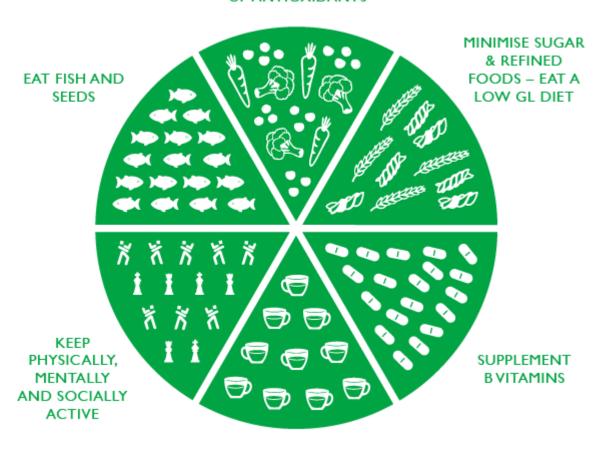


**The 6 Prevention Steps** 

**UP ANTIOXIDANTS** 



LIMIT COFFEE – GREEN TEA IS BETTER

http://www.foodforthebrain.org/alzheimers-prevention/6-prevention-steps.aspx

## **Brain Bio Centre**

http://www.foodforthebrain.org/brain-bio-centre.aspx

Food for the brain cognitive function test;

http://cft3.foodforthebrain.org/