

# 4 SIMPLE STEPS FOR INCREASED PRODUCTIVITY

## STEP 1

**Begin your day in a way that supports your body's natural circadian rhythm.** We get it; you wake up ready to dive into your work and move the needle on your dreams. Your ambition is something to be celebrated! However, taking care of your brain and body is the only way to guarantee you'll maintain the mental and physical performance necessary to see your vision through to its actualization. Before you start checking emails, get outside for 10-15 minutes of sunlight exposure. If you really want to wake yourself up, pair the time outside with a few cycles of jumping rope.



## STEP 2

**Eat a meal that's rich with polyphenols.** Not all foods are created equal. Brain-boosting foods exist, and your peak productivity requires a diet that incorporates them into your day-to-day life. Polyphenols<sup>1</sup> are naturally-occurring compounds found in fruits, vegetables, and even spices! They have potent antioxidant properties and protect the brain from damage caused by free radicals. Regularly consuming polyphenols can help ward off cognitive deterioration and signs of aging, while simultaneously lowering overall disease risk<sup>2</sup>.



<sup>1</sup> Afzal M, Redha A, AlHasan R. Anthocyanins Potentially Contribute to Defense against Alzheimer's Disease. *Molecules*. 2019; 24(23):4255. <https://doi.org/10.3390/molecules24234255>

<sup>2</sup> Pandey KB, Rizvi SI. Plant polyphenols as dietary antioxidants in human health and disease. *Oxid Med Cell Longev*. 2009 Nov-Dec;2(5):270-8. doi: 10.4161/oxim.2.5.9498. PMID: 20716914; PMCID: PMC2835915.

# STEP 3

**View errors as an entry point.** In the immediate seconds and minutes following an error, your brain is primed to learn a concept or conquer a task. According to research<sup>3</sup>, there's a sweet spot to finding this 'optimal error zone'. The most effective learning takes place when the task is neither too easy nor too hard; instead, scientists suggest an "optimal error rate for training [of] around 15.87% or, conversely, [an] optimal training accuracy [of] about 85%." So, push yourself to make mistakes; and when you do, take full advantage of the ensuing opportunity to excel.

<sup>3</sup> Wilson, R.C., Shenhav, A., Straccia, M. et al. The Eighty Five Percent Rule for optimal learning. *Nat Commun* 10, 4646 (2019). <https://doi.org/10.1038/s41467-019-12552-4>



# STEP 4

**Try a high-quality, all-natural nootropic.** That's where we come in! Supplementation is a great way to supply your brain and body with performance-enhancing nutrients. With so many options flooding the market, how do you make the correct decision for you and your goals? **Simple!** Think of the supplement as an investment in your wellness, well-being, and long-term vision. A nootropic is exactly that; a substance that improves overall cognitive function and enhances your quality of life. **CURED Rise** is an all-natural, CBD-infused nootropic; the only supplement guaranteed to perform as well as you do. Go from foggy to focused in just one dose, and rest assured that the supplement you're choosing is busy building your brain and body while you build your dreams.

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