

St. Catharines Naturopath Releases Actionable Guide to Overcoming Brain Fog and Reclaiming Mental Focus

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Dr. Aoife Earls, ND, has released a new educational guide, "Manage Brain Fog with A St. Catharines Naturopath: 7 Approaches To Reclaiming Your Focus," offering practical strategies for individuals who struggle with persistent mental fatigue, poor concentration, and difficulty maintaining focus throughout the day. The publication serves as a follow-up to her previous educational resource exploring the underlying causes of brain fog and shifts the conversation toward practical lifestyle habits that may help support clearer thinking and improved cognitive function.

This latest publication builds upon Dr. Earls' earlier educational resource on brain fog in St. Catharines, which explored many of the underlying factors that may contribute to persistent cognitive symptoms. While the previous guide focused on helping readers better understand why brain fog can occur, this new resource shifts the focus toward practical, sustainable lifestyle strategies that may help support clearer thinking and improved daily mental performance.

While many people associate brain fog with busy schedules or everyday stress, the guide explains that long-term improvements in mental clarity often begin with establishing consistent daily habits that support overall health. Rather than promoting quick fixes or temporary stimulants, the publication emphasizes that healthy routines can play an important role in supporting stable energy, better concentration, and improved mental performance over time.

The guide introduces seven practical approaches that readers can begin incorporating into their daily lives. Rather than presenting a rigid protocol, it encourages readers to make small, sustainable adjustments that support cognitive health over time.

Among the recommendations discussed are pairing carbohydrates with protein or healthy fats to promote steadier energy levels, beginning the day with water before relying on caffeine, reducing unnecessary digital

distractions, working in dedicated focus blocks, maintaining a consistent sleep routine, taking regular breaks throughout the day, and incorporating daily physical activity to support overall mental clarity. Together, these strategies are presented as practical habits that can help create a stronger foundation for clearer thinking and improved focus.

Throughout the publication, Dr. Earls, ND emphasizes that these recommendations are intended to provide a practical starting point rather than a one-size-fits-all solution. Small, consistent changes made over time may help reduce mental strain and improve cognitive performance, but lasting improvements often depend on understanding the broader factors influencing an individual's health. The guide encourages readers to focus on building supportive daily routines instead of searching for a single intervention to resolve persistent symptoms.

The publication also explains that while healthy lifestyle habits can provide meaningful benefits, ongoing brain fog that persists despite these changes may warrant a more comprehensive evaluation. Because cognitive symptoms can be influenced by many different factors—including sleep quality, nutrition, stress, hormone balance, thyroid function, blood sugar regulation, digestive health, inflammation, and nutrient status—understanding the underlying contributors is often an important step toward developing an individualized approach to care.

By combining practical self-care strategies with education about the broader factors that influence cognitive function, the guide encourages readers to take a proactive approach to their long-term health. It is intended to help individuals better understand how consistent lifestyle habits may support clearer thinking while recognizing when persistent symptoms deserve further investigation.

Dr. Aoife Earls, ND, is a registered naturopathic doctor with more than 15 years of clinical experience serving patients throughout St. Catharines. Drawing on her background in behavioral neuroscience, she focuses on identifying and addressing the underlying causes of health concerns through individualized, evidence-informed naturopathic care. Dr. Earls, ND provides in-person appointments at her St. Catharines clinic and also offers secure virtual consultations for patients across Ontario.

To learn more about Dr. Aoife Earls, ND, please contact the clinic at (289) 815-1668 or by email at info@draoife.com. Additional educational resources and information about booking a consultation are available by visiting www.draoife.com

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Dr. Aoife Earls, ND serves as a Naturopath in St. Catharines and in the GTA for over 10 years. As a Naturopathic Doctor, she offers telemedicine and essential in-person consultations.

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