

# Add your brain to the Go Green campaign

Imagine *P. americana* being so misunderstood. You get ignored because they think you're **too fat**. They look at you as being **strange and ugly for your size**. They even **confuse you** with everyone else out there in the marketplace. And worst of all, many **think you're good only for dipping**.



Yes, Mother Nature's avocado (*Persea gratissima* or *P. Americana*) gets mistaken for a vegetable, shunned for its high calories and recognized by most only as guacamole.

**If you want your brain running on Super fuel, then you need Avocados.**

## Here are 6 reasons for making Avocados your #1 Green Super fuel

1. 75% of its calories come from fat but mostly as *monounsaturated fat*. The monounsaturated fat lowers the bad LDL cholesterol which leads to heart disease and brain strokes.
2. Acts as anti-inflammatory and antioxidant, similar to blueberries, on neurodegenerative conditions and reducing the effect of free radicals on brain performance.
3. Lowers blood pressure, and thereby increases blood circulation assuring the brain receives sufficient amounts for mental performance and some suggest increased intelligence.
4. Contains a rich source of dense nutrients which reach the brain, including potassium and magnesium, as well as the B, E & K Vitamins.

5. Stimulates infant brain and spinal cord development during pregnancy with its beneficial folate content.
6. Relieves brain of excess worry as it contributes to weight loss and radiant skin.

So, there you are – another reason for Going Green. **Avocados, one of Mother Nature's best brain green sources.**

If you want to dig deeper into avocados, you can find more information from Bob Bergh, Department of Botany and Plant Sciences, University of California, **The Avocado and Human Nutrition, Some Human Health Aspects of the Avocado**

<http://www.regenerativenutrition.com/content.asp?id=443>