5 Foods to Supercharge Your Brain

1. Whole grains
   - Such as oatmeal, whole grain bread, and quinoa
   - Provide energy to your brain
   - Help reduce your risk of stroke

2. Berries
   - Rich in antioxidants
   - Blueberries and strawberries

3. Nuts and seeds
   - Rich in omega-3 fatty acids
   - Almonds, walnuts, and chia seeds

4. Dark chocolate
   - Contains flavonoids
   - Caffeine

5. Wild salmon
   - A rich source of omega-3 fatty acids
   - Vitamin D

Studies show that anxiety hampers your memory. Our response to stress is controlled by the amygdala, a small part of the brain that attaches emotional significance to events. Our amygdala is in charge of processing and storing emotions. It is our brain’s computers. When stress is significant, it will hijack our brain and rob us of our ability to think and make decisions. When stress and anxiety are common, they can create a biofeedback loop where the stress causes anxiety which then causes more stress.

In addition to managing stress, you can combat memory loss and other cognitive decline by:

1. Learning a new skill or activity
2. Doing something you already know. For example, if you are traveling to another country, consider learning the language. This will strengthen your memory.
3. Keeping your brain active with mental exercises such as puzzles and games.
4. Getting adequate sleep. Sleep is essential for memory consolidation.
5. Staying physically active. Exercise helps improve blood flow to the brain.
7. Managing chronic conditions such as diabetes, high blood pressure, and heart disease.

Avoiding factors that can damage your brain is also important. These include:

1. Tobacco use
2. Alcohol use
3. Substance abuse
4. Poor nutrition
5. Lack of exercise
6. Stress and anxiety
7. Infections
8. Traumatic brain injury
9. Sleep disorders
10. Sedentary lifestyle

As you age, your brain is more vulnerable to stress and other factors that can impair memory. Regular physical activity can help maintain brain health by improving blood flow to the brain, increasing oxygenation, and reducing the risk of injury. Physical activity also helps improve mood and reduce anxiety, which are important factors in maintaining cognitive function.

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The above information is not intended as medical advice. Always consult with your healthcare provider before making any changes to your diet or exercise routine.

For more information, contact Valley’s Vascular Surgery Clinic at 425.228.3440.