



Top Brain Foods

Blueberries serve a wide range of functions from improving memory function to reversing age-related declines in motor function, balance, and coordination. They are also rich in antioxidants, helping to prevent free radical damage.

Salmon is rich in Omega-3 fatty acids, it helps your brain develop tissue for increasing your brain power; and plays a key role in fighting Alzheimer's and other age-related cognitive disorders.

Flax seeds - are crammed with ALA - a healthy fat that aids the cerebral cortex in functioning better - the part of the brain that processes sensory information.

Coffee - it has been shown to reduce the risk of Alzheimer's, Dementia, and other mental disorders. It is good for the brain in moderation, & contains antioxidants.

Mixed nuts - Peanuts, walnuts, pecans, etc. help with everything from fighting insomnia to promoting mental clarity & strong memory. Walnuts are rich in Omega-3 fatty acids while almonds contain natural mood-enhancing neurotransmitters.

Invisible Boy's Mother: *Why are your grades so low?*

Invisible Boy: *Because the teacher always marks me absent.*

May is National Mental Health Month -You are what you eat!

What you consume determines how well your mind & body are able to function.

Drinks - Sugary drinks have empty calories and damage tooth enamel. Caffeine dehydrates you. Studies show that even mild dehydration can cause fatigue, difficulty concentrating, and mood changes¹, in addition to physical effects like thirst, decreased or dark urine, dry skin, headache, dizziness and/or constipation.

Drink at least 8 glasses of water a day to prevent dehydration. If you feel like you need some caffeine, limit it to one cup of coffee, or try tea. Tea has lower amounts of caffeine than coffee and has lots of antioxidants-chemicals found in plants that protect body tissues and prevent cell damage.

Breakfast - Breakfast is needed to fuel your body (including your brain) after going without food during sleep and also jump starts your metabolism for the day. Skipping meals leads to fatigue and feelings of "brain fog."

Incorporate a healthy breakfast into your routine. If you're tight on time, grab a whole grain granola bar, yogurt and a piece of fruit to get you off to a good start.

Lunch and Dinner - Avoid high-fat dairy, fried, refined and sugary foods, which have little nutritional value. In addition to contributing to weight gain, and conditions like diabetes, research shows that a diet that consists primarily of these kinds of foods significantly increases risk of depression.

Eat a diet that relies on fruits, vegetables, nuts, whole grains, fish and unsaturated fats (like olive oil). People who follow this kind of diet are up to 30% less likely to develop depression than people who eat lots of meat and dairy products.

Wake Up America... and FOCUS!

According to BLS, nearly 3 million nonfatal workplace injuries and illnesses were reported by private industry employers in 2012, and 4,383 workers died in job-related accidents. ***That's more than 8,000 injuries and 12 fatalities a day.***

Summer is Bug Season – so Beware

Warmer temperatures mean bug season - time for mosquitoes, ticks, and fleas. Mosquitoes can transmit West Nile virus, St. Louis encephalitis virus, eastern equine encephalitis virus, and even dengue. Ticks can transmit Lyme disease and other serious infections; and fleas can transmit plague. To prevent these illnesses, use an appropriate insect and tick repellent and apply it properly.

Prime mosquito-biting hours are usually from dusk to dawn, but ticks are out at all times. Young ticks are so small that they can be difficult to see, but both young and adult ticks hungrily look to animals and sometimes people to bite.

To keep ticks at a distance, avoid tick-infested areas (ex. places with leaf-litter and high grasses) and use repellent containing 20% DEET or oil of lemon eucalyptus, if mosquitoes are the main concern. Always follow the directions on the packaging.

Consult your healthcare provider if you develop a rash, fever, body aches, fatigue or headache, stiff neck, disorientation in the 1-3 weeks following a bite. It could be any number of illnesses.