FOCUS WAVE

Brain Performance System

The Neuro-Nutrition Blueprint

What to Eat & Drink to Make Every Focus Wave Session Work Harder



A complete food, drink & habit guide — paired track-by-track with your 5 Focus Wave audio tracks

Included FREE with your Focus Wave purchase.

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INTRODUCTION

How Food & Brainwaves Work Together

Your brain is the most energy-hungry organ in your body — using roughly **20% of your total daily calories** while making up only 2% of your body weight. Every moment of focus, every creative idea, and every deep sleep cycle depends on a constant supply of the right nutrients at the right time.

Focus Wave uses precision audio frequencies to guide your brain into specific mental states. But here's what most people don't realise: **what you eat and drink directly determines how deeply — and how quickly — your brain can shift into each frequency state.**

Think of Focus Wave as a high-performance engine. This blueprint is the premium fuel that makes it run at full power.

Why Nutrition Matters for Brainwaves

Your brain produces chemical messengers called neurotransmitters — dopamine, serotonin, GABA, and acetylcholine — that directly control which brainwave state dominates at any given moment. These neurotransmitters are built almost entirely from the food you eat.

Neurotransmitter	Brainwave It Supports	Key Food Sources
Dopamine	Gamma — Focus & Drive	Eggs, chicken, almonds, dark chocolate
Serotonin	Alpha — Calm Creativity	Turkey, bananas, oats, walnuts
GABA	Theta — Deep Rest & Sleep	Fermented foods, green tea, spinach
Acetylcholine	All states — Memory Bridge	Eggs, liver, broccoli, sunflower seeds

PART 1

The Brain Performance Pantry

These **6 foundation foods** support healthy brain function regardless of which track you're listening to. Make these the core of your daily diet and every Focus Wave session becomes noticeably more powerful.



Fatty Fish

Salmon, sardines, mackerel. Rich in DHA omega-3s — the primary structural fat of the brain. Low DHA is linked to poor focus, mood swings, and disrupted sleep. Aim for 2–3 servings per week.



Pasture-Raised Eggs

The single best source of choline — the building block of acetylcholine, your brain's primary memory neurotransmitter. Two eggs per day covers your baseline needs. Never skip the yolk.



Blueberries

Dense in antioxidants that cross the blood-brain barrier and protect neurons. Regular consumption improves working memory and information processing speed.



Avocado

High in healthy fats and potassium — supports blood flow to the brain. Better blood flow means faster frequency response on every Focus Wave track.



Walnuts

The only nut with significant DHA omega-3 content. One of the most studied brain-protective foods. A small handful daily is all you need.



Dark Chocolate 85%+

Flavanols increase blood flow to the brain. Contains a small amount of caffeine for gentle Gamma activation. 1–2 squares is the sweet spot.

■ TRACK 01 — GAMMA ACTIVATION | For Focus & Mental Clarity

PART 2

Gamma Activation Nutrition

Gamma waves (30–100 Hz) require significant neural energy. Your brain needs **high-quality protein, tyrosine-rich foods, and stable blood sugar** to enter and hold the Gamma state. Here's exactly what to eat before your focus sessions.

Best Foods

→ Eggs + Avocado on Sourdough Toast

Choline from eggs, healthy fat from avocado, and slow-release carbs from sourdough give your brain stable fuel for 3–4 hours without blood sugar spikes.

→ Greek Yogurt + Walnuts + Blueberries

High-protein, high-fat, antioxidant-rich. This trio supports dopamine production while protecting neurons during intense cognitive work.

→ Chicken or Turkey with Leafy Greens

Both are high in L-tyrosine — the amino acid your brain converts directly into dopamine, the neurotransmitter of focus and drive.

→ Dark Chocolate (1–2 squares, 85%+)

Flavanols increase cerebral blood flow within 90 minutes. Have it 30–60 minutes before pressing play on Gamma Activation.



Best Drink: Green Tea — Caffeine activates alertness while L-theanine prevents jitteriness. This combination produces calm, focused alertness — exactly the Gamma state you're trying to enter.

AVOID before Gamma sessions: refined sugar, alcohol, energy drinks, heavy fried foods. These spike and crash blood sugar — destroying the stable neural environment Gamma requires.

