents.



During sleep your brain repairs the neurons (neuroplasticity) and the connections between them (synaptic plasticity). Your brain also consolidates memories, clears toxins and eliminates waste while sleeping.

# EFFECTIVE SOLUTIONS FOR IMPROVING YOUR SLEEP QUALITY

1



Prepare for sleep

2



Establish a pre-bedtime routine

3



Maintain a consistent sleep schedule

4



Get plenty of exposure to daytime sunlight

5



Reduce lights after dark (salt lamp)

6



Block blue light at night (from electronics)

7



Exercise daily

8



Keep your room cool and dark

9



Check your mattress and pillow



## 6

### UNDERSTAND WHICH MEDICATIONS CAUSE SECONDARY SIDE EFFECTS TO YOUR BRAIN AND GUT HEALTH

Medications are designed to stop symptoms, but they do so at a cost to our long term health



Studies show that the use of more than five drugs increases the risk of adverse drug reactions. In the U.S., about 40% of people older than 65 years are using more than 5 prescriptions.



Some of the most common and long-term use of the following pharmaceuticals are directly linked to negative neurological side effects.

Anticholinergic medications such as Paxil, Benadryl, digoxin, warfarin, codeine, prednisone, Tylenol PM, Zyprexa, Xanax, Zyrtec, Tagament, Imodium, Zantac, and high blood pressure medications all block the action of the brain chemical called acetylcholine which leads to memory loss and cognitive impairment.



## 7

### GET ON A GUT REPAIR REGIMEN AND MAINTAIN YOUR GUT HEALTH

The gut is known as the **‘Second Brain’** and with good reason!



Our gut is composed of 2 thin layers with over 100 million nerve cells that line the GI tract to control blood flow and secretions that digest food.



- Within our gut we have what is called a **‘Microbiome’** or ecosystem.
- This ecosystem is tied directly to our brain function.
- It’s a fact that the gut actually produces several of our brain chemicals including Serotonin, GABA, and other hormones!

Regulation of the gut ecosystem using diet, probiotics, and even fecal microbiota transplantation is being used to help prevent and treat depression.



### The take home message is

Imbalances in your microbiome can cause too many or too little of a neurotransmitter to be produced. It can also cause inflammation in your nervous system that affects your entire body and can allow for 'bad' bacteria to overgrow and cause anxiety, depression, and even behavior similar to autism.



Improving the microbiome with probiotics and proper diet can improve mental health and neurological disorders, as well as autoimmune issues and other chronic illnesses.



### REMEMBER

Gut on fire equals brain on fire, but a healthy gut equals a happy brain and a healthy body!

## WAYS TO IMPROVE YOUR GUT

• Eating only organic and unprocessed foods (if you can't pronounce the ingredients on the label then don't eat it!). Stay on the outer edges of the grocery store.



• Probiotics are beneficial bacteria that exist in your gut and in fermented or “living” foods such as yogurt, sauerkraut, kombucha, kefir, kimchi, fermented vegetables, and probiotic supplements.



• Prebiotics like inulin are non-digestible fiber found mostly in plants and other carbohydrates that promote the growth of beneficial bacteria. They are present in onions, asparagus, leeks, bananas, garlic, chicory roots, dandelion greens, and prebiotic supplements.



• Find a holistic health coach to guide you through a gut repair program. Health coaches can easily and successfully navigate you through the process of gut repair and have access to amazing supplements that will do the job effectively.



## 8

## ELIMINATE DAIRY AND GLUTEN

A study by world renowned immunologist **Aristo Vojdani**, PhD, shows that Dairy and Gluten are known to cause inflammatory reactions and immune responses that destroys brain tissues.



Would you have ever imagined that gluten could actually cause manic depressive episodes, severe anxiety, and panic attacks?



I have personally seen this in countless numbers of clients I have worked with and once they realize that gluten was a huge trigger for them, they had no problem staying away from it!



9

## ELIMINATE ALCOHOL

Alcohol is not only bad for your brain, but it is bad for your gut.



