



Keep Your Brain Strong!

Many of us assume that as time goes on our brains are just not as sharp as they used to be and that this change is inevitable. This is not necessarily the case and there are many things we can do to influence the functioning our brains take as time passes. The following supplements, extracts and herbs can help us keep our brains on the right track for lifelong clarity and optimal function.

Omega 3s: These play many important roles in many different parts of the body including the brain, heart and immune system they also play a role in combating inflammation and cancer. A recent study has found that people given fish oil supplements performed better than those who were not on memory/thinking tests over the three years they were studied. The brains of the group members' receiving the omega 3 were also larger noticeably in the hippocampus and cerebral cortex areas, which play an important role in memory and thinking.

Magnesium: The list of all the important things magnesium does for the body would be too long to print here but it includes: supporting cognitive recovery, insulating nerve fibers, balancing electrical activity of nerve cells and causing enzymatic reactions to occur.

Blueberries/Extract: Also found in studies to improve memory and learning, blueberries should be valued for there antioxidant, anti-inflammatory, and lipid-lowering properties.

Citicoline: is a brain chemical that occurs naturally in the body. It is an intermediate involved in the synthesis of phosphatidylcholine, a major constituent of the grey matter of brain tissue (30%). Studies have shown subjects given Citicoline performed better on mental focus/ attention tests than those who were not.

Green Tea: Its many benefits include its antioxidant, antibacterial and antiviral properties. L-theanine, which is an amino acid found in green tea, processes neuroprotective properties (Eklund, 2012).

Consider the above ideas and remember if you are nice to your body your body will be nice to you.

7 Tips for Improving Memory

- 1.) Stay Mentally Active
 - 2.) Socialize Regularly
 - 3.) Get Organized
 - 4.) Focus (Limit Multitasking)
 - 5.) Eat a Healthy Diet
 - 6.) Be Physically Active
 - 7.) Manage Chronic Conditions
- From the Mayo Clinic, 2011*



Sources:

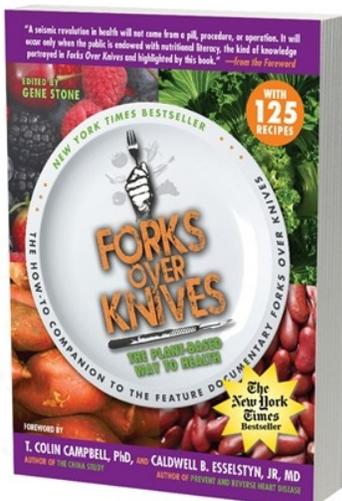
Eklund, Jane (2012). Stay Sharp Naturally: Jumper Cables for Your Brain. Taste for Life. Januaray p. 18.

Healthy Transformations Book of the Month:

Forks over Knives: The Plant Based Way to Health
By: Dr. T. Colin Campbell

There is a great deal of research indicating the benefits of a plant based diet for cardiovascular health.

-Kim Thompson of Healthy Transformations



Special Thanks to...



Peter's Cornucopia

38 New Hartford Shopping Center
New Hartford, NY 13413

(315) 724-4998 www.peterscornucopia.net

Healthy Transformations

3985 Oneida Street, Suite 104
New Hartford, NY 13413

(315) 737-8270



www.healthytransformations.net