

JOG YOUR BRAIN WITH THESE TIPS

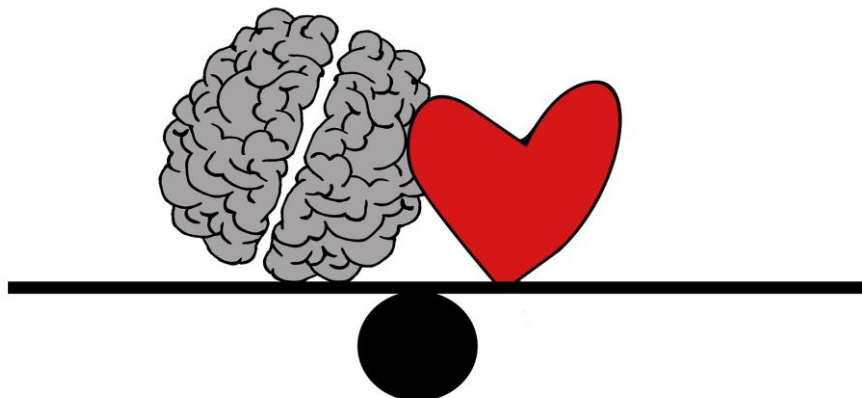
June 8, 2018

Only in Spain there are almost one million affected by neurodegenerative diseases. The WHO ensures that cases of dementia could double in 2030 and triple by 2050.

The impact that diseases such as Parkinson's or Alzheimer's have on the quality of life of the sick and their relatives is enormous: long treatments that require hospitalization, dependence on caregivers ... That is why it is important to take action as soon as possible.

If you notice some of these 9 signs, go to the doctor:

- Loss of regular objects that you use regularly.
- Sudden failure of the sense of orientation.
- Difficulty or impossibility to make simple calculations.
- Letter that becomes illegible.
- Temporary disorientation or spatial.
- Loss of empathy.
- Alterations of humor.
- Change in the way of walking, starting to walk on the basis of small steps.
- Loss of sense of taste and smell.



How do we prevent or delay the onset of neurodegenerative diseases?

Follow our 14 tips:

- Keep your brain well nourished, well oxygenated and well protected.
- Practice a regular physical activity to activate blood circulation that provides oxygen to the brain.

- Crosswords, reading, studying other languages ... are good for stimulating the left hemisphere of the brain, while creative activities, such as painting and relaxing, such as meditation, stimulate the right hemisphere.
- Have social activities: see the family, meet friends, be part of associations ...
- Sleep enough: 8 daily are recommended, although it depends on the activity.
- Follow an organic and seasonal diet, free of pesticides.
- Decrease the consumption of sugar, refined flours and foods with a high glycemic index.
- Drink quality water.
- Decrease exposure to electromagnetic waves.
- Reduce, if possible, the consumption of anxiolytics, sleeping pills and antidepressants, as well as products, medicines and utensils containing aluminum.
- Avoid chronic exposure to mercury through the environment or contaminated food.
- Achieve adequate doses of essential micronutrients such as vitamin D, vitamin E and omega 3.
- Check the level of homocysteine in blood, a product that the body must eliminate. In case of excess, try to have a good supply of vitamin B and antioxidants.
- Maintain good dental hygiene.

Black garlic helps

Garlic has been known not only as a flavor enhancer, but also as a food that has high potential antioxidant activity. A decade ago, a natural process is discovered in Korea that eliminates its odor, modifies its flavor and texture and increases its properties for health. Fresh garlic is transformed into black garlic through a technological process at controlled temperature and humidity for a period of time. It is called 'enzymatic fermentation', as microorganisms do not intervene in the aging process.

This process increases the properties of garlic due to the higher concentration, stability, biological value and bioavailability of the nutrients. To concentrate all the pure active ingredients and obtain all the properties of black garlic, black garlic tincture is the best method due to its bioavailability and absorption capacity by the organism.



Recent studies show the neuroprotective capacity of the hydroalcoholic extract of black garlic, playing an important role in improving the functions of the nervous system; and memory, due to its antioxidant capacity.

Our [concentrated extract of black garlic](#) is able to act quickly, safely and deeply, because it favors the body's own natural response capacity, acting simultaneously and beneficially on multiple

organic systems, without the unwanted effects of white garlic concentrated and without risk of toxicity.

Sources:

Magazine Plantas & Bienestar. June 2018.

The effects of black garlic ethanol extract on spatial memory and the estimated total number of hippocampal pyramidal cells of male adolescent Wistar rats exposed to monosodium glutamate.

<https://link.springer.com/article/10.1007%2Fs12565-014-0262-x>

The effects of the ethanol extract of black garlic (*Allium sativum* L.) on the estimated total number of Purkinje cells and the motor coordination of male adolescent Wistar rats treated with monosodium glutamate.

<https://link.springer.com/article/10.1007%2Fs12565-014-0233-2>