

BRAIN BUILDERS		BRAIN DRAINERS
• Avocados	• Oatmeal	• Alcohol
• Bananas	• Oranges	• Artificial food colorings
• Beef, lean	• Peanut butter	• Artificial sweeteners
• Brewer's yeast	• Peas	• Colas
• Broccoli	• Potatoes	• Corn syrup
• Brown rice	• Romaine lettuce	• Frostings
• Brussels sprouts	• Salmon	• High-sugar "drinks"
• Cantaloupe	• Soybeans	• Hydrogenated fats
• Cheese	• Spinach	• Junk sugars
• Chicken	• Tuna	• Nicotine
• Collard greens	• Turkey	• Overeating
• Eggs	• Wheat germ	• White bread
• Flaxseed oil	• Yogurt	
• Legumes		
• Milk		

Brain Builders - are foods that help your memory improve and allow you to think better with clarity.

Brain Drainers — bad foods that slow down your memory function and you can't think quickly.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。