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**SUPERFOODS FOR
OPTIMAL BRAIN HEALTH
& PERFORMANCE**



Introduction

We all have brief lapses now and then when our brains start acting weird. You're probably familiar with these common scenarios: you're in the middle of a conversation when suddenly, you just can't remember a familiar name or place, or you can't remember what you were going to say; your mind goes totally blank. You walk into a room and can't recall what you went there to do or fetch.

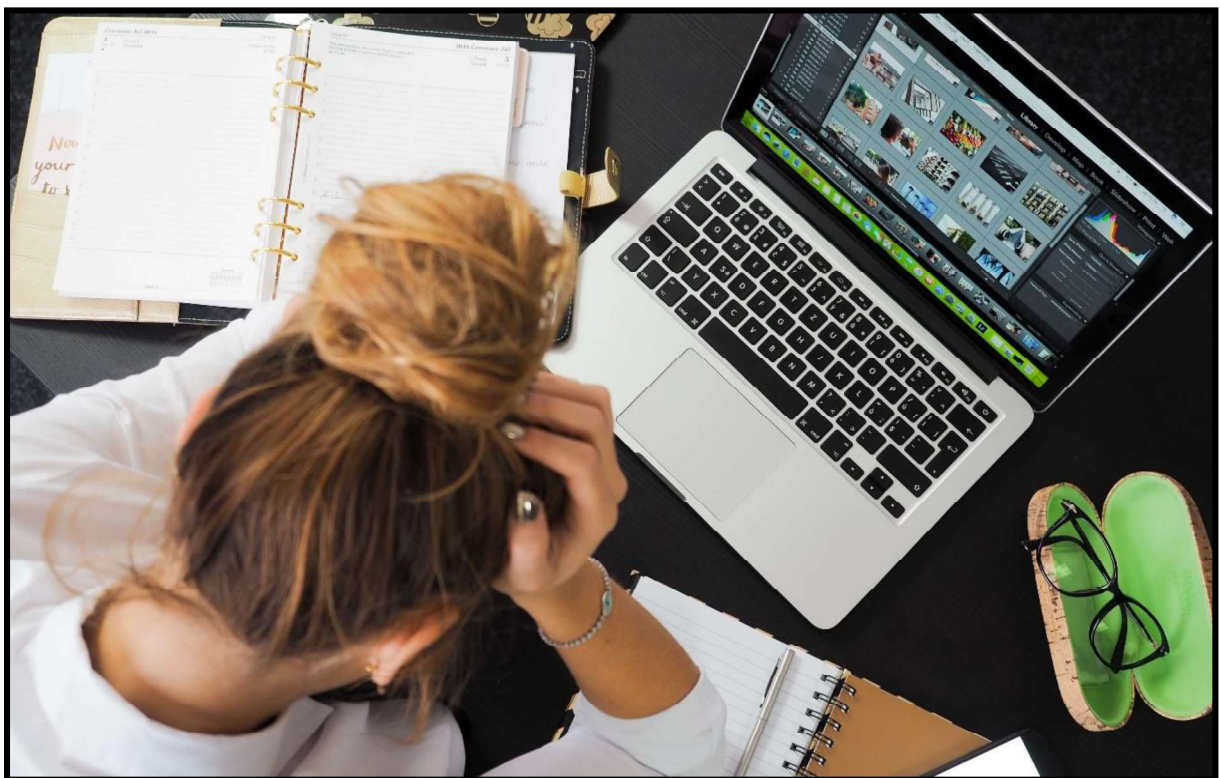
Likewise, we all have days of mental fatigue and brain fog where we misplace things, find it impossible to focus, and feel irritable and grumpy.

When this happens, we typically shrug it off. We joke about how we're getting senile or that the pressures of the rat race have fried our brains. It's normal for our brains to get tired occasionally, and it's okay to joke about it - if it's infrequent.

But when memory lapses, mood swings, and brain fog start recurring more often, something's not right. It's vital to understand that when certain symptoms become a pattern, they're warning signs of degenerating brain health.

Chapter 1: Signs of Poor Brain Health

First, it's helpful to assess where you stand on the brain health scale. You may be surprised to realize that you're higher up or lower down than you thought. If you're on the high end, the 10 superfoods will skyrocket your brain health even more. If you're on the low end of the scale, eating superfoods will quickly boost and improve many vital brain functions and get you on the road to optimal brain performance.



Here are the common warning signs of poor brain health:

- **General fatigue**

This is when you experience low energy levels, listlessness, and fatigue. These may sometimes be accompanied by mild aches and pain. In a nutshell, a tired body is a sign of a tired mind.

- **Poor resilience**

You get easily frustrated when something takes too long or doesn't go according to plan. You often get the urge to throw in the towel halfway through a task - and sometimes, actually do.

- **Poor sleep**

The first sign of an overstressed brain is poor sleep patterns. Restless sleep, frequent waking during the night, and insomnia all signal that your brain is having trouble winding down.

- **Lack of interest and motivation**

When your brain is in poor health, it struggles to stay stimulated and excited. The result is that you lose interest in many things in your life. Your motivation will also suffer, affecting your productivity.

- **Food cravings**

Frequent food cravings and overeating are also related to a decline in brain health. The buildup of stress and turmoil in your brain is sometimes overwhelming. The 'reward' area of your brain, therefore, triggers you to eat in order to numb the inner turmoil with food.