

# Retain Your Brain Power *for Life!*

## Q *What is your biggest fear about growing older?*

For the majority of us, the loss of memory in the form of dementia or Alzheimer's disease is in the top 5. Whether we are in our 20's or 80's we want maximum brain power to live the best life we are capable of. The idea that we could lose our brain power and the ability to recognize and communicate with our loved ones is a dreaded outcome of our vibrant lives.

## Q *So What Can You Do to Maintain a Healthy Brain?*

Embrace MPN™, the Memory Preservation Nutrition® program. By implementing this regimen of delicious foods and spices you'll stimulate your brain and keep it healthy for the long haul. Your family will thank you.

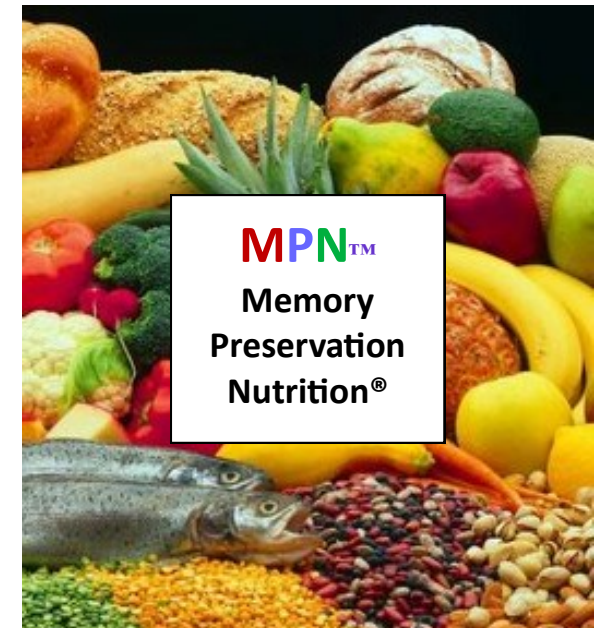


*As a director of an assisted living I know how important it is to offer nutritious meals to my residents. When I discovered the Memory Preservation Nutrition Program MPN™, I was pleased to learn the benefits and practicality of dietary choices that improve brain health. Planning menus with delicious fish entrees in place of red meat, serving plates with two vegetable sides, and offering desserts made with fresh fruit especially berries, are just some of the ways we have incorporated MPN™ into our residents' diet. It really isn't hard to make brain healthy choices in everyday meals. I am both personally and professionally excited about brain healthy cooking."*  
Leandra Negrete  
Executive Director  
Neville Place Assisted Living

*"I sure hope that you know how much your talk on Nutrition and Cognition at our annual Harvard co-sponsored Geriatric Psychiatry conference was appreciated by attendees, clinicians and the rest of our staff. You presented information that many professionals do not get a chance to hear about, and helped to inform us about important nutritional information that we should understand and incorporate into our patients' treatment plans. We hope to book you for another lecture soon."*  
James Ellison, M.D.  
McLean Hospital



## Concerned About Your Brain Power? *How Long Will it Last?*



# MPN™ Memory Preservation Nutrition®

An Evidence-Based Program



Research shows that nutrition is essential to preserving cognitive and emotional brain health. Here is a taste of the innovative MPN™ program.

**Be Brainy** about brain, heart, and blood sugar connections. The same factors that increase risk for high blood pressure, heart disease and diabetes also increase the risk of Alzheimer's disease.

**Eat Your Veggies!** A variety of green leafy and brightly colored vegetables, as well as dried beans and peas are essential to brain and body health. 7-10 portions a day is ideal.

**For more tips, recipes and additional information, go to [brainwellness.com](http://brainwellness.com)**

**Oh My Omegas!** Omega-3 fatty acids make up a major part of brain cells but can only be ingested, not made by our bodies. They are important for:

- Building brain cell membranes and other critical connections in the brain.
- They are anti-inflammatory and thus helpful for preventing or managing a variety of diseases.

Choose fish and/or other seafood 3 or more times a week, fish oils, green leafy vegetables, walnuts, flax and chia seeds.



**Spice it Up!** Many herbs and spices have amazing protective properties and can provide tremendous benefit to your heart and brain health.

- Use cinnamon, ginger, rosemary, oregano, and turmeric in your cooking.
- Reduce or eliminate added sugar and salt; eliminate trans fats.

## How Can I Learn More?

The Memory Preservation Nutrition® program can be implemented in any environment from your home to a senior care facility.

Educational Programs & Schools  
Corporate Wellness & Dining  
Health Care & Wellness Providers  
Food Service Providers  
Senior Residences

Contact us to see how you can boost your brain power for a long and healthy life.



**BRAIN HEALTH**  
AND WELLNESS CENTER®

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