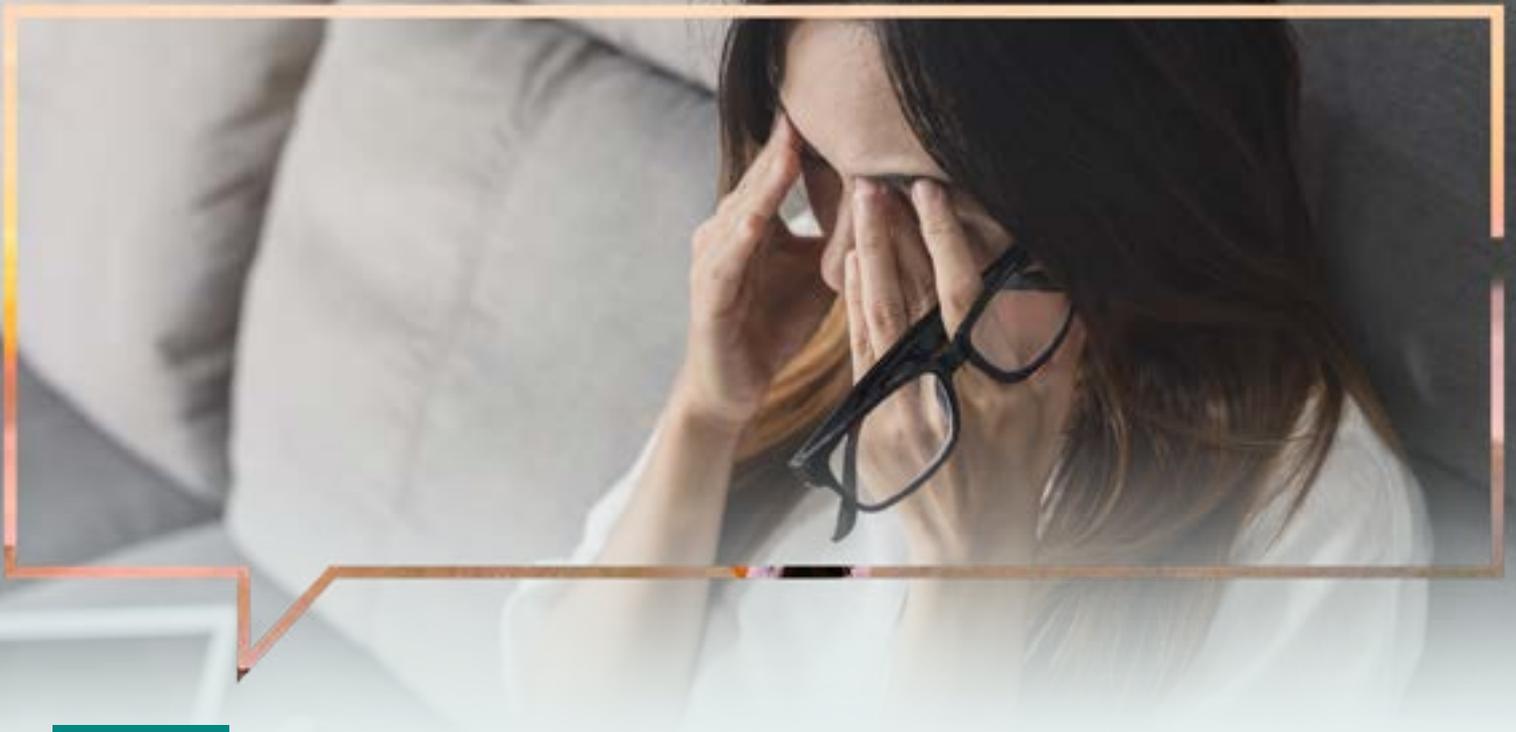
If you are suffering with depression and anxiety the last thing you need is alcohol. Drinking alcoholic beverages can lead to brain shrinkage of your gray matter and severe learning and memory issues.



Furthermore, alcohol is a known carcinogen (that means it is cancer causing).



