

Why Diet May Be Key in How to Become Smarter

Research is beginning to show that what you eat as well as the quality of your food may play a role in how to become smarter. What are the brain friendly foods out there and what is it about them that seems to boost our thinking? While not trying to get too deep into cultural stereotyping, we are all probably familiar with the smart asian kid that seems to be in every class. There is some truth to the fact that many asian students excel academically. While some of that may be due to their cultural background that drives them to perform well, what they eat may also be part of how to get smarter. Many asian diets are high in seafood, rice and various vegetables. They also tend to be lower in fatty foods. Studies are demonstrating that this may help the brain building process in the body as well as help sustain brain function. Many seafoods, for example, tend to be high in Omega 3 fatty acids while being lower in bad fats. This is not only good for the heart and arteries, but is part of how to become smarter. Omega 3's contain DHA and EPA, two fatty acids that help the body produce healthy brain tissue among other things. This is why a study on breast fed babies showed higher IQ and brain development than those that were only formula fed. DHA is a component of breast milk also. The research was so conclusive that most formula manufacturers now add DHA into their product. However, adults can get it through seafood. Tips on how to be smarter cover all sorts of techniques for improving your mental capacity, but choosing the right foods is really important for the long term health of your brain and its ability to function correctly. Diet definitely affects mental performance. How to become smarter is not just about improving memory skills or doing logic puzzles though this helps. Giving your body the nutrients it needs to build brain cells, neurotransmitters and other chemicals necessary for functioning is foundational. No program of how to get smarter is complete without addressing the body mechanics behind how the brain works. Nutrition is an essential part of that mechanic. Unfortunately, the question of how to get smarter in some ways becomes how do we eat smarter. The way Americans eat today is really counterproductive to a healthy brain. We eat high fat foods, too many carbohydrates, not enough vegetables and fruits with vitamins and minerals and we put our brains behind the curve right from the start.

About the Author

The Warrior Diet is the revolutionary new health, diet and fitness lifestyle based on the scientifically proven benefits of following.

Source: <http://productsherbal.com>