



**Food for Focus**



# Eating for Memory and Sharpness

Eating for brain health is more than just a trend; it's a revolution that promises to enhance our cognitive abilities, improve our mental well-being, and even deter dementia. A healthy diet packed with key goods can help slash your risk of cognitive decline, including Alzheimer's Disease and other forms of dementia. In this comprehensive guide, we delve into the fascinating world of brain food, exploring the intricate connections between our diet and cognitive functions.

From the ancient wisdom of Traditional Chinese Medicine to modern-day bio-hacking techniques, discover how the food you consume can become a powerful ally in your journey to better cognition. Medicinal functions of food,

such as the anti-inflammatory properties of turmeric, the antioxidant power of goji berries, and the cognitive benefits of medicinal mushrooms like lion's mane and reishi, play a crucial role in maintaining and improving brain health. These functions work by reducing inflammation, combating oxidative stress, enhancing blood flow to the brain, and supporting neuroplasticity and overall mental performance.

Learn about the vital nutrients that support neuroplasticity, the recipes that can boost your focus throughout the day, and the hidden dangers lurking in our modern diets, like heavy metals. Whether you're a curious foodie, a health enthusiast, or someone seeking to sharpen their mental faculties, this guide will provide you with the insights and practical tips needed to make informed dietary choices that will nourish your brain and elevate your overall health. Welcome to the Brain Food Revolution. Let's embark on this enlightening journey together.



## The Brain Food Revolution

Our modern world is abuzz with discussions about brain health, and for good reason. The food we eat affects every aspect of our lives, from our physical health to our mental sharpness. The Brain Food Revolution is about making conscious dietary choices that support and enhance our cognitive functions. This movement is rooted in the belief that what we consume can significantly impact our brain's performance and overall well-being.

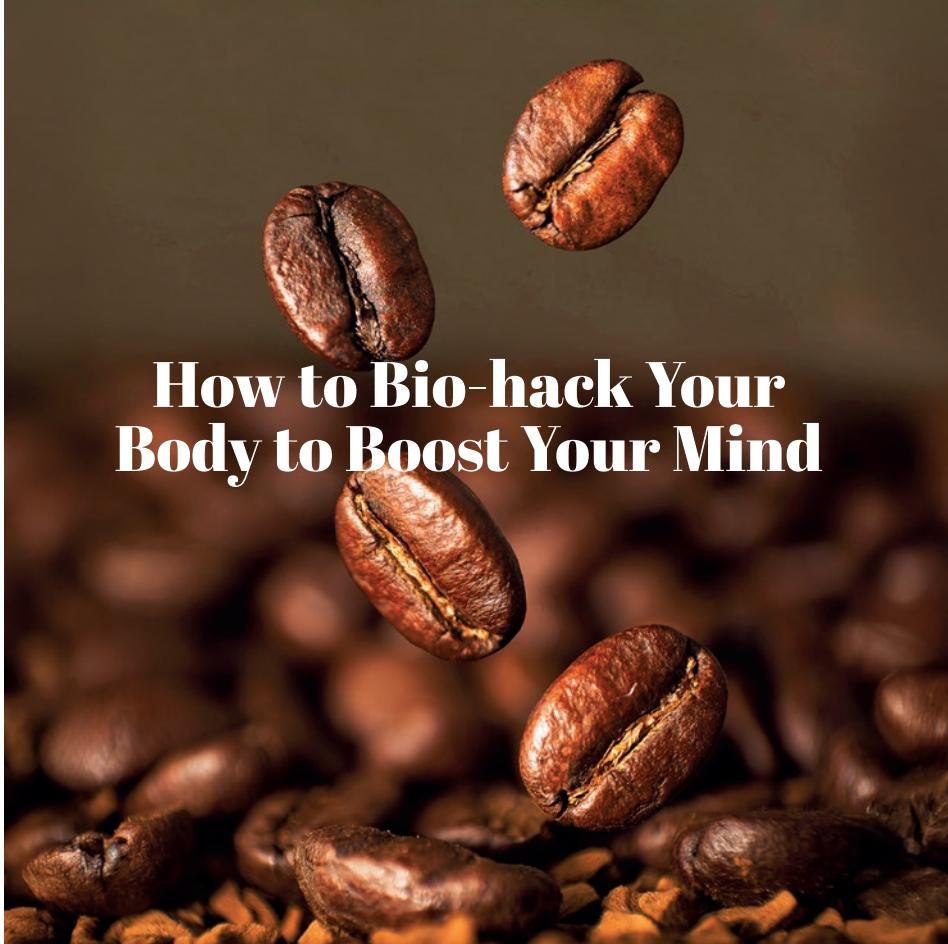


# Food is Medicine

## Traditional Chinese Medicine Philosophy

The age-old wisdom of Traditional Chinese Medicine (TCM) has long championed the idea that food is medicine. This ancient philosophy emphasizes the healing properties of natural foods and their ability to maintain and restore health. According to TCM, different foods possess unique energies and properties that can influence our body's balance and harmony.

