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Food is not just for survival, as you might perhaps have known over the years. Our body is a terrific machine with the ability to rejuvenate and reinvent itself time and time again. The cells and tissues, muscles and bones all have the ability to grow stronger, given the right set of nutrients and care. However, it is a fact that nutrients make a lot of difference to the way the different parts of our body react and respond to changes - and it applies to our brain as well. Top brain foods can have a tangible impact on the way our brain functions and the speed at which we process data, information and thought.

The way top brain foods impact on our brain is very similar to what the best software upgrades and maintenance could have an effect on the processing speed of our computer systems. In fact, the results could be even more dramatic, given that top brain foods deal with living matter, cells, tissues and nerve centres that readily respond to stimuli. Fortunately, nature has bestowed us with the best of resources that could have profound impact on the functionality of the human brain. One such naturally available herb that doubles up as one among the top brain foods is the Gingko Biloba, which has been known for its ability to improve memory in older people who suffer from memory disorders such as dementia and Alzheimerâ€™s.

And if you are wondering if top brain foods are only for the elderly who may be facing the prospects of deteriorating memory on account of ageing, rest assured that nature has been equally kind to the younger generation as well. Foods that are rich in Omega-3 fatty acids are good for the body in more ways than one - for one, they help keep the heart healthy by reducing the chances of clogging of the arteries, and hence, helping in blood circulation to keep the heart healthy. And more importantly, deprivation of blood circulation on account of fat causes problems not only to the heart but to the brain as well, on account of short supply of oxygen. Olive oil is rich in Omega-3 and would definitely count among the top brain foods. That apart, if you love chocolates and feel guilty about having them, you have one more excuse to indulge in the bars, as chocolates are among the top brain foods that have a good deal of antioxidants, which are known to be good for brain.

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Ron White - About Author:
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