

## 7 Foods That Will Improve Your Mental Clarity, Help You Sleep Better, and Give You More Energy

1. **Blueberries** – They have some of the highest amounts of antioxidants and are packed with vitamins C, K, and fiber. Their anti-aging properties help protect the brain from stress. They're great in muffins, smoothies, or eaten in cereal for breakfast. With all their nutritional benefits, you'll want to snack on them every day.
2. **Bone Broth** – Just because it's clear doesn't mean it's lacking in nutrients. It's a liquid powerhouse that promotes a healthy gut lining and brain. Made from your leftover bones, vegetable scraps, herbs, and spices, bone broth is great to drink or put in soups, stews, casseroles, and more.
3. **Broccoli** – No surprise that broccoli makes the cut. It's one of the best foods for your brain, and it has high levels of vitamins C, K, and fiber. It's great eaten as a side dish, in salad, in a casserole, or in soup. My favorite way is roasted. Yum!!!
4. **Coconut oil** – There's so many ways to incorporate coconut oil into your everyday life. It's perfect to cook with, baked with, use as a substitute for butter or oil, and even use in DIY skin care. It naturally fights inflammation which is believed to be the root of most disease.
5. **Leafy, green vegetables** – You can't beat kale, Swiss chard, romaine lettuce, or spinach when it comes to foods that will improve mental clarity, build strong bones, and fight inflammation. These body builders are loaded with vitamins A and K.
6. **Turmeric** – Though only recently becoming popular, turmeric has long been used for its healing properties. This ancient root has high antioxidant levels which help promote a strong immune system and sharp mental clarity. This powerful spice is great added to chicken, fish, and rice dishes.
7. **Walnuts** – A hand full of nuts is a great way to keep you alert and sharp. Loaded with vitamin E, antioxidants, and minerals, walnuts are the perfect snack on the go. Add them to your salad, morning oatmeal, or granola. Many believe they can help the body fend off Alzheimer's. Almonds are great, too.

