

SUPERFOODS TO SUPERCHARGE YOUR BRAIN

by Lori Kearney, Certified Integrative Health Coach, Wellness Educator + Owner

- 1. AVOCADOS.** Who doesn't love guacamole? A half an avocado a day is a good source of antioxidants. Avocados are packed with the right kind of fat, keeping your blood sugar levels steady. This helps improve cognitive function, especially in memory and concentration.
- 2. BLUEBERRIES/ BERRIES.** High levels of antioxidants boost brain function. Blueberries not only reduce inflammation but can protect the brain from aging and prevent diseases such as cancer and dementia. Recommendations are to eat one cup daily.
- 3. DARK CHOCOLATE.** Not all chocolate is created equal; in fact, dark chocolate (70% or higher) can be good for you! It can help lower blood pressure and improve blood flow to both the brain and heart plus tastes delicious.
- 4. NUTS & SEEDS.** Sometimes you feel like a nut! An ounce of nuts and seeds (especially walnuts & almonds) or nut butter every day has the vitamin E to keep your mind sharp. Omega 3 and six fatty acids balance serotonin levels to boost mood and reduce inflammation.
- 5. SPIRULINA.** What! Is it green algae? Spirulina is a nutrition-packed "superfood" that grows in freshwater bodies. Spirulina is incredibly high in protein and an excellent source of antioxidants, B-vitamins, and other nutrients. It is one of the most powerful nutrient sources available.
- 6. WILD ALASKAN SALMON.** Think fast! A four-ounce serving twice a week can help you learn more quickly. It's packed with omega-3 fatty acids to help keep your brain running smoothly — goodbye, brain fog — and hello improved memory.
- 7. DARK GREEN LEAFY VEGETABLES.** Getting regular helpings of dark green leafy brain foods like kale, Swiss chard and spinach can help keep dementia at bay.
- 8. BROCCOLI.** Cruciferous vegetables such as broccoli, Brussel sprouts, cauliflower and kale are loaded with antioxidants. Naturally detoxifying, they help rid the body of possible harmful compounds. Keep your memory sharp.
- 9. EGGS.** On the naughty nutritional list for years, egg yolks are finally experiencing their well-deserved day in the sun. Yolks produce hormones related to happiness - that's right, eggs can make you happy!
- 10. COCONUT OIL.** Ahh, coconut oil, versatile and good for you! Coconut oil works as a natural anti-inflammatory and can help with memory loss as you age. It also destroys harmful bacteria that hangs out in your gut.
- 11. EXTRA VIRGIN OLIVE OIL.** This oil provides a healthy dose of fats that fights inflammation, improves learning and memory, and reverses changes related to age and disease.
- 12. ROSEMARY/ ROSEMARY OIL.** It protects the brain against chemical-free radicals, which links to neurodegeneration, Alzheimer's, strokes and normal aging in the brain.

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13. BEANS AND CHICKPEAS. Beans, beans, they're good for your brain? Yes, they are! One-half cup of beans every day can stabilize your blood sugar, so your brain gets a steady supply of energy.

14. TURMERIC. Helps increase antioxidant levels and keeps your immune system healthy. Turmeric also improves your brain's oxygen intake, keeping you alert and able to process information. Thanks to curcumin, found in turmeric, the spice is one of the most powerful anti-inflammatory agents.

15. WATER. It is easy not to consume enough water and become dehydrated. Being even slightly dehydrated decreases your mental energy and can impair your memory. Keep your brain hydrated.

SUPERCHARGE YOUR BRAIN WITH BRAIN-BOOSTING HABITS

1. Eat For Your Brain
2. Meditation
3. Sleep
4. Brain Exercise
5. Regular Exercise
6. Active Social Life
7. Healthy Weight
8. Stress Management
9. Think Positive
10. Support

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"Wanna-be-Healthy South Metro"

One-on-One Health Coaching for Personal Support

Integrative Health Coaching is perfect for anyone motivated to improve his/her health. I coach each person differently, depending on their own unique needs. Investing in yourself is the best investment one can make.

Are you interested to learn about health coaching? I meet with clients via video conferencing, phone or in-person, so you can be located anywhere in the world. Contact me at info@mindfulhealthwithlori.com to arrange a complimentary 30-minute health consultation to see if health coaching is right for you. There is usually a wait-list, so contact me today to get the process started – your future self is grateful you took this first step.