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12 Best Foods to Boost Brain Power



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We all know that the food we eat can affect our bodies. But, what about the greater impact food can have on the brain? An [article](#) written in Psychology Today discusses the mind-gut connection in relation to the immune system and how food can either prevent or cause certain sickness. We are constantly putting our bodies under stress, physically and mentally. When the body is under stress it releases what are called inflammatory cytokines, which call the immune system to action. Inflammation works to your benefit every day to fight off all the pathogens in the air that make you susceptible to illness. However, high levels of inflammatory response for prolonged periods can lead to chronic diseases like anxiety, high-blood pressure, and auto-immune diseases. Where does the gut get involved in all of this? The gut plays a key role in regulating our immune response, so what we put in our body could make the difference as to whether or not we are healthy, both mentally and physically.

Food can directly affect everything in our bodies from our mood and energy levels to our memory. “Brain fog” is a common term used to describe people who experience symptoms of confusion, forgetfulness, lack of focus and mental clarity. Paying more attention to the foods you are eating instead of just being consumed with cutting calories or eating less can help clear the body of toxins that are affecting your brain negatively and clear the mind of its brain fog. Focus on filling your gut with nutrient-dense, whole foods to help your brain thrive. Your leaner looking frame will just be the icing on the cake. Here are 12 super-foods to start incorporating into your diet today.

4. Dark Chocolate

Not all chocolate is created equal. Quality dark chocolate does have some significant health benefits. Not only is it rich in fiber, Iron and Magnesium, the flavonols in dark chocolate improve blood vessel function, which improves blood flow to the brain and in doing so improves cognitive function and memory. It also contains stimulant substances like caffeine and theobromine, which can improve brain function in the short term. Dark chocolate is also one of the most powerful antioxidants in the world. Cacao is so powerful that it actually contains 15 times more antioxidants than blueberries and 20 times more than green tea. Before you get too excited and reach for the Reese’s, make sure the chocolate you buy is high quality organic dark chocolate with at least 70% cocoa. In my research I found one company, Hnina Gourmet that makes chocolate truffles with a 95% raw, organic cacao, making it one of the healthiest chocolates out there. Check out www.Hninagourmet.com.