■ TRACK 02 — DEEPREST THETA | For Sleep & Restoration

PART 3

DeepRest Theta Nutrition

Theta waves (4–7 Hz) are the gateway into deep, restorative sleep. Your body produces **GABA and melatonin** to enter this state. The right foods eaten 2–3 hours before bed make your Theta session dramatically more effective.

Best Foods

→ Tart Cherry Juice — diluted with water

One of the most studied natural sources of melatonin. Clinical trials show it increases both sleep duration and quality. Dilute with water — straight juice is too sugary before sleep.

→ Turkey or Chicken — small portion (3–4 oz)

High in tryptophan — the amino acid precursor to serotonin, which converts to melatonin. A small portion is enough. Overeating before bed will disrupt sleep.

→ Banana + Almond Butter

Bananas contain tryptophan and magnesium. Almond butter adds healthy fats that slow digestion and maintain stable blood sugar through the night.

→ Warm Oatmeal — plain, no sugar

Complex carbohydrates trigger a small insulin response that helps tryptophan cross the blood-brain barrier — making you naturally sleepier.

→ 2 Kiwi Fruits — 1 hour before bed

Studies show eating 2 kiwis one hour before bed significantly reduces time to fall asleep and increases total sleep duration.



Best Drink: Chamomile Tea or Lemon Balm Tea — both directly raise GABA levels in the brain and prepare your nervous system for deep, uninterrupted sleep.

AVOID before Theta sessions: caffeine after 2pm, alcohol (disrupts REM sleep), blue light from screens, large high-protein meals within 1 hour of sleep.

■ TRACK 03 — CREATIVEFLOW ALPHA | For Creative Flow

PART 4

CreativeFlow Alpha Nutrition

Alpha waves (8–12 Hz) represent relaxed alertness — calm enough to let ideas flow freely, alert enough to capture and develop them. The key nutrients for Alpha gently raise serotonin and reduce cortisol without making you drowsy.

Best Foods

→ Matcha Latte — oat milk, no sugar

Matcha contains a higher concentration of L-theanine than regular green tea. L-theanine directly stimulates Alpha wave production within 30–40 minutes. The single most powerful Alpha-state drink available.

→ Oatmeal + Berries + a Drizzle of Honey

Complex carbs, antioxidants, and natural glucose. This combination stabilises mood, gently raises serotonin, and keeps creative energy flowing without a crash.

→ Dark Chocolate + Almonds

Magnesium in almonds supports GABA production. Chocolate flavanols increase blood flow to the prefrontal cortex — the seat of creative thinking.

→ Avocado on Sourdough Toast

Oleic acid in avocado activates brain regions associated with reward and creative thinking. Sourdough's fermentation produces natural GABA precursors.

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Best Time: Mid-morning or early afternoon — Alpha sessions pair best with the natural drop in cortisol that happens between 10am–2pm. Avoid scheduling creative sessions right after a heavy meal.

■ TRACK 04 — MEMORYLOCK | For Memory & Deep Retention

PART 5

MemoryLock Nutrition

Memory consolidation depends heavily on **acetylcholine** and **BDNF (Brain-Derived Neurotrophic Factor)** — sometimes called 'fertiliser for the brain.' The foods below directly boost both.

Best Foods

→ Eggs — especially the yolk

The richest dietary source of choline — the raw material for acetylcholine. Studies show choline intake is directly correlated with memory performance and learning speed. Never skip the yolk.

→ Rosemary Tea or Rosemary-Infused Water

Contains 1,8-cineole, a compound shown to increase acetylcholine activity in the brain. Studies show it measurably improves memory speed and accuracy.

→ Blueberries + Pomegranate Seeds

Both are high in polyphenols that cross the blood-brain barrier and have been shown to improve spatial memory and information recall in multiple human studies.

→ Turmeric + Black Pepper — golden milk or in food

Curcumin in turmeric boosts BDNF levels. Piperine in black pepper increases curcumin absorption by up to 2,000%. The most evidence-backed BDNF-boosting food combination available.

→ Lion's Mane Mushroom — as food or supplement

Stimulates Nerve Growth Factor and BDNF production. The most studied natural nootropic for memory and neuroplasticity. Take as a powder in warm water or coffee.

