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**GROWING OLDER,
WHILE
THINKING YOUNGER!**

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by

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THE BEST FOODS FOR COGNITIVE FUNCTION AND AVOID 3 THAT ACCELERATE AGING

If you've ever walked into a room only to realize you aren't sure why you're there, forgotten to pay a bill, or misplaced your car keys, that's normal.

Many people experience these things daily, which isn't a big concern. However, repeated feelings of confusion or forgetfulness could mean you're experiencing cognitive decline.

Many people think of Alzheimer's disease or dementia when hearing the term "cognitive decline." However, numerous people have a milder impairment as they grow older.

When asked about cognitive impairment, almost 13% of seniors said they have confusion or memory loss. Another 35% noted difficulties in the previous year.¹ If you're concerned about your brain health, healthy foods can help.



THE TOP FOODS TO SUPPORT COGNITIVE FUNCTION

Completely halting or preventing cognitive decline may not be possible. However, eating the right foods can reduce risks by supporting your brain health.

NUTS

Nuts contain a wide variety of nutrients, one of which is vitamin E. This antioxidant has been shown to help brain health and slow mental decline.²

In addition, this food is an excellent source of unsaturated fats, iron, fiber, and protein to assist with heart health. Of course, anything that helps the heart and improves blood flow is also good for the brain.

CHOCOLATE

Cocoa powder and dark chocolate contain flavonoids, a type of antioxidant. These substances help boost the brain by enhancing memory and slowing mental decline.³

In addition, chocolate can create a positive feeling and boost mood. It's a great source of caffeine, manganese, copper, iron, fiber, and magnesium.

However, chocolate can have lots of sugar and calories, so select 70% or higher cocoa with less than five grams of added sugar.



FOODS WITH LARGE AMOUNTS OF OMEGA-3 FATTY ACIDS

Any discussion about cognitive decline must include Omega-3 fatty acids. About 60% of the brain is composed of fat. Half of that is omega 3. Therefore, fatty acids are crucial to brain function and development.

Studies show fatty acid deficiencies are linked to brain shrinkage and memory deficits in older people and accelerated brain aging.⁵ Omega-3 fatty acids DHA and EPA supplementation also enhances mood.

Those with a mild cognitive decline may take 1,000 to 2,000 mg of omega-3 fish or algae oil each day. Other sources include fatty “SMASH” fish, including salmon, mackerel, anchovies, sardines, and herring. Also, tuna, halibut, rainbow trout, flaxseeds, chia seeds, and walnuts.

BERRIES

Berries with a deep color, such as blueberries, contain anthocyanin antioxidants, which are known for having anti-inflammatory benefits.

Some of the antioxidants in berries, like vitamin C, are known for accumulating in the brain and helping brain cells communicate.⁴

Studies indicate that blueberries can help with memory and could delay short-term memory loss. Adding blueberries to your diet can be as simple as introducing them to smoothies or cereal.



AVOID 3 FOODS THAT ACCELERATE AGING

Some foods assist in lessening cognitive decline, but others can accelerate aging. The three foods below should be avoided if you want to keep your memory top-notch.



FOODS WITH ADDED SUGAR

The brain needs glucose to fuel its cells. However, excess sugar causes glucose to build up. This decreases brain growth and reorganization (neuroplasticity) of the hippocampus, impairing memory.⁶ It also leads to mood and behavior disorders and reduces food impulse control.

Processed items like soda and baked goods often have refined and added sugars that put too much glucose in the brain.

The American Heart Association recommends women consume no more than 25 grams of added sugar daily and men stay below 36 grams.

FRIED FOODS

Watching how many fried foods you eat is something else you can do to avoid brain health issues. A diet with excessive fried foods leads to reduced memory and learning ability. This is likely due to the inflammation these foods can cause.⁷

You don't have to give up fried foods entirely if you enjoy them. Instead, consider moderating how often you consume them. For example, if you eat them every day, cut back to once a week. If you're already eating them once a week, cut down to once a month.

ALCOHOL

While alcohol isn't a food, many consume it regularly. The key is not to drink too much.

Those who drink more than 14 alcoholic drinks a week and those who don't drink at all have a higher risk of dementia than those who drink moderately.⁸

For men, heavy drinking is defined as 14 drinks a week or four drinks a day. The numbers for women are lower at seven drinks a week or three in a single day.



5 DAILY WAYS TO IMPROVE YOUR FOCUS AND CONCENTRATION

Improving your focus and concentration can help you feel younger. For example, if you find completing a long project challenging, you might look for methods to concentrate better.

