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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Supplements That Can Help Boost Brain Power**

**By Gary Ruplinger**

Would it not be great if you could just pop a pill and remember everything for an exam?

Realistically, there are no supplements that can boost your brain power to such astounding levels. But, studies have shown that regular intake of certain supplements increases the ability to memorize. There are many herbs, supplements and foods that can improve your brain; the effect of which can mean improvement of memory, learning, concentration, attention, reasoning, social skills, decision making, and focus. If you can combine these 'brain foods' with sufficient rest and exercise, you will have boosted your brainpower in no time.

The brain requires a variety of nutrients to produce neurotransmitters - these are substances that control mood, behavior, and mind. Studies have proved beyond doubt that nutritional supplements increase IQ and enhance learning ability. 'Smart nutrients' (cognitive enhancing supplements) are natural substances that improve human intelligence.

**Ginkgo Biloba:** This substance has been used for thousands of years in Eastern cultures and is perhaps the most well-known of all memory enhancing herbs. It works by diluting the blood vessels in the brain and enhancing blood flow to the brain; thus supplying lots of oxygen to the brain. It also gets rid of harmful free radicals that damage brain cells. However, the results are not immediate. Taking the supplement continuously for a few weeks will start yielding results.

**Green Tea and Black Tea:** Recent research has shown that these common constituents of the kitchen are very effective in combating the dreaded Alzheimer's disease. The most significant result seems to be that these prevent the breakdown of acetylcholine. This is a key chemical involved with memory and is lacking in Alzheimer's patients. The effect of green tea is more lasting than that of black tea, which lasts only for a day.

**Sage and Rosemary:** A recent study shows that students who took sage performed better at a memory recall test. Scientists believe that sage contains substances that may increase levels of a chemical that transmits messages to the brain. Rosemary also helps stimulate the memory and alleviate mental fatigue. It also strengthens mental clarity. How exactly these substances help the brain remains ambiguous.

## Supplements That Can Help Boost Brain Power

**Vitamin B Supplements:** A healthy diet should provide you with all the vitamins that are needed by the body. But at times of stress and fatigue, the body gets depleted of Vitamin B. This deficiency prevents the functioning of acetylcholine. Vitamin B also helps carry oxygen to the brain and this does away with harmful free radicals. Some natural foods like liver, eggs, soybeans, lentils, and green beans are rich in Vitamin B. Vitamin B Supplements also help to boost the level of these vital vitamins in the body.

**Iron deficiency:** The most common deficiency in most parts of the world is linked to iron deficiency. Poor concentration, diminished intelligence, and a short attention span are all attributed to iron deficiency. Iron helps carry oxygen to the blood and its deficiency leaves the brain sadly lacking in oxygen. Iron deficiency can be detected by a simple blood test. Iron-rich food like lean meat, beans, iron-fortified cereals, and iron supplements help raise the levels of iron. But absorption of iron becomes possible only in the presence of vitamin C. Garnishing iron-rich food with lime juice is one of the most effective and natural ways to ingest Vitamin C with iron.

Water is an often overlooked but important necessity of the brain. The brain is 70% water, and a dehydrated brain works at a slower pace. Therefore it is necessary to keep the brain hydrated with plenty of water.

Gary Ruplinger is a featured writer for RareGenius. For more ways to boost your brain power, visit us at:

<http://www.raregenius.com/>

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## **Choosing The Right Bodybuilding Supplement**

**By Rick Mitchell**

### **Choosing The Right Bodybuilding Supplement by Rick Mitchell**

Before wasting your money on a pile of bodybuilding supplements you really need to work out what you are hoping to achieve. Don't lose sight of the fact that sound nutrition forms the basis of any muscle building program and no amount of supplementation with the latest and greatest products will make up for bad eating habits. The bottom line is, bodybuilding supplements should be used IN ADDITION to regular food, not INSTEAD OF it.

Now that we've got that out of the way, let's go on to think about what supplements could be of use and this is something that can only be determined by your physical and performance goals. Don't make the mistake of copying your training partners or believing all the garbage spouted in magazine ads. Decide first what you want to achieve and then choose the supplements that will help you reach your goals.

## Supplements That Can Help Boost Brain Power

To help you make an informed choice, the most popular and useful bodybuilding supplements available today are listed below, broadly divided into two goal-related categories.

Determined to build muscle? This cannot be achieved without dedication, sheer hard work and sound nutrition. With a solid foundation in place you can help the process along with supplements like creatine, whey protein, prohormones, testosterone boosters and amino acids.

Need to lose fat? There is no point in building awesome muscles if they're covered by layers of fat. Once again, the key to success is hard work but you can boost fat loss by using products from supplement categories that include fat burners, stimulant-free products, appetite suppressants and carb blockers.

Many more supplements are available to support your bodybuilding endeavors. These include energy boosters and products aimed at enhancing the condition of your mind and body. As we progress through this series of articles we'll look at each of these in turn.

Rick Mitchell is the creator of the

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