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Best Time: Use MemoryLock immediately after a study or learning session — the brain consolidates new memories most effectively during the first 2 hours after new information is absorbed.

■ TRACK 05 — STRESSSHIELD CALM | For Deep Calm & Stress Relief

PART 6

StressShield Calm Nutrition

When stress locks your nervous system in fight-or-flight, cortisol actively **suppresses GABA** — the brain's primary calming neurotransmitter. These foods directly replenish GABA and activate your body's natural 'rest and digest' mode.

Best Foods

→ Chamomile Tea

Contains apigenin — a flavonoid that binds to GABA receptors in the brain, producing a gentle calming effect. Drink 20 minutes before your StressShield session.

→ Fermented Foods — Kimchi, Kefir, Sauerkraut

90% of your serotonin is produced in your gut. Fermented foods feed the gut bacteria that produce GABA precursors and serotonin, building baseline stress resilience.

→ Magnesium-Rich Foods — Dark greens, pumpkin seeds, dark chocolate

Magnesium is depleted rapidly during stress. Replenishing it is one of the fastest ways to calm an overactivated stress response.

→ Lemon Balm Tea

Contains rosmarinic acid, which raises GABA levels naturally. A clinical trial found it reduced anxiety and improved mood within 1 hour.

→ Ashwagandha in Warm Oat Milk

The most studied adaptogen for cortisol reduction. Multiple clinical trials show it significantly reduces cortisol and perceived stress within 4–8 weeks.



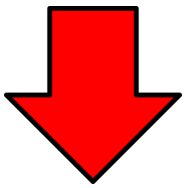
Best Time: Use StressShield Calm in the evening, 1–2 hours before bed, or any time you feel your stress response activated. It pairs perfectly with chamomile or lemon balm tea.

AVOID when stressed: caffeine, alcohol, sugar, processed foods. These all spike cortisol and actively prevent your brain from reaching Alpha and Theta states.

PART 7

The 3 Drinks That Block Brainwave Entrainment

Most people drinking these every day have no idea they are actively working against their brain's ability to shift frequencies. These are the three biggest neurological saboteurs — and what to replace each one with.



■ Alcohol

Even one drink significantly disrupts Theta wave production during sleep, blocks GABA receptor sensitivity, and fragments REM sleep architecture. Many people feel they sleep 'better' after a drink — this is sedation, not true restorative sleep. Alcohol actively suppresses the very brainwave states Focus Wave is designed to activate.

■ REPLACE WITH: Sparkling water + tart cherry juice + lime. Tastes like a mocktail — and actively supports your Theta state instead of destroying it.



■ Energy Drinks — Red Bull, Monster, etc.

The combination of synthetic caffeine, sugar, and artificial stimulants creates an extreme high-Beta brain state — the opposite of productive Gamma. The subsequent crash floods your system with cortisol, making calm impossible and disrupting sleep for up to 12 hours afterward.

■ REPLACE WITH: Green tea or matcha — natural caffeine + L-theanine gives you clean, sustained energy without the crash or the cortisol flood.



■ Sugary Coffee Drinks — Frappuccinos, Flavoured Lattes

The extreme blood sugar spike creates neural chaos — rapid swings between high-Beta and low-Delta. This makes it impossible for the brain to settle into any stable frequency. Chronically elevated cortisol directly blocks Alpha and Theta wave production.

■ REPLACE WITH: Black coffee or an Americano before noon. Switch to herbal tea or matcha in the afternoon. Stable blood sugar = stable brainwaves.



PART 8

The Daily Neuro-Nutrition Timeline

Use this as your daily reference guide. Each time slot shows exactly what to eat, what to drink, and which Focus Wave track pairs best.

