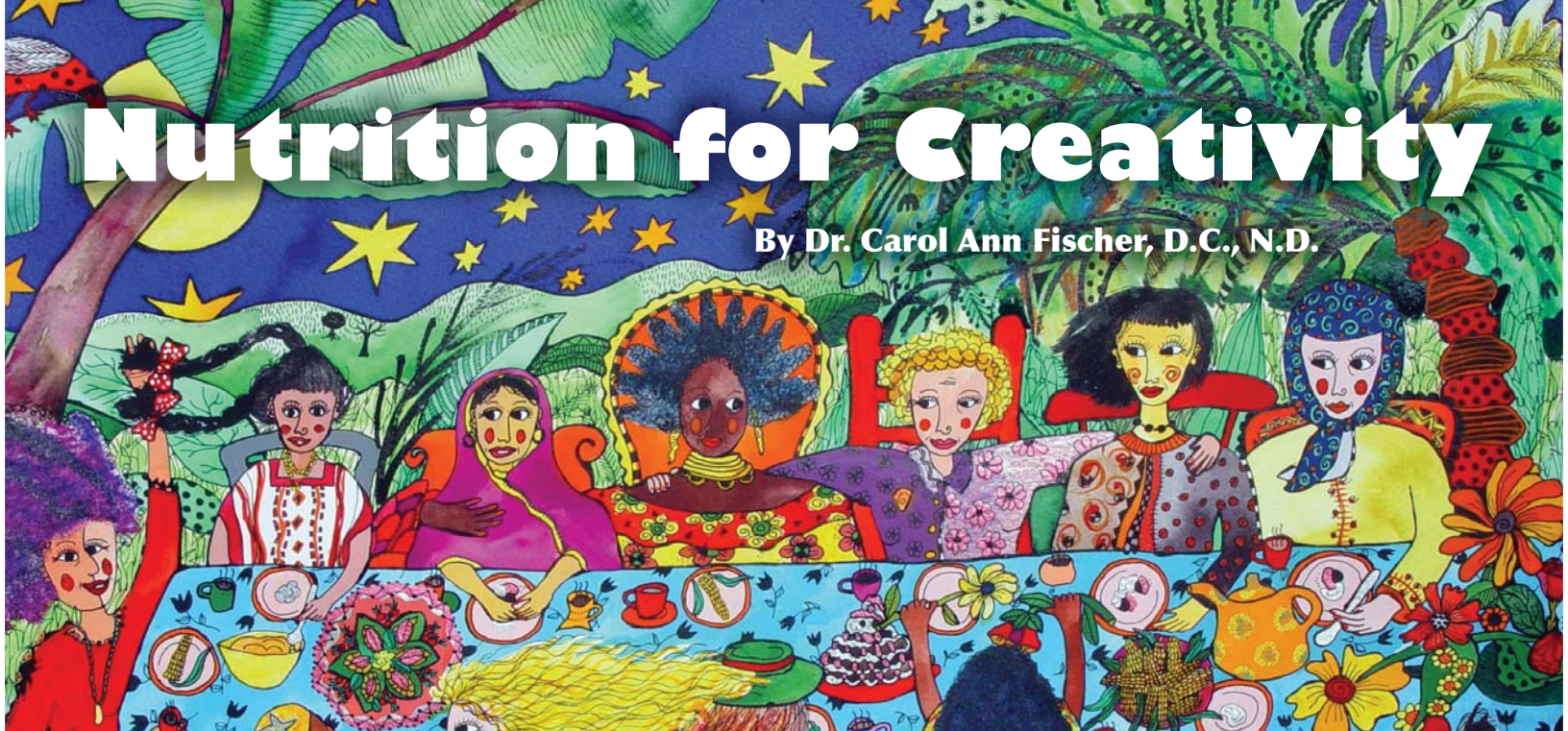


Nutrition for Creativity

By Dr. Carol Ann Fischer, D.C., N.D.



