

Red Clover

Essentials for Healthy Living

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OPTIMUM BRAIN PERFORMANCE

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The topic of Brain Boosters can certainly get the brain going. But enhanced mind power is more than quick synapse response. Whether one is trying to prime their mind for a semester of study or make their brain fit for a long and healthy life, there are many protocols to consider in optimizing brain function.

There is no magic elixir that brings brilliant performance, and it actually proves quite an exercise to find the right combination of nutrients for better individual brain function. The good news is that brain nutrients have positive effects on many areas of health, so the learning curve is almost always positive.

The Basics

In trying to improve mental function, start with the necessary basics. The brain is 60% fat. Providing quality fats to the brain is like adding extra memory to the computer. Omega-3 fats, especially fish oils which provide absorbable amounts of DHA and EPA, are the best brain food. Worldwide research proves that diets high in Omega-3s are beneficial for every aspect of brain health. Other nutrients are secondary to this essential, so think sardines and cod liver oil and seek freshness and purity guarantees. DHA is essential for cell membrane health and fluidity, which translates into clear communication of information in and out of cells.

Good fats are only part of the equation. Other co-nutrients are necessary for dietary fats to work at the cellular level. Acetyl l-carnitine is an amino acid that helps get good fats into the cell, creating optimal energy production. Now the brain is cooking! The concern with any fat is rancidity, so you next want to make sure that heightened metabolic performance does not lead to high free radical damage. To prevent the brain from burning out, any brain health diet should consider primary nutrients like CoQ10 and alpha lipoic acid. Both increase cellular energy production and efficiency while acting as antioxidants to assist in countering metabolic waste. Feed the brain good fats, and every other strategy will work better!

Glucose

The main fuel for the brain is glucose, a simple sugar found in all dietary carbohydrates. Whole foods provide the best energy source the brain needs, as complex carbohydrates break down slowly for long-term energy. Surprisingly, sugar does the opposite – actually disrupting the flow of brain energy while shocking the insulin pathways. Brain fuels now in place, we can begin to calibrate maximum brain performance. Phosphatidyl serine (PS) is an all-purpose nutrient that assists in glucose metabolism and is important in helping with the chemical communication between cells.

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