

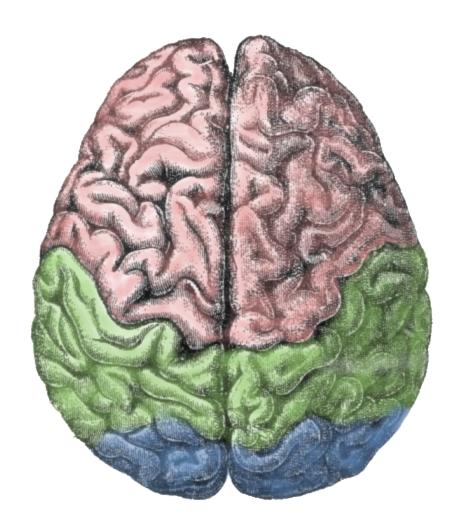
## Splash! Get Fit, For You! Let's Boost Our Brain Chemistry By Feeding Our Brain Powers!

April 28 2014 1:40 PM

Welcome to the World of Spring-Splash!

"Let's Boost Our Brain Chemistry, by Feeding Our Brain Powers!"

This 6th Spring-Splash week's Goal is about the importance of gorging ourselves on these 10 Foods, which will make a difference with our Thinking powers!



- 1. Choose Whole Grains
- 2. Opt for Oily Fish
- 3. Binge on Blueberries & other Berries!
- 4. More Tomatoes, Hot & Cold
- 5. Remember Vitamins & Supplements!
- 6. Add a Blackcurrant Boost to your Diet
- 7. Snack on Pumpkin Seeds
- 8. Broccoli & More Broccoli!

9. Generously sprinkle Sage!
10. Go Nutty with Almonds, Walnuts & 2 Brazil Nuts Everyday!
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Just make note, if you don't sense the boost in improved thinking, quick responses, clarity in Brain Power, mood lift, among other Physiological benefits!
Medical Caution: Beware of any type of food intolerance or food allergy!
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Just remember, this 6th week's Springtime-Splash Goal!
"We can feed Our Brain!"
Let's start, today, Feeding our Brain Power, influencing our Brain Chemistry!
Seize the Day!
Holly Fairfield
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