For centuries, TCM practitioners have used food to treat various ailments and enhance mental clarity. For example, ginkgo biloba, a staple in TCM, is renowned for its cognitive benefits and its ability to improve memory and concentration. Similarly, ingredients like turmeric, known for its anti-inflammatory properties, and goji berries, packed with antioxidants, are celebrated for their brain-boosting abilities.



# How to Bio-hack Your Body to Boost Your Mind

Biohacking refers to using science, technology, and lifestyle changes to enhance the body's performance. When it comes to brain health, biohacking involves incorporating specific foods and supplements that are known to boost cognitive function.

The ketogenic diet and adaptogenic mushrooms are key allies for enhancing your brain. With 30% more neural energy and protection against free radicals, studies confirm their effectiveness in conditions like epilepsy, Alzheimer's, Parkinson's, and depression, significantly improving cognitive health. The beta-glucans in mushrooms restore the gut-brain axis, strengthen the immune system, and reduce inflammation. They also boost the production of short-chain fatty acids, essential for brain nourishment, and promote the creation of ketone bodies, optimizing neuronal metabolism. Lion's Mane, Cordyceps, and Reishi are super mushrooms that regenerate myelin sheaths, enhance ATP production in mitochondria, and support neuroplasticity. These powerful tools help prevent cognitive decline, improve mental functions, and naturally regenerate brain cells.

Drinking fasting coffee with adaptogenic mushrooms with coconut oil, provides: caffeine that stimulates fat burning; saturated and medium chain fatty acids (MCT) directly assimilated by our brain; and mushrooms help to find your mental balance.



## Deterring Dementia with Diet

As we age, the risk of cognitive decline and dementia increases. A diet high in digestible carbohydrates and constant spikes in glucose and insulin accelerates cognitive decline. When neuronal mitochondria rely on glucose as their primary fuel, they generate more free radicals, damaging brain cells. This dependence creates a vicious cycle: excess insulin blocks fat burning, and the brain produces cortisol to access more glucose. However, adopting a brain-healthy diet can help mitigate this risk. Insulin resistance in the brain is one of the main causes of dementia. Beta-glucans from adaptogenic mushrooms are essential allies in nourishing a healthy gut microbiota. By reducing the intake of digestible carbohydrates, these compounds help regulate stress, improving the balance of the gut-brain axis. They also reduce inflammation, creating a more favorable metabolic environment for the brain.

Additionally, by reducing chronic inflammation and calming the stress axis of the microbiota, which communicates with the brain through the vagus nerve, adaptogens lower chronic cortisol production. This helps the body enter a more relaxed state, reducing anxiety and fostering better emotional and cognitive balance.



## The Link Between What You Eat and How You Feel

There is a direct link between food and mood, this interconnection highlights the therapeutic power of food as well as the importance of an integrative vision in the prevention and healing of our physical and mental health

Mental health and food are related in the same way as the gut and the brain. These two organs come from the same cells in the embryo and remain connected as we develop, the brain is connected to the enteric nervous system and there is fluid, two-way communication between them. One of the main axes connecting the brain to the viscera is the vagus nerve, of the parasympathetic branch. This nerve seems to be of crucial importance in transmitting messages from the brain to the digestive tract and, more importantly, from the digestive tract to the brain: traffic is much greater from the bottom to the top.

