

Brain Blog Break

I thought I give your brain a break from all this blog reading. When your brain gets overloaded, it's the same as your eyes glazing over when there's too much to process. The last three blogging posts have focused on the super brain foods of walnuts, blueberries and avocados. If they are not already on your regular food list, you might need some background information to fully appreciate what Mother Nature has put together.

Here are 4 YouTube videos to help you out.

Walnuts – like the way she crushes them

Blueberries – they stain your hands but ohooo... so good for you.

Avocados – who would have thought you could become addicted.

And then I couldn't resist this fourth one that kind of sums up how we have embraced Mother Nature. Enjoy