
How Specialised Nutrition Supports Your Mental Clarity



Mental clarity is something a lot of us seek. But while many of us try to achieve it through mindfulness practices, getting good sleep, and doing plenty of exercise, we often overlook the impact our diet can have on our brain health.

Several volumes of scientific research tell us that the foods we eat directly influence the performance of our cerebral function. Therefore, it pays to enjoy a balanced diet of healthy foods that offer specialised nutrition to boost our grey matter.

But what are these foods, and how can they help our brains remain sharp and operate at an optimal level?

In this post, we'll highlight six consumables that can significantly boost our brainpower.

The more prominently these can feature in your diet, the better you will be able to think, focus, and concentrate in all aspects of your life.

1. Water

The human brain comprises around 80% of water, and for it to operate at optimal levels, it needs a regular flow of hydration. Without it, they are at risk of dehydration, which, even in a minor form, can result in increased fatigue, a loss of focus, and a decreased capacity for memory retention.

Men are recommended to drink about 2.5 litres of water a day, while women should have at least 2 litres. If they do this, they will ensure that waste products in their minds are eliminated, and essential oxygen and nutrients will be transported to each brain cell.

This, in turn, protects them from the mental fog that people can experience when they are dehydrated.

2. B Vitamins

The letter B in the term 'B vitamins' could well stand for 'brain-boosting'.

Found in leafy greens, eggs, and lean meats, they include folate, B6, and B12 and are vital for keeping brains healthy.

B vitamins play a part in producing neurotransmitters, which are the chemicals that foster communication between each of your brain cells. They are a bit like conductors of a symphony, as they orchestrate a person's concentration, memory, and mood.

The great thing about B vitamins is that they provide our brains with what they need to maintain sharper brain activity and happier thoughts. Therefore, it follows that the more of it you have, the better mental clarity you will enjoy.

3. Omega-3 Fatty Acids

Omega-3 has a reputation for being very good for your brain. Thanks to its ability to [improve the neurotransmitter function](#), which helps to stave off cognitive decline in neurodegenerative conditions like Parkinson's and Alzheimer's.

It can also regulate your mood and, as an aside, help lower your blood pressure, improve your good (HDL) cholesterol, and protect your heart from the risk of stroke.

You'll get good sources of Omega-3 from fatty fish, such as salmon, flaxseeds, and walnuts. Essentially, it is like rocket fuel for your brain, so try to eat as much of it as you can.

4. Complex Carbohydrates

In addition to water, the brain also requires a regular flow of glucose to help it function at its best. Thankfully, one of the easiest ways to provide a consistent supply is to eat foods like vegetables, legumes, and whole grains packed full of complex carbohydrates.

Starchy vegetables like peas, sweet and white potatoes, and corn are good examples of foods with complex carbohydrates. Whole grains and legumes, such as lentils and beans, are also included.

These foods release energy slowly - just like a slow-burning fire - and help provide our brains with the fuel they need throughout the day to remain clear and focused.

5. Antioxidants

Antioxidants are known for being powerful compounds that can safeguard your brain from oxidative stress, which is often causally linked to neurodegenerative conditions such as [Alzheimer's](#) and cognitive decline due to age.

Often triggered by factors like stress and pollution, oxidative stress can result in extensive cell damage. However, foods such as berries, good quality dark chocolate, artichokes, leafy greens, nuts, avocado, and kale protect our cognitive well-being by neutralising the threat of harmful free radicals.

Therefore, the more of them you can eat, the less potential for damage they will do to your brain cells.

6. Nutritional Supplements

What you eat is very important for protecting your brain health. But sometimes, there is nothing wrong with accepting a little bit of a helping hand from nutritional supplements.

Some, like the medical drink [Souvenaid](#), can provide you with extra assistance to keep your mind as sharp as a tack.

This medical drink is formulated with vitamins, antioxidants, bioactive compounds, omega-3 fatty acids, and other essential nutrients for good brain health. It can be particularly useful for older people, as it has been scientifically proven to slow down cognitive and memory decline by up to 60%.

© For personal and private use only. Reproduction must be permitted by the copyright holder. Email to copyright@mindbyte.eu.

You can also get separate supplements for Omega-3, ginkgo, Turmeric, B vitamins, and magnesium, which could contribute to improved brain function.

This article is part of the HealthManagement.org Point-of-View Programme.

Published on : Wed, 27 Nov 2024