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Celebrating the healing power of nature

Brain Foods for Studying and Working

1. Omega-3 fatty acids: boost energy, enhance learning ability, improve problem-solving skills, and boost memory power and enhance communication between brain cells.

- Herring, salmon, tuna, mackerel, halibut, anchovies, sardines and other cold-water fish
- Tips: drink a smoothie while studying or working with your brain for extended periods of time, you can add in your fish oil, flax oil, etc. and have a constant influx.

2. Soy: rich in choline, lecithin and isoflavones; choline: have been proven to positively impact brain development in addition to slowing memory loss; lecithin: helps in preventing deposits of plaque in the brain; isoflavones: improve cognitive function, category fluency, logical memory, spatial cognition and memory recall.

- Foods made from whole, organic soybeans like tempeh (fermented) or seaweed wrapped tofu, limited amounts of soymilk or soy yogurt
- Make your smoothie with a little soymilk, soy yogurt or soy ice-cream, much some edamame, soy cheese and whole grain crackers

3. Colorful and citrus fruits: phytonutrients act as antioxidants cleaning out the various substances that can accumulate from oxidative processes like thinking. Increases blood flow to the brain, improve motor skills and learning capacity and improves memory recall.

- All the colors of the rainbow! Raw dark fruits (blueberries, elderberries, blackberries, raspberries), avocados, cantaloupes, watermelon, tomatoes, plums, pineapples, oranges, apples, grapes, kiwifruits, peaches and cherries.
- Include any of the above fruits in your smoothie, peel and salt an avocado or mash it up and eat it with some blue corn tortilla chips

4. Cruciferous and leafy green vegetables: Same as in number 3.

- Cabbages, kale, turnips, Brussels sprouts, broccoli, collard greens, cauliflowers, radishes, spinach, mustard greens, water cress, onions, red peppers, lettuce, carrots, asparagus, okra, mushrooms, broccoli and sprouts.
- Make a salad: tomatos, onions, avocado, carrots, spinach; add to smoothie; cut up and much throughout day.

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5. Chocolate: can help enhance your mood, boosts production of endorphins that improve focus and concentration, has been shown to improve verbal and visual memory, boosts impulse control and reaction time, rich in flavanols that boost blood supply to the brain and help improve cognitive skills.

- Go for the dark chocolate, watch sugar content and other additives.
- Add to smoothie, much a piece now and then while studying.

6. Nuts: Rich in Vitamins E and B6, folate, Omega-3 and Omega-6 fatty acids, and antioxidants. Boost your brain power and improve your mood. Help replenish PEA.

- Cashews, almonds, walnuts, hazelnuts, peanuts, Brazil nuts and pecans. If you have trouble with Herpes, take some Lysine on days you are eating nuts.
- Buy the “meal” form of any nut and add it to your smoothie, make a trail mix of the nuts and fruits you like most and munch throughout the day, add to oatmeal and other cereals.

7. Seeds: rich source of memory-boosting Omega-3 fatty acids, tryptophan and thiamine, a form of Vitamin B that improves memory and cognitive functions.

- Pumpkin seeds, sunflower seeds and flaxseeds (if you have any issues with diverticulitis/diverticulosis always use the oil or nut butters).
- Add ground up seeds or nut butters to your smoothie, use flax oil on your raw veggie salad

8. Whole grains: The best ones to use are those that have high levels of folate (whole wheat, wheat germ and bran) – they increase blood flow to the brain and can provide thiamine which is memory-improving (bran).

- Whole grain sandwiches, cereals, muffins
- Eat periodically while studying, thinking and working.

9. Pulses and beans: the primary food for the brain = glucose and it has to be supplied as the brain does not produce its own. Beans are rich in antioxidants, iron and other nutrients, help stabilize blood sugar levels and are a clean source of protein.

- Peas, lentils, green beans, lima beans, black beans, kidney beans, and a variety of legumes.
- Prepare beans and add in raw tomatoes, avocados, flax/olive oil, onions; make a whole grain burrito with beans and brown rice.

10. Sage and Rosemary: members of the mint family, have been known to boost transmission of messages to and from the brain and help with memory formation, retention and recall.

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11. Curry: key ingredient, turmeric, helps remove plaque from the brain.

12. Green Tea: contains catechins, which have been proven to improve memory and focus as well as combat mental fatigue.

- Fresh brewed.
- Sip while studying or working, add to smoothie.

13. Eggs: rich source of Vitamin B, lecithin, and essential fatty acids. The yolk is especially rich in choline, a basic building block of brain cells that helps improve memory.

- Hard boiled eggs – enjoy one at snack time; fried brown rice with veggies and eggs

14. Complex Carbohydrate-rich foods: When eaten without protein or fat, carbohydrates provide a soothing effect to the brain. The glucose from the carbs provides the fuel the brain needs to energize you. Avoid refined carbohydrates like white bread, pastries and pasta though, as they cause lethargy. Instead, stick to starches and sugars in the form of whole grains, legumes, fruits and vegetables.

- Bran muffin, whole grain breads, yams, and of course any legume, fruit or veggie.

15. Water: the brain is $\frac{3}{4}$ water and water is essential for smooth functioning. When dehydrated the brain releases cortisol which shrinks dendrites (branches in the brain that store information) and this leads to decreased memory power. Add the juice of $\frac{1}{2}$ a lemon to help keep the body alkaline!

References:

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