



**5 Ways To  
Get Rid of Brain Fog**

## What Is Brain Fog?

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Brain fog is when you feel that your thinking is not sharp; your thoughts are fuzzy like you feel after a night of poor sleep or when you are jet-lagged. You feel as if your thoughts are going through a thick liquid. Or you have trouble remembering new information.

### What are the causes of brain fog?

The exact causes of brain fog are not known, but high levels of **inflammation** may be one of the most important reasons.

**Covid-19 Infection** in the past, a condition called **Long Covid** or post-acute sequelae of SARS-CoV-2 infection (PASC). There are more than 200 symptoms of PASC, but brain fog is one of the chief ones.

**Nutrient deficiencies**, such as B vitamins, particularly B12, iron, magnesium, and vitamin D, are some of the significant contributors.

**Poor sleep.** Sleeping for a short duration or having untreated obstructive sleep apnea may cause brain fog. If you do not feel rested when you wake up, please consider getting a thorough sleep evaluation done.

**Poor gut health.** Food sensitivities, like non-celiac gluten sensitivity, gut dysbiosis (presence of unhealthy gut bacteria), and Small Intestinal Bacterial Overgrowth (SIBO) or "leaky gut "may contribute to brain fog.

**Wildly fluctuating blood glucose levels.** If your blood glucose levels spike and fall several times a day, even if you do not have diabetes, may cause brain fog.

**Autoimmune conditions** like Multiple Sclerosis, Lupus, Crohn's Disease and Rheumatoid Arthritis may be associated with brain fog.

**Chronic fatigue or fibromyalgia.** Brain fog may be a part of chronic fatigue syndrome (Myalgic encephalomyelitis).

**Chemo brain.** Undergoing chemotherapy may be related to your brain fog.

**Hormone imbalance.** Thyroid dysfunction and perimenopausal or menopausal hormone imbalance are some of the most important reasons contributing to brain fog.

## 5 Ways To Manage Brain Fog

### 1) Pacing

Pacing is a strategy for managing your activity to match your energy levels—a technique used by people with fibromyalgia or chronic fatigue.

- Do not over-schedule your day. For a short period, you may not be able to do all the activities you were able to do before you experienced brain fog.
- Consider using a calendar if you don't use one now. Add all your appointments and significant deadlines. Scheduling will prevent you from blaming yourself if you don't remember your appointments.
- Learn to say no to things that are not mission-critical.
- Be kind to yourself. Brain fog is often temporary.

### 2) Eat protein to fuel your brain

Your brain weighs 2% of your body weight but uses about 20% of daily fuel requirements. The best way to fuel your brain is by choosing protein-containing food and good-quality fat over carbohydrates. Protein-containing food is fish, meat, eggs, and tofu. Good fat comes from avocado, olive oil, nuts, ghee, and butter. Carbohydrate-containing food is rice, pasta, bread, cookies, grains, starchy vegetables like potatoes, and sugary food. Minimize or stop them.

### 3) Prioritize your sleep

Your brain needs good quality sleep to detoxify and reduce inflammation.

- Stop eating and drinking alcohol three to four hours before your planned bedtime.
  - Eat adequate protein for supper/dinner.
  - Have a fixed sleep and wake-up time.
  - Reduce exposure to lighted devices like TVs, cell phones, laptops and tablets before bedtime.
  - Ensure your bedroom is quiet and dark. Use darkening curtains or eye masks. Do not charge devices like your cell phones in your bedroom.

### 4) Treat your nutrient deficiencies

Getting the correct lab tests done to find out your nutrient deficiencies is extremely important. You may require appropriate nutritional supplementation, and only food may not be enough to correct severe deficiencies.

### 5) Hormone balance.

Optimal thyroid hormone levels, correcting low testosterone levels in men and balancing estrogens, progesterone, and testosterone levels in women are essential.