There are specific nutrients that are needed by the brain for creative expression. Being creative means having the ability to think clearly, and having the needed energy to take creative action as needed. Everyone has the potential to be creative in any area in life.

Essential fats, known as Vitamin F, enhance creative brain activity while helping reduce physical hyperactivity. Herbs, like Bacopa and Ginko, help maintain and improve memory. The most common missing vitamins and minerals that are important for creative expression are Vitamin D, calcium and magnesium.

Experts estimate that 70 percent of Americans are deficient in Vitamin D due to the misconception that sunlight is harmful. Vitamin D helps with brain development, memory, fatigue, depression, and protects against neurodegenerative diseases, such as Alzheimer's. Cognitive function and creative expression are enhanced by Vitamin D according to current research.

Thirty minutes of summer sunlight initiates the conversion of 10,000 units of Vitamin D in the skin

Foods that boost creativity are:

Vitamin A-rich foods including carrots, peppers, apricots, sweet potatoes, kale, and cod liver oil

Vitamin C-rich foods including oranges, melons, kale, almonds, and sweet red peppers.

Vitamin F-rich foods including flaxseeds, nuts, avocado, butter, cod liver oil, and Omega oil

Calcium-rich foods including almonds, sesame seeds, filberts, parsley, and kale

Iodine-rich foods including fish, kelp and dulse (seaweeds that can be used in food preparation)

Magnesium-rich foods including raw green leafy vegetables, nuts, whole grains, and pumpkin, sunflower and sesame seeds. (These foods also contain the other Vitamin D co-factors.)

to a substance that is changed in the liver, kidney and small intestine. This substance works with calcium, moving it into the cells. Calcium is the most abundant mineral in the body, making up 95 percent.

The movement of calcium is also dependent upon Vitamin C and the fat-soluble vitamins A, and F. The mineral Iodine is also essential to move calcium from the blood into the tissues. Calcium needs to be in balance with magnesium, which is the most important mineral needed for proper Vitamin D utilization. Often people are deficient in Vitamin D because they lack sufficient magnesium. Vitamin D also needs the co-factors zinc, Vitamin K2, boron and Vitamin A. It is important to include foods rich in these nutrients to keep the brain and body vibrant and healthy.

The majority of Americans have magnesium intakes below the Recommended Daily Allowance (RDA). Magnesium is the fourth most abundant mineral in the body, involved in more than 300 biochemical reactions and, as with most nutrients, better absorbed from foods than from supplements.

It is important to get adequate amounts of Vitamin D, especially for those people who avoid the sun. Using sunscreen or wearing light colored pants and long sleeves when outdoors in the sun does protect the body from the sun. But covering the body with clothing and/or sunscreen, and then the eyes with sunglasses blocks all light from the receptors that can convert sunlight to Vitamin D.

Dr. John Ott, who researched the effects of full spectrum light and Seasonal Affective Disorders (SAD), found that using tinted eyeglasses and sunglasses prevented the passage of the proper wavelengths of light to the eyes. One of the routes for UV light to be received by the body is through the eye, as well as the skin. He found that without sufficient sunlight exposure, disorders of the nervous system, Vitamin D deficiency, decreased immunity, hypertension, depression, and many chronic diseases can occur in both children and adults.

Vitamin D becomes an essential hormone for both adults and children once the liver and kidneys activate it. Vitamin D is also important for female health and hormone production. A research article in the April 2010 issue of Obstetrics and Gynecology linked low Vitamin D levels with pelvic floor disorders. They also found that both premenopausal and postmenopausal women are twice as likely to have urinary incontinence if Vitamin D deficient.

Both adults and children may not be as healthy and vibrant as they could be without full exposure to sunlight where sufficient Vitamin D is produced. To enhance creative thought allow the skin to get 20-30 minutes daily of summer sun exposure, without sunglasses. Include a handful of nuts and seeds, and some raw green leafy vegetables in the diet to provide all the needed nutrients for full creative expression.

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