6:00–7:00 AM **Wake Up**	Drink 500ml water + pinch of sea salt. Optional: 1 tsp lion's mane in water. Best track: Gamma Activation
7:00–8:00 AM **Breakfast**	Eggs + avocado + sourdough OR Greek yogurt + walnuts + blueberries. Drink: Green tea or black coffee. Best track: Gamma Activation
10:00–11:00 AM **Mid-Morning**	1–2 squares dark chocolate + almonds. Drink: Green tea or matcha. Best track: Gamma Activation or CreativeFlow Alpha
12:30–1:30 PM **Lunch**	Salmon or chicken + large salad + olive oil. Add pumpkin seeds + pomegranate seeds. Drink: Water with lemon. No coffee after this.
3:00–4:00 PM **Afternoon**	Banana + almond butter OR oat crackers + hummus. Drink: Matcha latte or lemon balm tea. Best track: CreativeFlow Alpha or MemoryLock
6:00–7:00 PM **Dinner**	Turkey or chicken + roasted vegetables + brown rice. Add turmeric + black pepper. Drink: Water only from this point.
8:00–9:00 PM **Evening Wind-Down**	Tart cherry juice (diluted) OR 2 kiwi fruits OR warm oatmeal. Drink: Chamomile or lemon balm tea or ashwagandha oat milk. Best track: StressShield Calm
10:00–10:30 PM **Sleep Preparation**	No food. Water only. Screens off 30 minutes before bed. Best track: DeepRest Theta — press play as you get into bed.

PART 9

Your 7-Day Quick-Start Meal Plan

Use this plan for your first 7 days. Designed to be **simple, repeatable, and easy to shop for.** After week one, rotate freely using the food lists from Parts 2–6.

Day	Breakfast	Lunch	Dinner	Evening
Day 1	Eggs + avocado + sourdough Green tea	Grilled salmon + salad + pumpkin seeds	Turkey stir-fry + brown rice + turmeric	Chamomile tea + 2 kiwi fruits
Day 2	Greek yogurt + blueberries + walnuts | Matcha	Chicken + quinoa + sweet potato	Baked salmon + broccoli + rice	Lemon balm tea + banana + almond butter
Day 3	Oatmeal + berries + almond butter Green tea	Tuna + avocado + sourdough	Chicken + greens + pomegranate	Chamomile + tart cherry juice
Day 4	3-egg omelette + spinach + feta Black coffee	Sardines + avocado + sourdough	Turkey meatballs + roasted veg + rice	Ashwagandha oat milk + 2 kiwis
Day 5	Smoothie: banana + blueberries + spinach | Matcha	Chicken + greens + blueberries + seeds	Salmon + asparagus + sweet potato	Lemon balm tea + warm oatmeal
Day 6	Poached eggs + smoked salmon + avocado | Green tea	Chicken + quinoa + roasted peppers	Turkey + broccoli + rice + turmeric	Chamomile + dark chocolate + almonds
Day 7	Greek yogurt + walnuts + pomegranate | Matcha	Salmon + avocado + salad + pumpkin seeds	Chicken stir-fry + mixed veg + rice	Tart cherry juice + lemon balm tea

BONUS

The Advanced Supplement Stack

These supplements are OPTIONAL. The food plan alone is sufficient for most people. Always consult your doctor before starting any new supplement.

Supplement	Dose	Best For	What It Does
Lion's Mane Mushroom	500–1,000mg daily (morning)	**MemoryLock**	Stimulates BDNF and Nerve Growth Factor. The most studied natural nootropic for memory and neuroplasticity.
Magnesium Glycinate	200–400mg before bed	**DeepRest Theta**	The most bioavailable form of magnesium. Supports GABA production, deep sleep, and nervous system calm.
L-Theanine	100–200mg with morning tea	**Gamma & Alpha**	Directly stimulates Alpha wave production. Pairs powerfully with caffeine for clean focused alertness.
Omega-3 (DHA/EPA)	1–2g daily with food	**All tracks**	DHA is the structural fat of brain cell membranes — essential for all brainwave states.
Ashwagandha KSM-66	300–600mg daily	**StressShield**	The most studied adaptogen for cortisol reduction. Takes 4–8 weeks of consistent use.
Bacopa Monnieri	300mg daily with food	**MemoryLock**	Studied for memory consolidation and learning speed. Takes 6–8 weeks to build up.

You now have everything you need. Follow the daily timeline. Use the 7-day meal plan to start. Pair the right foods with the right tracks. Your brain has been waiting for this combination. Give it what it needs — and let Focus Wave do the rest.

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