



Brain Food

What? Did you say something? Sorry, I was zoning out for a second. My brain gets foggy when I don't take care of it.

How do I take care of my brain? The best things we can all do for our minds are get sufficient sleep, reduce stress (or how we react to it), get cardiovascular exercise most every day, and eat the right foods. What are the right foods, and what happens when we don't eat them?

Below I have listed the most common signs of a lack of "Brain Food". Without sufficient nutrients, our brains do not have the fuel to serve us properly. Here are some clues:

Depression, irritability, forgetfulness, insomnia, tingling or numbness in feet, nervousness, heart palpitations, dry skin, brittle hair and nails, weight loss, fatigue, weakness, frequent infections, or severe edema (swelling).

Keep in mind that the above symptoms can be attributed to many things, but can also indicate a lack of certain nutrients. Below I have listed five nutrients that are needed for a well-functioning brain, as well as the best food sources for attaining them.

1. Vitamin B6: Bananas, chicken breast, calf's liver, cod, salmon, snapper, beef tenderloin, halibut
2. Vitamin B12: Calf's liver, snapper, venison (deer), salmon, beef tenderloin, lamb loin, scallops, shrimp, halibut, low-fat yogurt
3. Omega 3 Oil: Salmon, flax seed, walnuts, cooked soybeans, halibut, shrimp, tofu, snapper, scallops, winter squash
4. Folate: Calf's liver, lentils, pinto beans, garbanzo beans, asparagus, spinach, black beans, navy beans, kidney beans, collard greens
5. Protein: Venison (deer), chicken breast, turkey breast, beef tenderloin, halibut, lamb loin, snapper, salmon, soybeans

Health is not only refraining from eating what is bad for us, but also purposefully eating what is good for us.

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