

## **... FEEDING THE MEMORY.**

*Neurons are true gourmets who draw in our food the components useful for their functioning in order to communicate with each other through neurotransmitters (norepinephrine, dopamine, acetylcholine). Among the nutrients most commonly used to optimize our memory are certain B vitamins (B1, B3, B6, B9, B12) and vitamin C.*

*Vitamins B1 and B3 are essential for nerve transmission is successful. B3 is also involved in the transformation of phenylalnine to tyrosine, a precursor of dopamine and norepinephrine. Vitamins B6, B9 and B12 are also involved in the synthesis and storage of neurotransmitters. We can find all the B vitamins in brewer's yeast, wheat germ, fresh pollen, whole grains (mostly sprouts), nuts (almonds, hazelnuts, walnuts ...), algae Spirulina and Klamath and meat.*

*Vitamin B1 is also found in legumes (beans, lentils...), vegetable (sorrel, borage, cabbage ...), fish and egg yolk. B3 in mushrooms, liver, fish, egg yolk, dates and figs. B6 in soy, carrot, cabbage, onion and dairy products. B9 in all green leaves (spinach, arugula, mache, dandelion ...), mushrooms, liver, endive and avocado. And vitamin B12 in liver, fish, egg, miso, soy sauce (tamari, shoyu) and seaweed.*

*Vitamin C helps maintain a good level of cognitive performance (memory and learning). It is also involved in the synthesis of norepinephrine and dopamine. Parsley, acerola, berries (blackcurrant, blueberry, blackberry ...), peppers, cabbage and fennel, for example, are rich in vitamin C.*

*Antioxidants are particularly important for the proper functioning of nerve cells. Any imbalance in the cell protection system of the central nervous system (very sensitive to oxidative phenomena) can be detrimental and accelerate the aging brain. In practice, it is important to investigate the antioxidant components in food, mainly fresh fruits and vegetables.*

*Neurons are composed predominantly of fatty acids, including omega-3 polyunsaturated fatty acids and DHA (docosahexaenoic acid). To ensure perfect transmission of information and, therefore, a good memory, the membrane of neurons must be flexible. To this must be ingested omega-3 by consuming fatty fish (herring, salmon, mackerel, sardines, anchovies ...) and virgin oils cold-pressed of rapeseed, walnuts, hemp or linen.*

*In addition to nutrients details above, stimulation of the brain through logic games or strategy, crossword puzzles, read, learn poems, as well as sleep quality are part of a good healthy lifestyle to maintain long memory.*

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