Concentration is the mental effort placed on what you're working on or learning. This can be confused with attention span, but attention span is more of a measure of the amount of time you can concentrate on one thing.

While aging, many people forget things more easily. Less concentration can come along with that. Trying to concentrate but being unable to do so can be frustrating. It can cause irritation and stress, making focusing even harder.

If you've been experiencing these issues, you can do a few things. Below we'll share five daily ways to work on your concentration and focus and enjoy a happier and healthier life.





1. SPEND TIME PLAYING GAMES

Games might seem just for fun, but they offer other benefits. For instance, some games can help with your concentration. A few of the best options include memory games, sudoku, word searches, crossword puzzles, jigsaw puzzles, and chess.



Spending just 15 minutes a day five days a week on these types of activities has been shown to improve concentration.⁹ Playing these kinds of games helps improve your short-term and working memory. It also benefits your problem-solving and processing skills.

Since concentration and memory often decline with age, brain training games are even more important. Adults who completed 10 cognitive training sessions experienced better processing, memory, and cognition skills.¹⁰

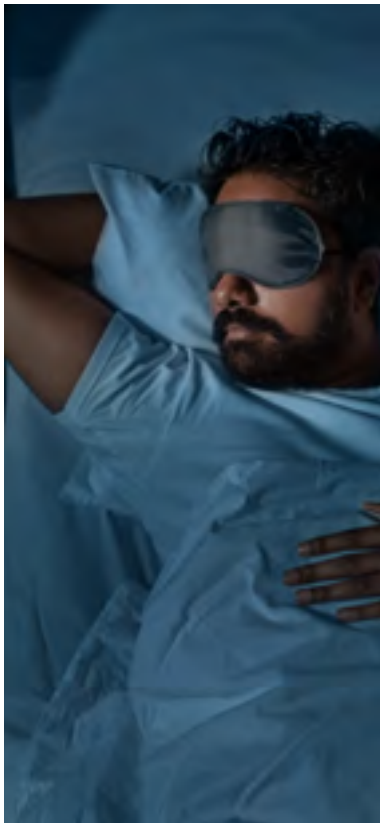


2. GET PROPER AMOUNTS OF SLEEP

Not getting enough sleep can affect concentration, as well as both functions like attention and memory. Occasionally missing a few hours of sleep may not cause major problems. But if it happens on a regular basis, it can become an issue.

When you don't sleep enough, your reflexes slow down. This can make it harder to drive or do your daily tasks.

Health issues, a packed schedule, and other factors may make it challenging to get enough sleep. However, it's important to get enough hours in every night when possible. The average adult needs around seven to eight hours of sleep to detoxify the brain and repair and regenerate neurons.





3. DO SOME EXERCISE

One of the top benefits of regular exercise is increasing your concentration. Exercise is great for those of all ages. Among children, daily physical activity has been shown to boost attention and concentration in about a month.

For older adults, a year of moderate aerobics can stop or even reverse memory loss which occurs naturally due to brain atrophy as we age.





4. SPEND TIME OUTDOORS

A natural method to boost your concentration skills is as easy as heading outside. Make it a point to go out on a daily basis. Go to a nearby park or hang out in your backyard or garden. A natural environment can help with concentration.

Research shows that adding plants to indoor spaces can help productivity and concentration. It also improves air quality.¹¹

Add a few plants to your home to enjoy a variety of benefits. If you don't have a green thumb, think about choosing low-maintenance succulents that also provide tremendous benefits.



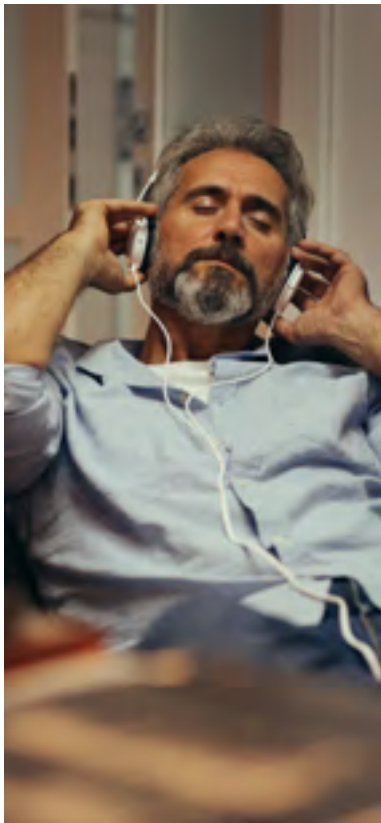


5. TURN ON SOME MUSIC

While you do tasks around the house, consider turning on some music. For some people, this offers a solid boost to concentration. Those who aren't fans of music while doing things can try white noise or nature sounds.

