

Screenshots for vitamins advertorial – brain health

Maintain your brain health with 5 simple steps

Your memories, dreams, wishes, emotions and the nervous system for all your body's functions are contained in the most vital organ in the body: the brain. So, keeping your brain in tip-top condition is essential.

Here are 5 easy ways to keep your brain healthy:

1. Exercise regularly

Exercise is not only good for our muscles. Scientific research has shown that our brains grow stronger with every step we take. So get your walking shoes on! By doing at least 30 minutes of some form of exercise every other day, your brain produces more calming hormones that help relieve stress and anxiety.

2. Eat well

Eat foods high in fibre, lean protein and healthy fats such as olive oil. Not only do they boost your energy levels, they are perfect for helping your brain function at its highest level of effectiveness

Perfect brainpower foods:

- salmon
- nuts and seeds
- blueberries
- whole grains
- avocados
- broccoli
- tomatoes



4. Take time to relax

Your brain is always working, so it's essential to find time to relax and unwind. Taking time to relax helps you organize your thoughts better as well as relieve your stress.

Effective ways to combat stress include:

- Relaxing exercise like yoga
- Soaking in a hot bath
- Aromatherapy massage
- Meditation
- Hobbies you love doing



5. Take eVitamins nutritional supplements



Vitamin B12: this is a vital nutrient for healthy blood and nerves. If you are over 50, you are likely to have problems absorbing vitamin B12 from food, so a supplement is important. It aids memory, fatigue and prevents depression and brain shrinkage: "A high B12 status helps you maintain a healthy brain," states Anna Vogiatzoglou, M.Sc., R.D., a researcher participating in a recent University of Oxford study.

[Find Vitamin B12 at eVitamins](#)



Gingko Biloba: Chinese herbal medicine has used the ginkgo leaf and seeds for thousands of years. It's widely known as a "brain herb". This supplement is an antioxidant, fighting harmful free radicals. It improves blood circulation and several studies show it may help treat dementia, including Alzheimer's disease.

It helps to improve memory and thinking and also helps relieve anxiety.

[Find Gingko Biloba at eVitamins](#)

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3. Get enough sleep

Our brains can't function optimally if we're tired. Sleep is like giving your brain a spring clean every night. It helps you think clearer and relieves stress. Make sure you get at least seven hours of good quality sleep every night.

Tips for a good night's sleep:

- Don't eat a late dinner
- Refrain from drinking caffeine or alcohol
- Don't watch TV in bed or use a computer
- Make sure your room is dark and not too hot or cold
- Take a hot bath an hour before bedtime
- Place several drops of lavender essential oil on a tissue and inhale



Coenzyme Q10: this nutrient exists in every cell in your body. Without adequate levels of coenzyme Q10, your brains become unhealthy and sluggish. This antioxidant protects your brain cells from free radicals, and aids concentration and clear thinking.

[Find Coenzyme Q10 at eVitamins](#)



Omega 3 Fish Oil: This essential fatty acid is the building block of the brain. Omega 3 helps to transport nutrients and "happy chemicals" like serotonin to the brain. Because our brain is the centre of the nervous system, we have a huge need for omega 3 - without it our brains simply don't function properly.

[Find Omega 3 Fish Oil at eVitamins](#)