Alcohol also functions as a “depressant,” which you may already know. We need to consider this heavily because if you are struggling with depression or anxiety and you are drinking, then you are essentially making your problem worse.



## 10 **MANAGE STRESS LEVELS**

**Prioritize your personal and professional lifestyle choices!**



Stress affects memory and emotions by reducing activity in our hippocampus or 'memory center' of the brain while increasing the 'fear center', called the amygdala. When this happens stress hormones (like cortisol) halt the production of new brain cells, which leads to early onset of dementia.

Stress also reduces the production of serotonin and dopamine which leads to depression.

Serotonin plays a huge role in our mood, learning, appetite control and sleep. Serotonin deficiency can lead to depression, anxiety, alcoholism, and ADHD.





Dopamine plays an important role in the pleasure and reward centers of our brain. Too little dopamine can lead to lethargy, decreased memory recall, anxiety, brain fog, lack of motivation, depression, and ADHD

GABA is a neurotransmitter that blocks impulses between nerve cells in the brain. Low levels of GABA may be linked to anxiety or mood disorders, chronic stress, depression, muscle pain, headaches and even memory and sleep issues.

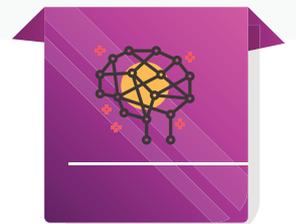


IF THAT'S NOT MOTIVATION ENOUGH FOR YOU TO MAKE THE NECESSARY CHANGES TO ELIMINATE UNNECESSARY STRESS FROM YOUR DAILY LIFE, THEN READ ON...



Chronic stress shrinks your brain. The prefrontal cortex which controls decision-making, working memory, and control of impulsive behavior shrinks with long term stress. The Hippocampus also shrinks with chronic stress which affects learning, memory, and emotional regulation.

Stress also affects the blood-brain barrier which protects your brain from harmful substances and can lead to blood-brain barrier permeability – AKA 'Leaky Brain' which leaves you at risk for infections, autoimmunity, and brain damage.





## 11

## EXERCISE

It goes without saying, but I'll say it anyway.



Your body **NEEDS** movement, and not just walking from your car to the house or up and down your stairs at home.



Your body needs real exercise. The many chemical reactions that need to happen in your body for proper brain chemistry production and other body functions **ALL** rely on exercise!

## EXERCISE BENEFITS

1



Exercise directly reduces insulin resistance, reduces inflammation, and stimulates the release of growth factors (chemicals) in the brain that stimulate new brain cells and survival of existing ones.

2



Aerobic exercise increases the size of the hippocampus, which is the verbal memory and learning part of the brain.

3



Exercise improves sleep, mood and reduces anxiety and stress, which can all contribute to cognitive decline.



**12**

## **ADD BENEFICIAL BRAIN FOODS TO YOUR DIET**

Most of these foods help to improve not only your brain, but also your overall health. They contain essential nutrients like essential fatty acids and essential amino acids.



### **WALNUTS**

Contain Omega3- fatty acids, which are important for memory and concentration. Antioxidants such as vitamin E and polyphenols, protect brain cells from damage by environmental and dietary toxins.



### **ALMONDS**

Contain folate, tocopherol, polyphenols and unsaturated fatty acids. Almonds may prevent or delay the onset of age-associated cognitive dysfunction and improve memory.



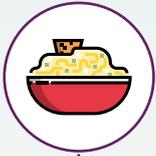
## COCONUT OIL

Contains medium-chain fatty acids, which are easily absorbed compared to long-chain fatty acids. Medium-chain fatty acids can be converted to ketones, which are helpful against memory loss and symptoms of Alzheimer's disease.



## LEAFY GREENS

Leafy greens such as spinach, kale, watercress, mustard greens, romaine, and Swiss chard protect against neurodegenerative diseases like Alzheimer's disease because they are high in vitamin E and other essential nutrients.