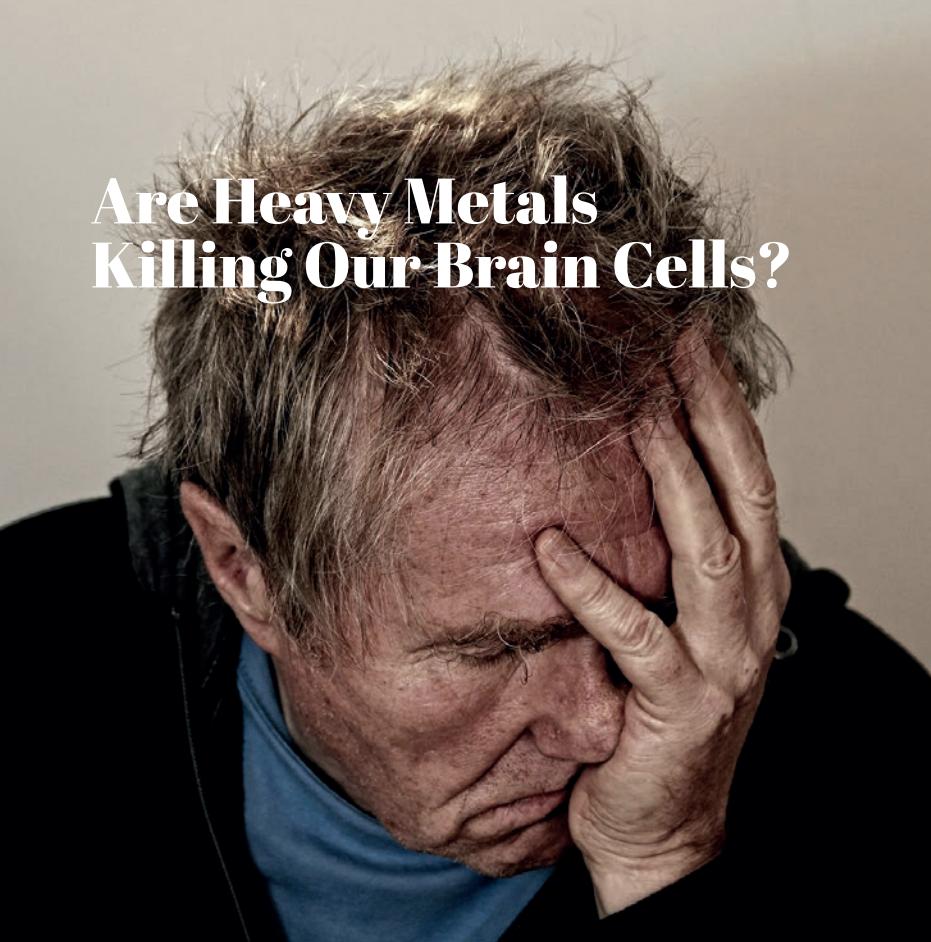
As Dr Emeran Mayer states... "our emotions are affected by what happens in our digestive tract and our digestive tract is affected by our emotions...". An unhealthy diet, high in saturated fats, excess gluten, sugars or low in fiber will change our intestinal microbiome, generate a higher intestinal permeability and this will provoke an immune reaction that could also affect the brain generating tiredness, confusion or loss of energy. If we eat well, the sensation is generally of physical and mental well-being, therefore, choosing foods that benefit us is essential to keep us in balance.

### **Foods that nourish the brain and take care of our microbiome:**

1. Prebiotics and probiotics: yogurt, kefir, sauerkraut. Kimchi or other fermented foods. Prebiotics: onions, asparagus, apples, mushrooms, and sweet potatoes.
2. Antioxidants: green vegetables rich in folates, cruciferous vegetables. All berries and especially blueberries and blackberries for their richness in anthocyanins (polyphenols) beneficial for microcirculation and protection of the intestinal mucosa.
3. Omega 3/7: fish, nuts, olive oil, avocado, sea buckthorn, banana and others.
4. Slow absorption complex carbohydrates. Legumes, brown rice, oatmeal, sourdough bread and others.

### Tips for better focus:

- . Focus on everything that works on your gifts and be grateful for them. Write them down, create a daily mantra to remind yourself of them
- . Spend time in the sun: it is essential for health and improves mood, the sun makes the skin cells produce endorphins and provides one of the most important vitamins for immune and emotional well-being, vitamin D.
- . Incorporate Adaptogenic mushrooms into your diet. Functional mushrooms help to regulate stress and improve mood. Reishi and Lion's Mane mushroom regulate anxiety and can improve depressive states.



# Are Heavy Metals Killing Our Brain Cells?

The toxicity of heavy metals silently accumulates in our bodies through fertilizers, pesticides, cosmetics, lamps, and old dental amalgams. Although many have been removed from the market, their traces remain, affecting our health in the long run.

Mercury does not come from fish but from industrial emissions from factories, mining, and coal-fired power plants, which contaminate seas and rivers. In mercury mines, workers suffered from severe tremors, known as the "Mad Hatter's Disease", a condition we now call Parkinson's, linked to chronic heavy metal exposure.