Any of these things can mask noises in the background and improve concentration and other brain functions.

The best music will be instrumental without lyrics. Consider playing it at a background sound level. It's also best to select neutral music rather than something you love or hate.



HOW TO GET THE MOST OUT OF YOUR NOOTROPIC MUSHROOM



SUPPLEMENT ROUTINE

For thousands of years, mushrooms have been used as medicine and food. Tens of thousands of mushrooms exist, and about 2,000 are edible – however, only a few hundred help with human health.

Furthermore, only six are considered nootropics used to benefit the brain.

Nootropic mushrooms help with fatigue, anxiety, learning, and memory. In addition, they can lessen the chances of getting Alzheimer's.

The six nootropic mushrooms include Chaga, Cordyceps, Lion's Mane, Maitake, Oyster, and Reishi. Each is high in protein, mineral, and vitamin content. That's on top of being antioxidants that help the brain.

All these mushrooms can be found in supplement form and taken to help you feel younger in terms of memory and general brain function. However, choosing the right one is essential. If the label for the supplement says you are getting 'mycelium,' it won't offer the benefits you want.

You want to be sure you choose a supplement with active mushroom components, such as ergosterol, triterpenoids, and beta-D-glucans.

The beta-D-glucans are the primary source of nootropic activity. These come from the cell walls of the body of the mushroom. Triterpenoids complement these by offering immune system activity. Ergosterol reduces inflammation and histamine response and promotes liver protection and antioxidant activity.

Everyone will react differently to nootropic mushrooms. For example, effective doses of Lion's Mane tend to run between 500 and 3,000 mg. This safe dosage has minimal side effects for anyone who is not allergic to mushrooms.

Taking a daily dose of nootropic mushrooms can offer various benefits to brain health. However, starting at a low dose is best and working your way up to see how the substance affects you.

Ensure you're choosing a quality supplier when buying mushroom supplements, and unless under the instructions of your health provider, avoid taking dosages over 3000 mg. It's important to note that in Nature, every compound works better when accompanied by other bioactive ingredients. A therapeutic formulation takes this into account to ensure maximum effectiveness and safety.

Make sure you follow the instructions on the product label you purchase or consult your health practitioner.

CHAGA



CORDYCEPS



LION'S MANE



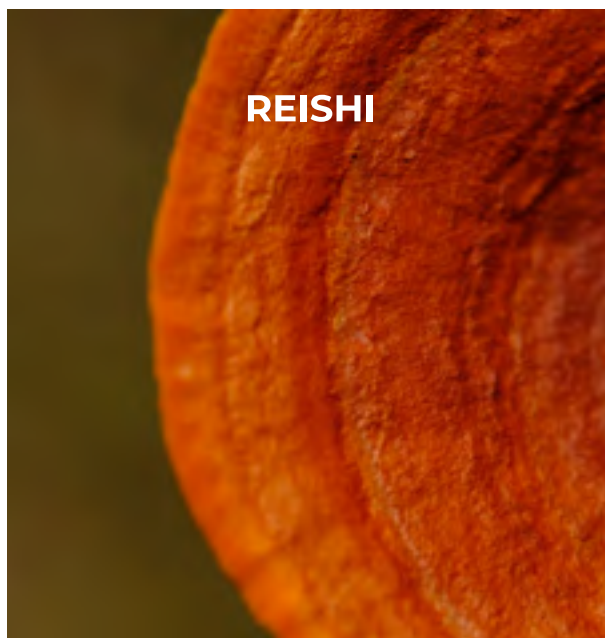
MAITAKE



OYSTER



REISHI



SEEING YOUR DOCTOR

While the tips above can help you feel younger while growing older, you may find it's not enough for your situation. If you sense your memory and concentration are failing and the above tips don't help, speak to a doctor to ensure you're not dealing with a medical condition.



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RESOURCES

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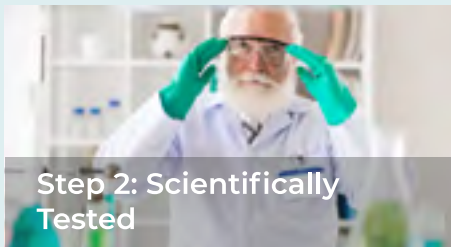
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