

## The Fiery Grandma's Brain Food Recipe

I used to eat so many processed foods that my memory was almost non-existent. My entire adult life I believed that frozen meals, meals that were packaged for convenience not only were nutritious but saved us working moms' time.

Little did I know the exact opposite was true. I began learning more about food, my body and its systems. Learning how they work together was an eye-opener. The real food fueled my body, I had more get up and go, got sick less, experienced fewer headaches and the nighttime snoring finally disappeared.

Then the icing on the cake appeared. My memory not only improved, but I began WANTING to learn again. Have you ever lost your desire to learn? Have you ever been so frustrated that you wanted to just quit, give up on yourself?

When I learned what foods to eat and in what combinations my entire world changed. I lost 70 pounds, kept it off for over two years and now am teaching other women 50 and over who want the same thing.

This is a peek into how I started to eat for energy, fuel and my HEALTH. I hope you use this information to launch your own education and take your health back into your own hands, and lose those unwanted pounds for the last time.

- **Eat your green, leafy vegetables.** Everyone's taste is different; but, leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients. Research suggests these plant-based foods may help slow cognitive decline.
- **I know, I know...but, you need that cold-water, fatty fish.** If you live inland like I do fresh, fatty fish is not abundant; yet, it is still a rich source of omega-3 fatty acids that can ward off Alzheimer's disease.
- **Seasonal berries.** The natural plant pigments that give berries their brilliant hues are called flavonoids, and also help improve memory.
- **Awe yes, tea and coffee.** Research shows that the caffeine in your morning cup of coffee or tea might offer more than just a short-term concentration boost.
- **Nuts.** Nuts are excellent sources of protein and healthy fats. Walnuts have been linked to improved cognitive test scores and are high in a type of omega-3 fatty acid good for your heart, blood pressure and memory.

If you're ready to learn more, message me and let's chat about your health and weight loss goals. You'll love how you feel.

Carla

