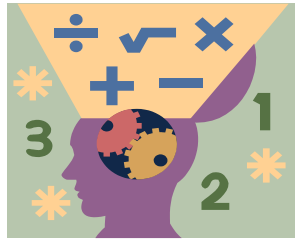


ANTI-AGING BRAIN MIX



Memory snack:
A nibble for your noodle

Nature is full of wonderful foods that nourish your brain, but in your busy life, have you taken the time to find out what they are? And if you do know, do you find it hard to fit them into your diet? I decided to make it easy for my patients – and you – by listing the following wonder foods as snacks to nibble on throughout the day. You can also put together a batch of Dr. Mao's Anti-aging Brain Mix using all these ingredients:

(purchase nuts that are organic, raw, unsalted)

- ☯ 1 cup walnuts
- ☯ ½ cup pine nuts
- ☯ ¼ cup sesame seeds (preferably black)
- ☯ ½ cup pumpkin seeds
- ☯ 1/3 cup of dried goji berries
(found in health foods stores or at your local Acupuncturist office)
- ☯ ½ cup dried apricots (unsulphured, unsweetened preferably)
- ☯ ½ cup dried blueberries (ditto)

Mix the ingredients evenly and pack in a sealed container or zipper bag to preserve freshness. Eat a small handful between meals every day as a snack. This mix of nuts and fruits supplies essential fatty acids, carotenoids, and antioxidants that will maintain a steady supply of fuel and energy for your brain.

From 'Second Spring', by Dr. Maoshing Ni, p. 109.

Courtesy of Sheryl Sanchez, L.Ac.
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NOTE: This product is now available pre-packaged in my office (from Dr. Mao's company).