

Increase your intelligences with
BRAIN BOOSTERS
You are smarter than you think!

**power
mind**

Take command – Create significance



**Struggling or succeeding ?
Have you enough Vit B 52 ?**



BRAIN BOOSTER : VITAMIN B 12 IS PARAMOUNT FOR YOUR BRAIN

Wait there ! The banner reads enough Vitamin B 52 ?? Well spotted. That means your brain is firing sharp and accurate. Let's keep it that way by ensuring your Vitamin B12 level is optimum.

According to a cross-sectional study. conducted by Christine C. Tangney, PhD et al.USA (source MedPage 2011) low levels of vitamin B12 or folate may contribute to cognitive problems for older adults in more than one way, . Poor vitamin B12 may be a risk factor for brain atrophy (shrinking) and cognitive impairment. The Institute of Medicine (USA) already recommends B12 supplements for seniors

Other benefits of B 12 is increased energy ; boosts your metabolism & critical in wound health.As with all vitamins, it is the synergistic action of all the Vitamin B group that makes a wholistic impact on your health.

Not sure of your levels ? Your GP can arrange a test.

SUGGESTED ACTION FROM THIS BRAIN BOOSTER : Take command of your total health profile visit your GP and naturopath for an annual check—why struggle when you can succeed ?

AFFIRMATION FOR YOUR BRAIN HEALTH

I CHOOSE TO KNOW WHAT IS NOURISHING FOR MY BRAIN & I INGEST IT WITH JOY

POWERMIND—center for NeuorLeadership Coaching Excellence
Start your New Year Strong— Create the Future You Deserve
Sunday 19 February 2012 9 am—4 pm
Register now !

**TO FIND OUT MORE,
CONTACT US NOW**

You
can

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