



HEALTH & HEALING

Enhancing Mental Clarity

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Have you ever walked from one room to another only to forget what you were looking for? I have, and on more than one occasion. Here's another one—do you find it increasingly difficult to learn new things? Don't worry, you're not alone.



Mike Ventresca

Momentary lapses of memory and loss of concentration are common complaints by many people that only seem to worsen as we age. For years, we've turned to herbs like ginkgo biloba, and for good reason. Ginkgo has solid research for both Alzheimer's disease and Age-Related Cognitive Decline. However, because much of this research has been conducted on the elderly, it's hard to say if ginkgo would benefit a younger person to the same degree.

Fortunately, new research suggests there may be another highly effective choice for people wanting to enhance and restore cognitive abilities. Perhaps even more exciting are the results from a clinical study on children with Attention-Deficit/Hyperactivity Disorder (ADHD). Researchers found this nutrient was able to significantly decrease

symptoms of inattention and impulsivity in 47% of participants, compared to just 19% in the control group.

What is this new brain booster that is clinically proven to increase mental clarity? It's called Sharp-Thought by Country Life. Sharp-Thought is a special conjugated complex of two important brain nutrients called Phosphatidylserine (PS) and DHA (from omega-3 fish oil). Unlike other supplements that simply combine these two nutrients in the same pill, Sharp-Thought uses a patented conjugated form, which means the two have been woven together.

This woven structure more accurately resembles the form found in the brain. This allows the body to immediately recognize Sharp Thought as "body ready" and is proven to be more readily useable by the brain. According to the manufacturer, Sharp-Thought supports faster recall, increased memory and cognitive abilities and may support children with ADHD.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.



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