Substances like aluminum and titanium dioxide, found in paints, utensils, cosmetics, and food additives, are under scrutiny for their potential effects on the brain. Their impact on neural health could be as harmful as that of heavy metals.

To minimize exposure to heavy metals, it is essential to choose organic foods. Incorporating foods that support detoxification, such as cilantro, maitake mushrooms and eggs, contain chelating compounds that can bind to heavy metals and aid in their elimination from the body. Including them in your diet is a simple and natural way to help protect your brain.

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# The Power of Neuroplasticity

The brain has the ability to adapt, change and train itself throughout our lives; even when we are older. For a long time, the opposite was believed; the creation of new neurons stopped after early childhood and that the brain was a static or pre-molded organ. It was not until the 1960s that neuroscientists, based on earlier research, came up with what we call neuroplasticity.

This discovery was a revolutionary breakthrough in the field of neuroscience, demonstrating that the brain is not a rigid organ; that it can change, regenerate and even heal itself when properly stimulated or trained. Thanks to the concept of plasticity we can strengthen our neural connections, learn new skills, overcome traumas and improve our mental health.

## How to train the brain, keep it fit, or heal it.

Just as when we exercise our body, we obtain a series of benefits and among them greater flexibility, when we exercise our brain we alter its functioning and not only improve a skill in itself but the entire brain machinery. Physical exercise is a great protector of brain health: practicing Yoga, Chi-Kun, Dance, postural correction or other disciplines, helps to direct our gaze to a greater body awareness that will also be reflected in the welfare of the brain.

Meditation also produces changes, it not only stops mental wandering but also builds more connections between different parts of the brain and even its practice besides helping us to connect efficiently with the present, improves our mood.

Learning something new, changing, reading, writing, moving, doing different things, taking on new challenges, learning language, music or being more creative are attitudes that stimulate our brain to take new paths, something that is rejuvenating and stimulating.

The fact that our brain can change, means that there are now many possibilities for recovery from injuries and prevention of dementia or even Alzheimer's, and it can also help us to change for the better the way we think, feel or live our daily lives.

The words and thoughts we have, create pathways throughout the brain and shape our perception of the world and our experiences in it. Our words impact our thoughts and create our personal reality. If we are immersed in negative thoughts, or personal self-criticism our brain will believe it to be true.

Avoid sugars, processed foods, and moderate alcohol. Nourish your brain with foods rich in Omega3, probiotic berries, green leafy vegetables, seaweed, and adaptogenic mushrooms such as Lion's mane which contains chemical compounds that stimulate nerve growth factor (NGF) production, supporting the survival and growth of neurons. By incorporating these nutrients into your diet, you can enhance your brain's ability to adapt and thrive.



# Nutrient-Packed Recipes for Enhanced Cognitive Function

In today's fast-paced world, maintaining sharp focus, mental clarity, and sustained energy is essential. What we eat plays a crucial role in fueling our brain and optimizing cognitive function. To help you get started on your brain food journey, we created four carefully crafted recipes—a nourishing drink, a brain-boosting breakfast, a revitalizing lunch, and a balanced dinner—designed to support memory, concentration, and overall mental well-being. Each recipe is packed with essential nutrients like omega-3s, antioxidants, and brain-friendly vitamins to help you stay sharp and energized throughout the day. Let's dive in and nourish both body and mind!



# Drink: Red fruit smoothie and Focus Mushroom Elixir

**Servings: 2 people**  
**Time: 10 minutes**

**INGREDIENTS:**

- 100g blueberries
- 50g of raspberries
- 75g of blackberries
- 200g of coconut kefir or coconut yogurt
- 1 date
- 1 teaspoon of Focus Cokare elixir
- 1 teaspoon of açai or maqui Berry (optional)

**PREPARATION:**

Wash the berries. Dry them with a paper towel  
Add all the ingredients in a blender or food processor. Red fruits, kefir or yogurt, the pitted date.  
Add the teaspoon of Focus Cokare Elixir and blend again.  
Top with berries

**BRAIN FOOD INGREDIENTS:**

Berries: are anti-inflammatory and protect brain cells. Blueberries are a powerful brain food and with daily consumption can increase cognitive function and strengthen memory.  
Coconut Kefir: Fermented foods strengthen the microbiome and thus impact brain health. It is hydrating, rich in potassium and contains beneficial bacteria.  
2 tsp Cokare Mushroom Elixir Focus

A morning drink with all the nutritional richness of berries, the contribution of kefir as a fermented food and coconut as a complete and tasty nutrient. Smoothies are perfect for adding powdered supplements such as adaptogenic mushrooms or others to your breakfasts. This refreshing smoothie is perfect for a mid-morning pick-me-up.



