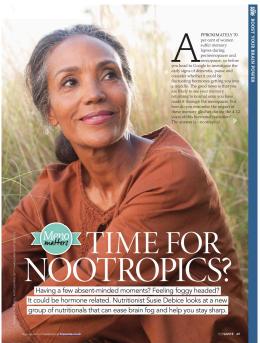
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Although the word is relatively new, substances we consider "nootropics" have been around for centuries. They are in essence natural nutrients or botanical extracts that have a botanical extracts that have a stimulatory effect on your brain, enhancing cognitive performance, function, memory recall, mental clarity, focus, motivation, verbal fluency and more. When it comes to menopause, there are a few key nootropics I highly recommend...

"Nootropics" have been around for centuries. They are natural nutrients that have a stimulatory effect on your brain.



better brain circulation

order of plants, the Ginkgo biloba

tree has wisdom prowess. Ginkg contains active ingredients know as terpenoids and flavonoids, which help stimulate cerebral function and improve circulation and oxygen flow to the brain. Ginkgo is best taken as a standardised extract, so you kno

## LEMON BALM FOR memory recall

various active compounds, such as rosmarinic acid, flavonoids, and triterpenes, and studies have shown it improves mood and stress tolerance, alongside enhanced cognitive performance. As well as improving memory and benefits of lemon balm for aiding sleep, supporting the ageing brain, combating free radicals and anti-viral

get by adding it into your diet. When purchasing a lemon bale supplement, make sure you the label. For optimum nutritic choose organic – this also ensures the product has been sustainably sourced. A good way to check this is by looking on the product label.

## LION'S MANE FOR FOCUS

Lion's mane is a fascinating mushroom steeped in ancient nootropic medicinal history. It's revered by Native American and East Asian cultures and used by Buddhist Shaolin monkr in their meditation practices to cultivate focus and concentration. Studies show taking lion's mane regularly may improve long-term memory, mental clarity and brai health. It's an ideal nootropic for muddled menopausal memory, and it's easy to take by adding a spoonful to a smoothie, juice or yoghurt.

## VITAMIN C FOR stress relief good mood

Adaptogens are nootropics that help your mind cope better, remain calm, itamin C isn't only good for stay balanced and adapt during physical, mental and emotional stressful situations. Some of the stressful situations, some or the main adaptogenic botanicals are rhodiola, ginseng, ashwagandha and schisandra. The latter has been found to have a positive impact on benefits as the liposoma the central nervous system as well as on stress levels, with studies showing spheres that encapsulate ti improved reactions to psychological stress with reduced cortisol (a stress hormone) levels. It's also been found to help reduce hormonal symptoms



therapist with 25 years' experience in nutrition and

EQUI London Lean Formula (£55 for 30, equilondon.com) contains schisandra, along with a complex of 50 vitamins, minerals, herbs, probiotics and superfoods to support hormones and adrenals, as well as support gentle weight loss.