

## **Why Nutrition and Productivity Go Hand in Hand**

Want to be more productive and increase your workflow and output? One of the very best strategies for doing this is to improve your diet and to get better nutrition.

This essentially means eating foods that are more dense in terms of their nutrient content. That in turn means you should be seeking out fruits, vegetables, organ meats and other foods that contain vitamins, minerals and amino acids.

### **Why Nutrition is So Important**

If you have ever seen the film 'Limitless' then you might have been seduced by the idea of taking a pill to automatically gain increased awareness, intelligence and creativity. This is something that a lot of people are interested in doing and thus there is a whole movement of 'biohackers' who use nootropic 'smart drugs' to try and boost their brain.

As you might imagine, this is somewhat dangerous and doesn't exactly tend to result in the kind of intelligence boost seen in that fictional film. There are *some* substances that can increase your mental energy though and that can provide your brain with more raw building blocks for neurotransmitters and neurons and those are things like:

- Creatine
- Coenzyme Q10
- Lutein
- Magnesium
- Zinc
- Vitamin D
- Omega 3 Fatty Acids

And guess where you can get *all* of those things? That's right: from your diet! Simply by increasing your intake of fruits and vegetables you will get more of all these substances into your body and brain and it will all be in better balance and more bioavailable.

In short then, the best way to get a *real* smart drug is by eating more fruits and vegetables! Zinc has been shown to boost brain plasticity and testosterone production. Magnesium combats depression, improves attention and provides more cellular energy. Eggs give you choline which boosts memory.

And this makes perfect sense when you think about it too. After all, our brains evolved by eating these things and thus they are made from them. For the best mental clarity, drive, energy and more – you *need* to get your fruit and vegetables.

### **How to Get More Fruits, Vegetables and Meats**

If you are struggling to get these substances in your diet then the key is to find ways to work it into your routine. If you can find a salad bar near your office for instance then this is the perfect place to grab lunch. Likewise, swapping your morning coffee on the way to work for a fruit smoothie will give you *much* more of a brain boost in the long term.