



Why does your brain need a steady diet of purple?

Your brain craves purple foods. They are good for your heart and your brain. And remember...what's good for your heart is good for your brain. Poor nutrition and lack of dietary knowledge can inhibit your ability to reach maximum cerebral achievement.

Purple foods are packed with polyphenols. That's what produces the beautiful rich colour.

Polyphenols help keep your arteries and blood vessels healthy and flexible. This reduces your risk of Alzheimer's and heart disease.

Adding purple foods to your diet enhances brain function. Studies have shown that eating a cup of blueberries daily can improve the way your brain cells communicate with each other. The result is a better memory!

These are all a regular part of my diet:

blueberries
grapes
raisins
plums
prunes
purple kale
beets
kidney beans
purple cabbage
acai berries
eggplant
and, of course, some of these are great as juice.

When you are planning your meals and snacks be sure to put purple on your plate and in your glass. Your brain will thank you.

For a list of more great brain foods click here: [Is Your Brain Rancid?](#)

Congratulations on learning something about your brain today. The Brain Bulletin is committed to help to do just that. If you missed any Brain Bulletins you can find them in the Brain Bulletin Archive:

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Something great and ongoing for your brain:

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You can join Terry Small's 825 followers for free on Twitter: www.twitter.com/terrismall

Twitter is a great way to learn and fuel your brain. I just posted a great article called, "Is There a Genius in All of Us?"

I will be posting, or tweeting as it's called, regularly about the brain. What I'm reading, watching, thinking, doing....all as it relates to your brain. Twitter restricts tweets to 140 characters, so it is always quick and to the point. No time wasting!

Twitter has the easiest sign up page in the world. Even if you are not on Twitter you can check out my tweets here:

www.twitter.com/terrismall

I had a great month. Lots of rest, reading, and relaxation over Christmas with family. I even managed to keep my weight down this time.

Last week I got to speak to the City of Richmond, MDA Corp., the Dept. of Fisheries and Oceans and teachers at GW Graham School in Chilliwack. On Tuesday I am off to Sonthofen, Germany to keynote the BOSCH Worldwide Sales and Marketing Conference. I love Germany....especially the food!

I am taking a great book to read on the plane: "On Being Certain - Believing You are Right Even When You're Not" by Robert Burton.

.....always remember: "You are a genius!"

Enjoy your brain,

Terry
www.terrismall.com

Terry Small, "the Brainguy", Independent Scholar & Learning Skills Specialist.

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