## SAUERKRAUT

Sauerkraut (fermented cabbage) contains high levels of dietary fiber and vitamin A, vitamin C, vitamin K, and B vitamins. It is a good source of proteins and minerals such as calcium, iron, sodium, manganese, magnesium, and copper. Sauerkraut contains many helpful microorganisms that help restore your balance of healthy gut bacteria (microbiome).



## EGGPLANT

Eggplant contains an anthocyanin which has been shown to reduce neurodegeneration in Parkinson's Disease by improving mitochondrial function.



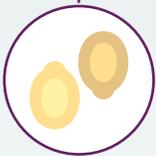
## FLAXSEED OIL

Flaxseed oil prevents oxidative stress in the brain and improves memory and cognitive function.



## CHIA SEEDS

Chia seeds contain high levels of antioxidants and Omega-3 fatty acids that protect brain cells. Chia seeds also help prevent spikes in blood sugar after meals. In addition, they absorb up to 12 times more water than their weight and form a gel-like coating which helps you feel full.



## PUMPKIN SEEDS

Raw Pumpkin seeds are a rich source of zinc which plays important roles in our brain function. Zinc deficiencies can contribute to learning disabilities, schizophrenia, and other brain disorders.



## HEMP SEED

Though hemp and marijuana are both from the cannabis plant, hemp is not psychoactive. Hemp contains amino acids, vitamin E, and omega - 3 fatty acids, which may help ward off diseases like Parkinson's and Alzheimer's disease.



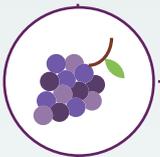
## QUINOA

Quinoa is the only plant food that contains all nine essential amino acids. It's rich in antioxidants like vitamin E, which protects and improves brain function. Amino acids are required to make neurotransmitters such as dopamine, serotonin, and norepinephrine.



## APPLES

Apples contain flavonoids such as quercetin and vitamin C, which prevent oxidative damage of brain cells.



## BERRIES

Berries are a low glycemic fruit and are recommended for diabetes and for their high antioxidant content. Berries may also improve neuron communication and memory.



## OMEGA - 3 FATTY ACIDS

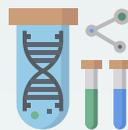
An essential nutrient for brain health that improves cognition and protects the cell membranes in the brain.



13

## PERSONALIZE YOUR PATH - UNDERSTAND HOW YOUR GENES INFLUENCE YOUR HEALTH

Use Advanced Precision Testing to find the underlying root causes of your Brain Chemistry Imbalances



- While everything mentioned above is incredible advice and is recommended, whether or not you take this last step is the most important.
- The truth is that without a specific analysis of your genetics, brain chemistry, and other necessary testing, there is no way to know exactly how effective any of these suggestions will be.

That is the drawback of most health and medical advice popular today; they are based on generalities and averages, not on specific and individual needs.



Your body is made up of a genetic sequence that is 100% unique to you and not only does it not make sense to try and force it to conform to generic health advice, in a lot of cases it is the equivalent of trying to swim against a raging current.



If you have ever struggled with your health and wellness after following the medical advice you've been given, maybe it's time to try a more science-based and precise approach.



You may recall at the beginning of this book I explained that 95% of neurological issues are caused or exacerbated by environmental factors rather than genetic ones. So at this point, you may be asking yourself, **Why would I need information about my genetics if they don't matter that much anyway?**



But the important thing to understand is that, while it is true that environmental conditions play an important role in your health and wellness, your genetic profile determines exactly what influence they will have.



Without an in depth look at the way your body chemistry has reacted and adapted to your environment, the best we can do isn't much more than guesswork. And when it comes to your health, guesswork isn't good enough



Dr Elena Villanueva has helped hundreds of clients stabilize and optimize their health using her unique blend of holistic health, epigenetics and nutrigenomics and other advanced data collection

Dr Elena Villanueva can help you find not only the root cause of your problem, but a viable and result driven solution to fix the underlying cause, restore health, and optimize your body and your mind.



Normally a 40 minute new client consultation would cost \$312, but to help you get on the path to health, she's offering a new patient consult for just **\$199**

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