

Having a “Nut Brain” can be a good thing

Have you ever looked at a walnut? I mean really looked at a walnut. There seems to be a striking similarity between a walnut without its shell and a human brain. **Is Mother Nature trying to tell us something?**



Well whatever Mother Nature has in mind, she sure **packed a brain wallop into a walnut.**

- rich in 15-20% protein (including essential amino acids)
- rich in minerals (calcium, iron, manganese, phosphorus, magnesium and copper, but low in sodium)
- rich in vitamins (A, E, C, B1, B2, folic acid, pantothenic acid, and niacin)
- rich in fatty acids (Omega 3 and Omega 6)
- rich in fiber for better digestion
- rich in calories for quick energy

The composition of **your human brain is around 60% of what is called “structural fat”** meaning that your brain cells need different types of dietary fatty acids for composition and function.

Your neurons messengers cells have two molecule layers of fatty acids, and the myelin covering your nerves is 70% fat.

The **two most important fatty acids are Omega 3 and Omega 6**, because these are essential fatty acids your body is unable to make and must come from foods sources.

Omega 3 (alpha-linolenic acid) and Omega 6 (linoleic acid) are both found in walnuts. Of the two, **Omega 3 is most critical for brain functioning** as it allows the cell membrane walls to

be fluid enough for the flow of nutrients in and the waste out. Studies suggest that low Omega 3 levels may play a role in depression, cognitive difficulties and ADHD.

Walnuts are also great for a good night's sleep. *Melatonin* is the hormone produced by the brain's pineal gland which helps to regulate your sleep-awake cycle and jet lag recovery. Unfortunately, melatonin decreases with age leading to interrupted or overall poor quality sleep. Walnuts contain a bio-available form of melatonin and have been shown in animal studies to triple the rate of melatonin circulating in the blood.

Walnuts also make you feel good. They have been shown to affect the brain's serotonin levels. *Serotonin* is a hormone which regulates moods and behavior. Low serotonin levels are related to conditions of temper outbursts, anxiety, appetite disorder, depression and insomnia.

Relax, you don't need to turn yourself into a squirrel to get these benefits. Just **5 to 7 walnuts a day** is all that is recommended.

So, go out and allow your brain to become a "Nut Brain" – Mother Nature designed this super brain food just for you.

[The above information is for general information only. Consult with your health practitioner if you experience any of the above medical/mental conditions.]