# Drink: Create Coffee

Start your day with a smooth and energizing drink designed to enhance focus and clarity. Whether you need a mental boost in the morning or a midday pick-me-up, this delicious rich coffee fuels your brain and body for sustained productivity.

**Servings: 1 people**

**Prep Time: 2 minutes**

## INGREDIENTS:

- 1 cup brewed **Cokare Focus Organic Mushroom Coffee**
- 1 tbsp MCT Oil
- 2 scoops coconut or vanilla creamer

## PREPARATION:

1. Pour a cup of brewed Focus Organic Mushroom Coffee in a cup
2. Add 1 tbsp of MCT Oil
3. Add 2 scoops coconut or vanilla creamer
4. Stir & enjoy!

## BRAIN FOOD INGREDIENTS:

**Cokare Focus Organic Mushroom Coffee** – Infused with functional mushrooms like Lion's Mane, this coffee supports cognitive function, mental clarity, and sustained energy.

**MCT Oil** – A quick source of brain fuel that helps enhance focus, memory, and mental endurance.

**Coconut/Vanilla Creamer** – Adds a smooth, delicious texture while providing healthy fats that support brain function.



# Breakfast: Eggs with Herbs & Mushrooms

Rich in healthy fats and vitamins, this omelette will keep you energized and focused throughout the day.

**Servings: 4 people**

**Cook Time: 15 minutes**

## INGREDIENTS:

- 4 oz. of Rossinyol or other type of Mushrooms
- 5 organic eggs
- 2 Tsp Olive oil
- 1 bunch of parsley
- 1 clove garlic
- Salt and pepper
- 2 tsp Cokare Mushroom Elixir Focus

## PREPARATION:

1. Clean the mushrooms with a brush or cloth. Sautéed them in a paella with two tablespoon of olive oil and the garlic clove. Season with Salt and pepper to taste.
2. Beat the eggs with a little chopped parsley and a pinch of salt. Add them to the paella and cook only one side.
3. Preheat the oven to 200°C (about 180°Fan/Gas 6), and when turning the tortilla, add the tsp of your favorite Cokare Mushroom Elixir and finish cooking it in the oven; that way the mushrooms will be crispy and visible.
4. Serve with olives and some green salad for a healthy breakfast, brunch or dinner option.

## BRAIN FOOD INGREDIENTS:

**Eggs:** They provide many nutrients that benefit the brain; B1, B6, B 12 and folate and choline and carotenoids such as zeaxanthin and lutein; that have a protective effect on brain cells

**Mushrooms:** They are anti-inflammatory, antioxidants and help the proper functioning of the brain as it participates in the synthesis of serotonin.

**Parsley:** Rich in vitamin C, K, Zinc, contains epigenin, a flavonoid that promotes the formation of neurons and strengthens the connection between them.



# Lunch: Buckwheat Salad with Roasted Vegetables

**Servings:** 2 people

**Cook-time:** 30 minutes

## INGREDIENTS:

- 1 ½ cup cooked buckwheat
- 3-4 tablespoons pomegranate seeds
- Arugula
- Chopped fresh dill
- Chopped fresh parsley
- 1 cup cipollini onions
- 6 cherry tomatoes
- 1 bell pepper
- 1 small eggplant
- ½ small fennel
- 1 teaspoon coriander powder
- 1 teaspoon ground chili
- 2 tablespoons chopped chives
- 2 boiled beets
- ½ cup cooked chickpeas
- 1 clove garlic
- 1 tablespoon tahini
- ½ teaspoon cumin powder
- Juice of 1 lemon
- 2 tablespoons chopped pistachios
- Extra virgin olive oil
- Salt and pepper
- ½ teaspoon of Cokare Mushroom Elixir – Focus

## PREPARATION:

- 1. FOR THE SALAD:** In a bowl, mix the buckwheat with the arugula, fresh herbs and pomegranate. Season with olive oil, 1 teaspoon of your favorite Cokare Elixir, salt and pepper; set aside.
- 2. FOR THE PINK HUMMUS:** Process the beets with the chickpeas, garlic, tahini, cumin, salt, pepper, lemon juice and olive oil. Adjust seasoning and set aside.
- 3. FOR THE BAKED VEGETABLES:** Place the chopped vegetables in a baking dish, season with coriander, ground chili, salt, pepper and a little olive oil; mix well and bake in a moderate oven for approximately 20-30 minutes.
4. Serve the salad accompanied by the roasted vegetables with chopped chives and pink hummus sprinkled with pistachios.

