

Spice Up Your Brain



Holidays are the best time of the year for your brain to benefit from all those wonderful aromas that come wafting out of your kitchen. Usually your herbs and spice bottles sit waiting until that recipe calls for something out of the ordinary, but when the holidays come those very herbs and spices flow into every direction – a little here and a little there.

Both the herbs and spices that release such wonderful holiday aromas, flavors and memories also contain a healthy source of **antioxidants** which are beneficial to good brain performance.

The AARP has put together a beautiful photo series of the healthy benefits of herbs and spices – the very ones that are probably sitting right there on your kitchen shelf. Take the time to click on the link below, I'm sure your brain will appreciate it. <http://tinyurl.com/yj6aks8>