



Getting Smarter About Brain Health

The brain manages things like memory, the ability to learn new information, speech, and reading comprehension. In most healthy individuals the brain is capable of learning new skills in each of these areas, especially in early childhood, and of developing personal and individual thoughts about the world. Factors such as aging and disease may affect cognitive function over time, resulting in issues like memory loss and trouble thinking of the right words while speaking or writing. When it comes to your brain, not all food is created equal. **Your brain requires special nutrition for optimal performance such as that found in the Aviara Base System.**

Brain Health