PURELIVING CO

FREE GUIDE

The Clear Mind Guide

5 simple brain-health habits for focus, clarity, and steady energy - every day.

1

Sleep like it matters

Fixed wake time, dark room, real rest.

2

Move before deep work

10 minutes of movement beats a third coffee.

3

Focus in blocks

One task, phone away, real breaks.

INSIDE THIS GUIDE

5 daily habits | 4 facts worth knowing | How to read a supplement label | A 7-day starter plan | An honest look at Neuromind Pro

Honest brain-health routines. No hype, no miracle promises.

START HERE

Why your mind feels foggy

Brain fog is not a diagnosis - it is how most people describe days when focus feels slow, names slip away, and simple tasks take twice as long. The usual culprits are ordinary: poor sleep, too much sitting, heavy meals, constant phone switching, and stress that never gets a break.

The good news: the same ordinary levers that drain focus can rebuild it. This guide gives you five of them - small, repeatable habits, not a total life overhaul.

4 facts worth knowing

3/4

of your brain is water.

Drink steadily through the day - dehydration dulls focus fast.

20%

of your body's resting energy goes to your brain.

It is a hungry organ. Feed it real food, not just quick sugar.

7-9 hrs

of sleep most adults need a night.

Sleep is when the day's learning gets filed away.

1 thing

at a time is how focus works.

Your brain does not truly multitask - it switches, and switching costs focus.

HOW TO USE THIS GUIDE

Pick ONE habit for week one. Add a second when the first feels easy. By day 7 you will have a routine you can actually keep.

This guide is educational only and is not medical advice. If you have a health condition or take medication, talk to your doctor before changing your routine or starting a supplement.

THE ROUTINE

The 5 daily habits

1

Sleep like it matters

SLEEP

Go to bed and wake up at roughly the same times, even on weekends. Dim screens an hour before bed and keep your room cool and dark. Most adults do well with 7-9 hours - treat that window as non-negotiable.

2

Move before deep work

MOVE

Ten minutes of walking, stretching, or light movement before a focus session wakes your body up better than a third coffee. Put movement first, screens second.

3

Eat for steady energy

EAT

Build meals around whole foods: vegetables, protein, whole grains, and healthy fats. Drink water through the day. Big sugar crashes and skipped meals are focus killers.

4

Focus in blocks

FOCUS

Work in 25-50 minute blocks on ONE task, phone in another room. Between blocks, stand up, breathe, and look away from the screen for five minutes. Single-tasking beats multitasking every time.

5

Wind down on purpose

UNWIND

End the day by writing tomorrow's top three tasks. It clears the mental loop that keeps you awake and lets you start the next morning with a plan, not a scramble.

Small beats heroic. A habit you keep beats a routine you quit.

BUY SMART

Reading an ingredient list like a pro

Before you buy any brain-health product, read the label the way you would read a food label. Four questions do most of the work:

Ask these 4 questions before you buy:

- What is actually in it - and in what amounts?
- Are the ingredients plant-based or synthetic?
- Does it lean on heavy stimulants to fake energy?
- Is the company open about what is inside?

As presented by the vendor - Neuromind Pro:

100% natural,
plant-based formula

No dangerous
stimulants or toxins

Vegan and
non-GMO

365-day
money-back guarantee

A straight note from PureLiving Co: a supplement sits ON TOP of the five habits, not instead of them. Sleep, movement, food, and focus blocks do the heavy lifting. A product can support the routine - it cannot replace it.

Get Neuromind Pro

Affiliate link - see the disclosure on the last page.

START TODAY

Your 7-day starter plan

DAY 1	Set a fixed wake time and take a 10-minute morning walk.
DAY 2	Phone out of the room for your first focus block.
DAY 3	Build one steady-energy lunch: protein + vegetables + whole grain.
DAY 4	Two focus blocks with real breaks in between.
DAY 5	No screens for the last hour before bed.
DAY 6	Write tomorrow's top three before dinner.
DAY 7	Repeat the habits that felt easiest - that is your routine now.

One week from now, you will wish you had started today. So start today.

A NOTE BEFORE YOU GO

A clearer mind starts with one small kindness to yourself.

If today felt foggy, that does not mean you are broken. It means you are tired, busy, and human - and you deserve a routine that is gentle enough to actually keep.

You do not need a perfect morning, a perfect diet, or a perfect week. You need one small habit, kept daily, and then another. That is how clarity returns - quietly, one ordinary day at a time.

Here is to clearer mornings, calmer evenings, and a mind that feels like yours again. We are rooting for you. - PureLiving Co

Ready to support the routine?

Neuromind Pro - 100% natural, plant-based formula, vegan and non-GMO, as presented by the vendor.

Get Neuromind Pro

365-DAY GUARANTEE

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