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.