

# You too can have an energized bunny brain

What are you planning to put in your fuel tank today- regular or super? If it's "regular" then it's probably going to start with coffee and donut, later mixed with a burger, fries and a soda, then an energy boost candy bar and a re-fill with Chinese take out.

Oh no, **that's not me** you may well protest. But, in truth some days it can be and when it isn't, it may not be much better.

Fast foods can stave off the pangs of stomach hunger and refuel your body with energy to get you up and running again, but **it's all temporary**. Once you have burned through the calories, the body will be sending a message right back to your brain – **feed me, feed me more** (the consequences of which the diet industry knows only too well).

While the focus is on the energy needs of your body, little is said about the energy needs of your brain. It's estimated that **your brain uses approximately 20% of all your body energy**. That converts to **24 watts** of energy from 2,500 calories per day.

If you're going for high performance, long term quality use and reliability then scrap the "regular" fuel and go for "**Super**." Super brain fuel will deliver the right mix of energy calories and densely packed nutrients.

- No more cold starts needing a super grande triple latte
- No more mid-afternoon slumps requiring a caffeinated perk
- No more deflated, tail dragging reprieved by an alcoholic brain buzz

**You and brain can be an energized bunny on Super brain fuel!**



Of course, you know it's means fruits and vegetables. Yes, it's true, these and other great brain foods are the only fuel supply your brain can use to create **time-tested, sustainable high performance.**

**If you're tired of *regular*, then it's time to fill-up with *Super***

But, before I show you how to do that, you can discover for yourself why "*regular*" isn't going to get you where you want to go.