

Weekly Wellness Newsletter

TOP 10 BEST & WORST FOODS TO EAT FOR BRAIN HEALTH

BEST	WORST
Avocados: Rich in monounsaturated fatty acids, avocados are a source of potassium, which is important for brain health. A study found that people who ate avocados had a 21% lower risk of stroke. Source	Processed Foods: High in saturated and trans fats, added sugar, and sodium, processed foods are bad for brain health. A study found that people who ate processed foods had a 17% higher risk of stroke. Source
Blueberries: Rich in antioxidants, blueberries help protect brain cells from damage. A study found that people who ate blueberries had a 23% lower risk of stroke. Source	Processed Meats: High in saturated and trans fats, processed meats are bad for brain health. A study found that people who ate processed meats had a 17% higher risk of stroke. Source
Coffee: Rich in antioxidants, coffee helps protect brain cells from damage. A study found that people who drank coffee had a 23% lower risk of stroke. Source	Red Meat: High in saturated and trans fats, red meat is bad for brain health. A study found that people who ate red meat had a 17% higher risk of stroke. Source
Dark Chocolate: Rich in antioxidants, dark chocolate helps protect brain cells from damage. A study found that people who ate dark chocolate had a 23% lower risk of stroke. Source	Beer & Sugar-Sweetened Beverages: High in sugar, beer and sugar-sweetened beverages are bad for brain health. A study found that people who drank beer or sugar-sweetened beverages had a 17% higher risk of stroke. Source
Green Tea: Rich in antioxidants, green tea helps protect brain cells from damage. A study found that people who drank green tea had a 23% lower risk of stroke. Source	Fast Food: High in saturated and trans fats, fast food is bad for brain health. A study found that people who ate fast food had a 17% higher risk of stroke. Source
Herbs & Spices: Rich in antioxidants, herbs and spices help protect brain cells from damage. A study found that people who ate herbs and spices had a 23% lower risk of stroke. Source	Desserts: High in sugar, desserts are bad for brain health. A study found that people who ate desserts had a 17% higher risk of stroke. Source
Leafy Greens: Rich in antioxidants, leafy greens help protect brain cells from damage. A study found that people who ate leafy greens had a 23% lower risk of stroke. Source	Alcohol: High in sugar, alcohol is bad for brain health. A study found that people who drank alcohol had a 17% higher risk of stroke. Source
Legumes: Rich in antioxidants, legumes help protect brain cells from damage. A study found that people who ate legumes had a 23% lower risk of stroke. Source	Sugary Drinks: High in sugar, sugary drinks are bad for brain health. A study found that people who drank sugary drinks had a 17% higher risk of stroke. Source
Nuts & Seeds: Rich in antioxidants, nuts and seeds help protect brain cells from damage. A study found that people who ate nuts and seeds had a 23% lower risk of stroke. Source	Processed Snacks: High in sugar, processed snacks are bad for brain health. A study found that people who ate processed snacks had a 17% higher risk of stroke. Source

Feeling brain fog after lunch? Here are some **Brain Food** ideas.

Looking for more natural ways to be healthy? Here are foods **high in antioxidants**

Detox Juices For Weight Loss

Brought to you by: www.tikkaykhan.com
Add a detox juice diet has become very popular in recent years as an easier way to consume lots of nutrients without having to eat lots of whole fruits and vegetables.

10 Best Detox Juices For Weight Loss

1. CARROT JUICE This veggie is great for losing weight because of its high fiber content, and it's low in calories.	2. BITTER Gourd JUICE Bitter gourd contains about 60 percent water. This makes it very effective in suppressing your hunger.
3. CUCUMBER JUICE Cucumbers are not only a healthy refreshing topping for a salad, they can be made into a healthy juice that fits into your weight-loss plan.	4. AMLA JUICE Amli or Indian Gooseberry is a fruit loaded with Vitamin C and is known for being effective in suppressing your hunger.
5. POMEGRANATE JUICE It is well known that consumption of pomegranate juice can lead to a significant weight loss in the body.	6. CABBAGE JUICE Cabbage juice might sound disgusting, but it actually does your body a world of wonders.
7. WATERMELON JUICE Watermelon is a delicious and refreshing way to help you cleanse your body and lose weight.	8. ORANGE JUICE Including oranges in your diet can potentially help you lose weight.
9. PINEAPPLE JUICE Pineapple can flatten your tummy, promote stomach digestion and help your body burn a few extra calories.	10. BOTTLE Gourd JUICE Bottle gourd is a vegetable that contains 90% water. It is the most common all over the world and in all seasons.

FIGHT INFLAMMATION with FOODS THAT HEAL

WALNUTS	AVOCADO
LEAFY GREENS	PINEAPPLE
SALMON	GINGER
FLAX & CHIA SEEDS	BROCCOLI & CARROTS
SPIRULINA	BONE BROTH & COLLAGEN
CHERRIES & BERRIES	TURMERIC COCONUT OIL
CABBAGE	GREEN TEA & MATCHA POWDER

#cattercrunch

First time at the gym? Maybe you're getting back into working out after a long time out. **Here is a Beginners Plan.**

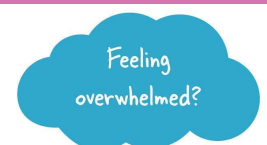
Start your morning off with **positive affirmations.**

Use a part of your day to just be **Calm.**

End your day with some **beginners yoga** or more **moderate yoga**



If you're worried about how to use gym equipment click **here for quick beginner's guide**



R A I N

Recognize what is going on. Accept the experience as it is. Investigate the thought or emotion. Non-identification, you are not the emotion.

