



NOURISHMENT FOR THE BRAIN

Boost your
mental
well-being
with
powerful
foods



WALNUTS

Walnuts are full of omega-3 fatty acids, antioxidants, as well as melatonin (sleep inducing hormone), polyphenols, folate and vitamin E, all of which promote a healthy brain and gut. Research has shown that those who consumed about half a cup of walnuts every day showed improvements in self-reported mental health indicators.

Lion's Mane mushrooms contain two special compounds, hericenones and erinacines, which stimulate brain cell growth. These compounds also have an anti-inflammatory effect, which can help reduce stress and anxiety. Lion's Mane mushrooms also contain antioxidants, which can help protect brain cells from damage. They have also been shown to improve cognitive function and memory.



LION'S MANE MUSHROOMS



SALMON

Salmon is a fatty fish that is said to improve depression and memory loss. It is a rich source of Vitamin D and Omega-3 fatty acids. These fatty acids are essential for brain health and can reduce inflammation and oxidative stress. Salmon is also a good source of B vitamins, which are essential for proper functioning of the brain.

The food you eat can have as profound an effect on your brain as the drugs you take

-Dr.Una Naidoo

Several studies have shown that avocados help improve brain health because they contain B vitamins, which can help to lower homocysteine levels. Elevated homocysteine levels are associated with Alzheimer's disease and dementia. As a rich source of antioxidants, avocados can also help protect cells from damage. Additionally, they are packed with healthy fats, which can reduce inflammation and improve blood flow to the brain.



Research shows that older adults who drink concentrated blueberry juice every day have increased brain activity, blood flow, and even memory. Blueberries are also known to be high in antioxidants, particularly flavonoids, which are associated with brain health benefits such as:

- Reducing the risk of dementia
- The reduction of Alzheimer's symptoms
- Keeping your memory sharp as you age
- Enhancing brain function
- Enhancing focus and concentration, and
- Enhancing mental well-being.

K;, A. (n.d.). Avocado as a major dietary source of antioxidants and its preventive role in Neurodegenerative Diseases. Advances in neurobiology.

<https://pubmed.ncbi.nlm.nih.gov/27651262/#:~:text=Avocados%20have%20a%20high%20content,as%20Alzheimer's%20and%20Parkinson's%20diseases.>

Molly Kimball, R. (2022, August 9). 6 ways blueberries can improve brain health: Ochsner Health. Ochsner Health System. <https://blog.ochsner.org/articles/6-ways-blueberries-can-improve-brain-health>