

Super greens -- brain food

Could your brain use some nourishment?

Everyone wants to have a healthy brain - yet how many of us actually think about feeding it? Your brain requires specific nutrients to run properly: glucose, vitamins, minerals and other essential chemicals. Many different nutrients are needed to keep the brain in peak working order.

Need concentration? Try Super Green Food!



Everyone wants to have a healthy brain - yet how many of us actually think about feeding it? Your brain requires specific nutrients to run properly: glucose, vitamins, minerals and other essential chemicals. Many different nutrients are needed to keep the brain in peak working order. Your neurons must be fed in order to carry clear messages, and the supporting structures should be well maintained and hydrated to ensure an uninterrupted trip for the messengers. This process is what we call thinking.

In fact your entire nervous system needs good quality food to power mental activity. The more energy exerted - the more fuel you need. Not just any fuel either your brain needs specific fuel. The key nutrients you must have in order to support physical and mental activities are water, proteins, carbohydrates, fats, vitamins and minerals.

Spirulina and Chlorella – are super foods for health. Spirulina and chlorella help provide awesome nutrition in a small package. Chlorella - powerful wholefood.

Amino Acids are critical for brain function!

Amino acids are important components for great thinking. Our body's messengers, the neurotransmitters, are made from amino acids found in high protein foods. Most people assume this means eating a lot of meat, but plant materials are more easily absorbed and utilized by the body. So if you want a real brain boost - try these super foods.

Spirulina contains unusually high amounts of protein per ounce. It has between 55 and 77% protein by dry weight and is instantly bio available. It is also a complete protein which means it contains all essential amino acids. One teaspoon of this and your brain gets a high octane boost!

Tyrosine, an amino is critical to mental performance. If you normally breakfast only on coffee, breads or processed cereal, you are not feeding your brain the right kind of food to function at peak potential. These substances are largely devoid of tyrosine and choline; therefore they do not provide nearly the boost required for thinking and learning as do foods rich in protein, vitamins and minerals. This is another great reason to try a green breakfast using a super green powdered food.

Secondly your brain -and body- needs specific vitamins and minerals. In particular vitamins C, E, A, and the B vitamins. Vitamins and minerals are important ingredients; they convert the amino acids into neurotransmitters. These are the elements that transport the brains signals.

Spirulina contains vitamin B1 (thiamine), B2 (riboflavin), B3 (nicotinamide), B6 (pyridoxine), B9 (folic acid), B12 (cyanocobalamin), vitamin C, vitamin D, and vitamin E, as well as many trace minerals and amino acids. Spirulina, a key ingredient in super green foods also aids in protecting the immune system, lower cholesterol and in mineral absorption.

Its high protein content helps stabilize blood sugar levels. Clinical trials have shown Spirulina to be effective in improving melanosis and keratosis due to chronic arsenic poisoning, correcting anemia and providing significant weight-gain and in both HIV-infected and HIV-negative undernourished children and even protecting against hay fever.

The energy that fuels your brain is glucose. The most common form of getting glucose is to eat carbohydrates that are then converted to glucose. Your brain needs the right proteins and fats in order to grow new connections. The Brain needs the right foods to make this process happen. Your body takes proteins and fats from the food you eat and use the pieces, (the amino acids and fatty acids) to make the new brain proteins and fats. Without the correct amount and balance of these specific building blocks, your brain will not work properly.

What you eat can dramatically effect how well you think.

Another important substance in the brain is fat. Not the double cheese burger fat. Over one-half of your brain is composed of fat so the next time someone calls you a fat head - take it as a compliment. Every neuron is surrounded by fat molecules. The nerve impulse increases speed as it passes over the fat molecular covering. This layer of fat also regulates circulation, inflammation, memory and mood. That is why it is especially critical to regulate your children's intake of fat. This step is important so you can counter obesity as well as ensure that they have enough fat for optimum brain function.

The brain's primary source of energy derived from carbohydrates. The best way to get them is by eating whole Grains, fresh fruits and vegetables. Coconut milk powder also contains a high dose of the good fats and carbohydrates that break into glucose. It is important to maintain your glucose levels throughout the day. When your glucose levels fluctuate, you may start to notice dizziness and mental confusion. Teachers see this all the time, because when children

experience this confusion at school, it looks like apathy or distraction. Children can often benefit from a super green powdered whole food supplement every day because their bodies need so much nutrition and they burn it up so fast.

The problem with today's busy lifestyle is that many people simply do not eat enough fresh food to keep up with your body's demands.