## BRAIN FOOD INGREDIENTS:

**Buckwheat:** Very nutritious, rich in protein and minerals such as iron, zinc and antioxidants. Contains a substance that can regulate blood sugar.

**Beet:** Digestive, detoxifying, prebiotic. It contains betalain, a very antioxidant compound that gives it its intense color. It is also rich in nitric oxide which increases blood flow.

**Chickpeas:** Source of proteins and minerals. Contains fiber, vitamin B6, C, K, folic acid. It is an energetic food.

# Dinner: Hake fish with Clams, Artichokes and Balance Mushroom Elixir



**Servings: 2 people**  
**Cook Time: 30 minutes**

The combination of hake with clams and artichokes in this dish ensures complete nutrition, high in protein, minerals, vitamins of group B and fiber contribution highlighted in the artichoke, in addition to its digestive and cognitive benefits.

## INGREDIENTS:

400 grams of clams  
4 slices of hake (200g approx.)  
2 cloves of garlic  
1 teaspoon of Cokare Mushroom Elixir Balance  
6 artichokes  
3 tablespoons of chopped fresh parsley  
1 tablespoon flour  
½ cup white wine  
EVOO  
Salt  
Pepper

## PREPARATION:

- Clean and peel the artichokes. Reserve them in water with lemon to prevent them from oxidizing. Soak the clams beforehand to loosen sand.
- Heat a teaspoon of oil then introduce the peeled garlic, leave it for a couple of minutes until it begins to change color. Then add the clams. Cover and let them cook in their juice.
- In the same pan, add a little olive oil and sauté

a filleted garlic with the quartered artichokes, season with salt and pepper.

- Add the parsley, stir and then add the flour and stir until cooked. You can add a few spoonsful of broth to obtain a more homogeneous mixture.
- Add the clams in the cooking liquid and cook in medium heat for about 10 minutes.
- Mark the hake previously and fry in a pan on the skin side for a few minutes. Add it to the casserole until it is cooked. If desired, it can be baked in the oven for about 5-8 minutes.
- Remove one or two tablespoons of green sauce from the pan and mix it with the teaspoon of Cokare Balance elixir, add it back to the preparation and serve the hake with the artichokes and clams in green sauce.

## BRAIN FOOD INGREDIENTS:

**Hake:** Rich in vitamin B12, an essential vitamin for the brain. It also contains Omega 3, phosphorus, potassium and selenium.

**Clams:** An important source of iodine: iodine deficiency can cause brain damage or slowed learning.

**Artichokes:** Digestive, hepatoprotective and contain fiber.



The Brain Food Revolution is a powerful movement that highlights the impact of our dietary choices on brain health. By incorporating the wisdom of Traditional Chinese Medicine, modern scientific research, and bio-hacking techniques, we can make informed decisions that nourish our brains and enhance our cognitive abilities. The inclusion of medicinal mushrooms, such as lion's mane, reishi, and cordyceps, introduces unique compounds that support neuroplasticity and cognitive function. Whether you are seeking to improve your focus, deter dementia, or simply support overall mental well-being, embracing the principles of brain food, along with the power of medicinal mushrooms, can lead to a healthier, more vibrant life. Welcome to the revolution – your journey to better cognition starts now.

### **Why You'll Love Cokare's Mushrooms**

#### **Elevate Your Wellness Naturally**

Mushrooms are packed with powerful compounds that support focus, immunity, energy, and overall well-being. Cokare's potent extracts help you feel your best—inside and out—so you can stay vibrant every day.

#### **Effortless to Enjoy**

No more hard-to-swallow pills! Our mushroom extracts and snacks come in a convenient powder form, making it easy to mix into your favorite drinks or meals or just brew for daily wellness without the hassle.

#### **Smooth & Seamless**

We believe in the power of pure ingredients, but taste matters too. That's why our extracts have a pure with a mild flavor that blends effortlessly into coffee, tea, smoothies, or soups—so you get the benefits without compromising on taste.

#### **Versatile for Any Recipe**

With a mild, neutral taste, Cokare's mushroom extracts can be added to any recipe. Mix them into your oatmeal, yogurt, soups, or even baked goods for an extra wellness boost—without altering the flavor.



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