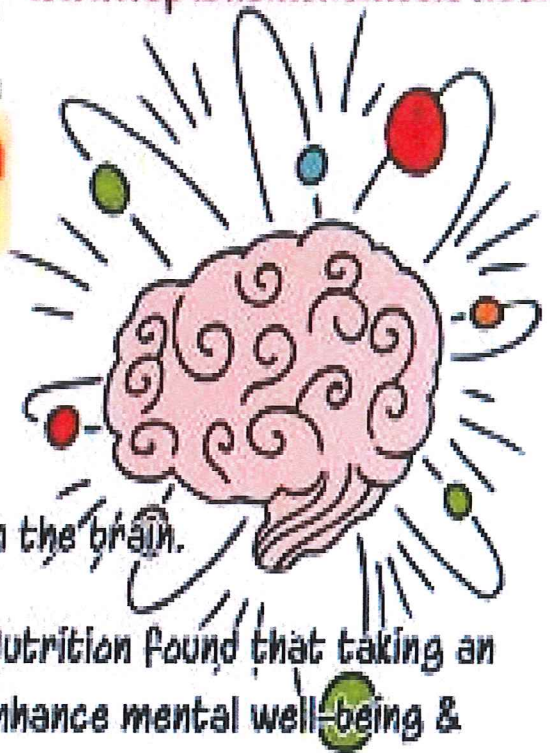


# Top 10 Spices to Boost Brainpower



Adding **TURMERIC** to your food can help keep your brain sharp.



Studies have revealed that the volatile oils in **THYME** increase the levels of omega-3 in the brain.



A study published in the British Journal of Nutrition found that taking an extract from **OREGANO** leaves can help enhance mental well-being & regulate mood.



Due to its antioxidant and anti-inflammatory properties, **ROSEMARY** helps fight off free-radical damage in the brain.



**SAGE** is excellent for better brain functioning & boosting memory recall.



**BLACK PEPPER** has a compound called piperine that increases beta-endorphins in the brain & boosts cognitive function.



A study published in the Journal of Alzheimer's Disease has shown that **CINNAMON** contains compounds that can help ward off Alzheimer's disease.



**NUTMEG** can help keep your brain sharp and boost brain activity due to its compound called myristicin.



**CLOVE** works as a mental stimulant and decreases oxidative stress because of its antioxidant properties.



Studies indicate that the methanol extracts from **HOLY BASIL** can be useful in reducing brain damage due to decreased cerebral circulation.