

BRAIN BOOSTER & BRAIN DRAINERS

There are many foods that can have a direct effect on your brain. Some can boost your awareness, sharpness and focusability, while others can simply drain your mind, slow your thinking process, and mentally drain your brain power.

The following are natural foods that can have a direct impact on your brain power. The natural food sources are:

BRAIN BOOSTERS: Avocados, Bananas, Beef, lean Brewer's yeast, Broccoli, Brown rice, Brussel sprouts, Cantaloupe, Cheese, Chicken, Collard greens, Eggs, Flaxseed oil, Legumes, Milk, Oatmeal, Oranges, Peanut butter, Peas, Potatoes, Romaine lettuce, Salmon, Soybeans, Spinach, Tuna, Turkey, Wheat germ, Yogurt.

BRAIN DRAINERS: Alcohol, Artificial food colorings, Artificial sweeteners, Colas, Corn syrup, Frostings, High-sugar "drinks," Hydrogenated fats, Junk sugars, Nicotine, Overeating, White bread.

Also, Drugs (including marijuana and Rx abuse), Cigarettes and other smoking or tobacco products.