

3 Easy Juices That Help Heal Your Brain

Spinach juice offers antioxidants that quench free radicals which cause neurodegenerative effects. The flavonoids in spinach can help reduce plaque buildup that is associated with Alzheimer's disease. And one study published in Experimental Neurology showed less brain damage from the restricted blood supply and increased motor function following a stroke. Spinach also expands the brain's learning capacity.

Kale Lowers Chances of Stroke

The American Academy of Neurology says "leafy greens are one of the best foods for brain health." Kale's vitamins A, C and E and selenium are integral for brain wellness. They also lower the chances of stroke. One cup of raw kale, which you can easily juice, contains 80.4 milligrams of vitamin C and 10,302 international units of vitamin A, or 134 percent and 206 percent of your daily required value, respectively.

Berries Improve Motor Control and Cognition

Blueberries, blackberries, raspberries, strawberries and other berries have benefits that may help prevent age-related memory loss and other brain changes, said scientists in ACS' Journal of Agricultural and Food Chemistry. Berries' antioxidants protect cells from damage by harmful free radicals. They also change the way neurons in the brain communicate; they also improve both motor control and cognition.

Green Berry Cocktail

- 1 cucumber
- 1 handful spinach
- 2 kale leaves
- 1 cup berries

- 1-inch ginger

Juice all ingredients, stir and enjoy! {eoa}

Cherie Calbom, M.S., holds a Master of Science in whole foods nutrition from Bastyr University. Known as “The Juice Lady” for her work with juicing and health, she is the author of 32 books, including her latest book *The Juice Lady’s Guide to Fasting*. She and her husband offer juice-cleanse retreats throughout the year, *30-Day Detox* online and *Garden’s Best Juice Powder*. “What You Can Do When Your Healing Doesn’t Come” is one point from her teaching “7 Keys to Your Supernatural Healing.” You can connect with Cherie at .

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