

NUTRITION FOR BRAIN HEALTH



A Neuroscientist's Guide to Nutrition for Brain Health

You may have wondered why it is that some people in their 90s are “sharp as a tack” while others suffer cognitive decline relatively early in life.

While there are undoubtedly genetic factors at play, the good news is, there are lots of things you can do to slow down the process of brain aging.

In Xtend-Life's latest blog, Neuroscientist Dr. Amanda Wiggins reveals ground-breaking research into how to optimise nutrition for brain health. Warning! Reading blog may result in radical changes to your diet!

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Dr. Amanda Wiggins
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Dr. Amanda Wiggins is a member of the team at Xtend-Life and a Neuroscientist. In this latest blog she pulls together the latest advances in the [field of nutrition for healthy brain aging](#).

