

Pathawika-Chanachat. (2022, April), Brain food, enhance memory, prevent dementia : homeopath : 24 (564) : 24-25

Germinated brown rice is rich in GABA (GABA), 15 times more than general brown rice. GABA helps nourish the brain and treat various neurological diseases, helping to prevent it from being destroyed.

Fish meat contains fatty acids and omega-3s. which serves to strengthen the walls of nerve cells in the brain It is found in deep sea fish such as tuna and salmon.

Whole grains such as beans, sesame, corn, millet, sunflower seeds Rich in vitamin A and magnesium Substances that serve to nourish the brain as well It's also a great source of high quality protein, omega, and fiber.

Soy milk has antioxidant properties. Rich in B vitamins and lecithin, which is a brain nourishing substance. Helps to take care of the functioning of the nervous system and memory. Reduce the risk of Alzheimer's disease.

Spinach has properties that can help slow down dementia symptoms in the elderly. and has enzymes to help strengthen nerve cells improve brain function

Yogurt contains live bacteria and probiotics. Yogurt is also rich in essential vitamins and minerals, including vitamin B2 and vitamin B12, which help keep the blood cells, nervous system and brain cell membranes flexible. It is found mostly in Greek yogurt or mart. Nature that has not undergone much flavoring and flavoring processes.

