



## HEALTH AND HEALING

# Don't forget the *Sharp Thought*

by **Mike Ventresca**

Vital Choice

**H**ave you ever walked from one room to another, only to forget what you were looking for? Don't worry, you're not alone.

Momentary lapses of memory and trouble with concentration and focus are common complaints by adults and children alike.



**Mike Ventresca**

For years we've turned to herbs like ginkgo biloba, and with good reason.

Ginkgo has solid research for cognitive function. However, the focus of most of the studies has been

age-related cognitive decline or Alzheimer's disease. It's difficult to say if ginkgo would benefit a person without one of these concerns.

Fortunately, research suggests there may be another highly effective choice for people wanting to enhance and restore cognitive abilities.

Maybe 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 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, Sharp Thought uses a patented conjugated formula that more accurately resembles the form found in the brain and is thus more readily useable by the brain.

In fact, our staff registered dietitian, Nicole Elias, agrees. Nicole has worked with numerous clients from ages 10 to 84 who report a wide range of benefits, including increased memory and cognitive abilities as well as concentration and focus.

*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. They are open Monday through Friday from 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

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## Learn. Shop...be healthy!

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