



## Stop Your Brain From Aging!

- Go for Saturated Fats
- Cleanse Your Liver to Make Your Brain Sharp
- Keep Learning Even at Your Old Age

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Human brain is one of the most hardworking organs in human body that work even while one is asleep. The brain is most active while one is young and tends to degenerate or decline during the old age. That is why most seniors always find it difficult to remember what happened few minutes ago and most of them are not able to think fast and reason properly due to decline in their brain. If you are already passing through this problem, you are not to border any longer as this article is dedicated to present you 3 ways to keep your brain sharp as you age. Milk is still one of the most effective foods that can enhance and boost brain both for young and the old alike.

**Go for Saturated Fats:** Indeed, saturated fat which can be gotten from butter and ghee as well as breast milk is one of the most essential ingredients needed to boost the brain for better function. Milk is among the chief sources of this special kind of fat. For that reason, you need to take milk if you want to keep your brain sharp as you age.

**Cleanse Your Liver to Make Your Brain Sharp:** You may ask the relationship between liver and the brain; the liver is responsible for production of amino- acid needed for the brain to function. For that reason, in order to make your brain sharp you have the supplement the function of your live by nourishing it.

**Keep Learning Even at Your Old Age:** Indeed, the brain can only function effectively as long as you keep learning even at your old age. This is because a higher level of education is associated with better brain and mental function mostly in the old age.

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