

*5 BRAIN BOOSTING FOODS  
FOR LIFTING  
3rd AGE BRAIN FOG*



3rd Age Mental  
Brain Fog can  
make us feel like  
we're not only  
losing our keys;  
but losing our  
minds as  
well...are we  
really?

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We all know the frustration of having a word right on the tip of our tongue, and then losing it right before we can spit it out and the confusion of walking into a room only to go completely blank as to ***why EXACTLY did I walk into THAT room in the FIRST place?!***

Curiously enough, **these types of mental lapses seem to happen more and more frequently as we navigate through our mid 40's to early 50's.** It was happening to me so often that I became concerned that I was starting down the road towards early dementia!

Never fear, 3<sup>rd</sup> Age brain fog does not mean an impending onset of dementia. It just means that you need to adopt a little radical self-care targeted towards creating better mental clarity.

**Did you know that optimal estrogen supply influences smooth cognitive brain function?**

Too much estrogen gums up the works while too little estrogen doesn't fire it up.

As we women enter the 3<sup>rd</sup> age and begin careening along the perimenopausal hormonal roller coaster; the surges and slumps in estrogen supply can create a tumultuous barrage of symptoms, including messing around with our neural function and creating a confounding brain fog that makes us think that we are beginning to lose our minds!

This is because ***there are estrogen receptors in the brain***, but interestingly enough, estrogen receptors are not very exclusive about who they will let interact with them.

Compounds, such as plant phytoestrogens, toxic estrogens and environmental contaminants can also lock onto estrogen receptors.

Plant phytoestrogens come from the plants that we eat and can act beneficially as a mild estrogen which allows things to proceed fairly normally. On the other hand, toxic estrogens and environmental contaminants can hijack estrogen receptors which wrecks heaps of havoc and exacerbates uncomfortable 3<sup>rd</sup> Age symptoms.

### **What contributes to 3<sup>rd</sup> Age Brain Fog?**

Environmental contaminants, endocrine disruptors and xenoestrogens (compounds that mimic estrogen) can occupy and block estrogen receptors throughout the body.

This is made worse by eating a poor diet, consuming an excess of alcohol, persistent constipation, chronic stress, and or chronic inflammation which overloads the liver and lymphatic systems and causes a back-up like a clogged shower drain. Only it's not just shower water backing up into your body (YUCK!); It is a metabolic cesspool of toxic waste that poisons and impairs healing and healthy cell function.

But don't fret!

***There are lots of useful strategies that we can use to protect our estrogen receptors, lift the fog and improve brain function in the 3<sup>rd</sup> Age.***

### **What can we do to help improve brain function?**

One fantastic thing that we can do is **consume a variety of beautifully nutritious whole foods** that feed a diverse healthy gut biome and help to reduce inflammation while optimizing waste and contaminant removal. To do this, eat foods that are rich in antioxidants, vitamins and minerals, healthy fats, omega-3 fatty acids and fibre.

**So, the next time you're planning a meal, add these foods to the menu!**

# 5 BRAIN BOOSTING FOODS FOR LIFTING 3<sup>rd</sup> AGE BRAIN FOG

Keep 3<sup>rd</sup> Age Brain Fog away and promote long lasting cognitive health by eating these brain-boosting, anti-inflammatory foods that promote a healthy gut and immune system.



## 1. OILY FISH.

Consuming sustainably caught oily fish **can help to support a healthy brain.**

Fish; like salmon, sardines, trout, herring & tuna, contain plentiful amounts of omega-3 fatty acids which help reduce inflammation and promote healthy cognition and memory recall.

## 2. BERRIES.

The beautiful brilliance of berries!  
**Berries are chock full of flavonoids and antioxidants delivering anti-inflammatory and anti-carcinogenic powers.** They also boost the immune system & reduce inflammation by feeding a healthy gut biome.







### 3. LEAFY GREENS.

Don't skip your veggies! Leafy greens are not only essential in your diet when it comes to vitamins, minerals, carbohydrates, and fiber, but **they are also chock full of phytoestrogens and help eliminate brain fogging contaminants by optimizing bowel function.**

### 4. TURMERIC.

Turmeric is not only a tasty and nutritious spice for cooking, but it also contains an active ingredient called curcumin that has been shown to be a beneficial antioxidant for brain health. **Enjoy with healthy fats and black pepper to make it bioavailable!**



### 5. NUTS & SEEDS.

**Nuts and Seeds.** Like you need another reason to chow down on almond butter! Nuts and seeds are great for cognition. **PLUS, the abundance of polyphenols in nuts like walnuts can help to reduce inflammation in the brain.**

*Many of these foods can be easily added to any meal to add more nutritious variety and assist in lifting 3<sup>rd</sup> Age mental fog. Cheers to a Happy Menopause!*

Sources:

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<https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower>

## MORE GOOD STUFF FOR YOU!



Hi, I'm Tammy and I hope that you find these 3<sup>rd</sup> Age Brain Boosting tips helpful.

If you want to know more about how to nurture health, vibrancy and fitness during the peri to post- menopausal years or how to restore health and fitness to your pelvic floor and core, come check out these other resources that are available to you.

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- Join my Facebook Group; [Fitness and Lifestyle Mojo for Daring Women](#)
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Thank you for being you!  
Tammy