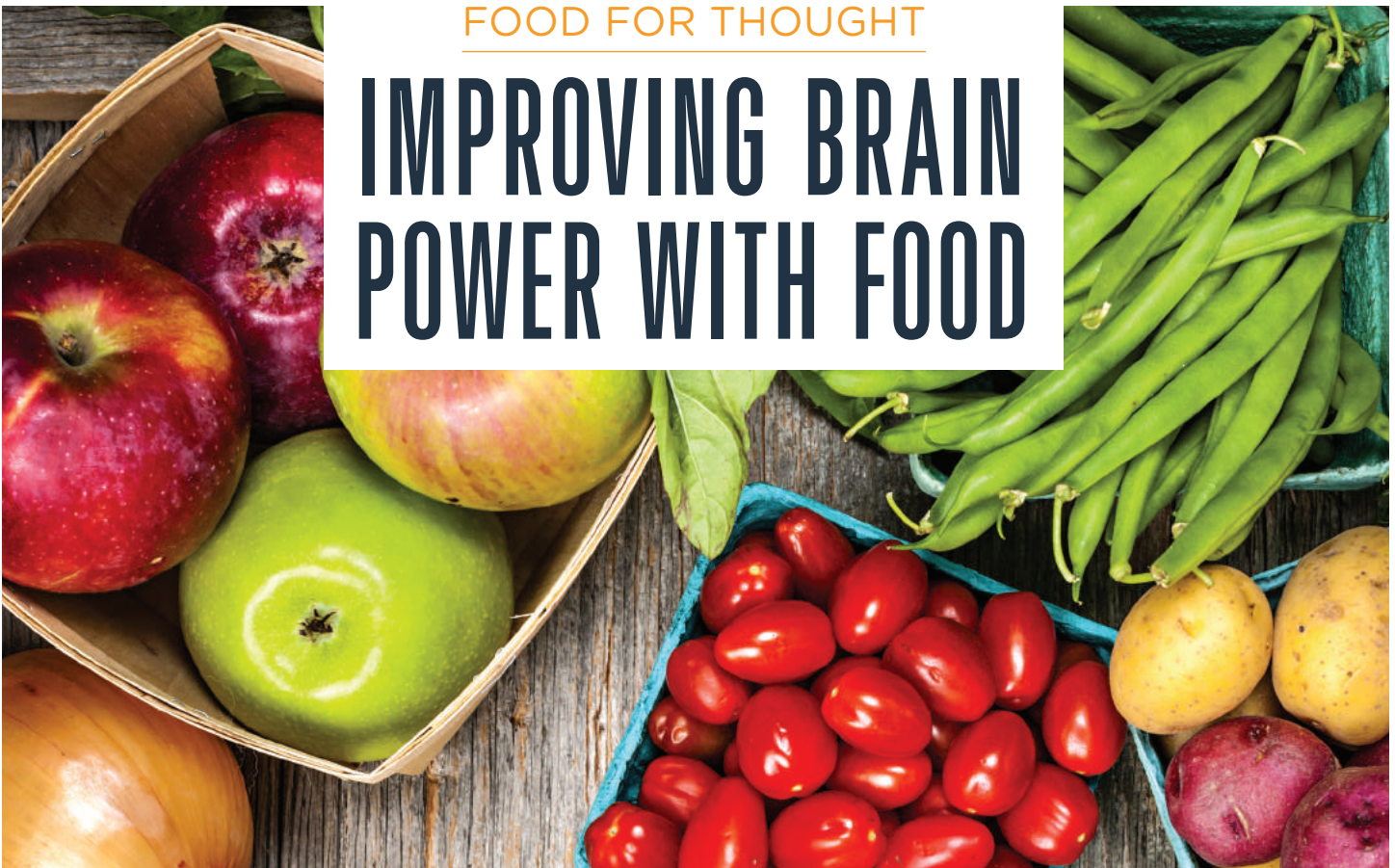


IMPROVING BRAIN POWER WITH FOOD



Have you ever experienced brain fog or just couldn't concentrate all day? Have you ever paused to think that what you eat and drink may impact how well you feel and think throughout the day? The foods and beverages we consume affect our muscles, skin, and even our brains. They also influence our ability to concentrate, how much energy we have and even our mood. Evidence supports that essential nutrients and hydration are vital for mental clarity, memory, and hormone production and balance.

CHEW ON THIS

Drink 1/2 - 1 oz. of water per lb. of bodyweight per day

Consume 1,000 mg of DHA and EPA Omega 3s per day

For optimal brain power, take advantage of foods that give back. Focus on fish, berries, seeds, nuts, eggs, and water.

- 1. EAT FATTY FISH:** Fatty fish are high in the most effective Omega-3 fatty acids DHA and EPA. These essential fats are found in fish like sardines, salmon and mackerel and have been shown to increase circulation in the brain and improve memory and focus. If you don't eat fish, choose a high quality fish oil supplement that provides 1-2 grams of total EPA/DHA each day.
- 2. VERY BERRY:** A recent study at Tufts University found eating blueberries may be effective to improve short-term memory loss. Strawberries, raspberries, and acai berries have also been shown to boost brain health.
- 3. GET YOUR B VITAMINS:** Vitamins B6, B12, and folic acid reduce homocysteine which is associated with impaired cognitive function, Alzheimer's disease, and increased risk of stroke. Eating dark leafy greens, Greek yogurt, chicken, and fish will help you get the variety of B vitamins you need.
- 4. EAT THE WHOLE EGG:** The yolk of an egg is a great source of choline, which helps the body produce acetylcholine, a neurotransmitter that boosts memory.
- 5. GO NUTS:** Another important type of Omega-3 fatty acid is alpha linolenic acid (ALA). Nuts and seeds like walnuts, flax seeds, chia seeds, and pumpkin seeds are great sources of ALA and Vitamin E. Adding nuts and seeds to breakfast or a snack is a great way to support memory and cognition.
- 6. WATER, WATER, WATER:** Two thirds of your brain is water by weight. Dehydration can impair short term memory, focus and decision making. By the time you are thirsty, you could be experiencing a 10-percent decline in cognitive function. Remember to drink water to stay adequately hydrated and optimize brain function.