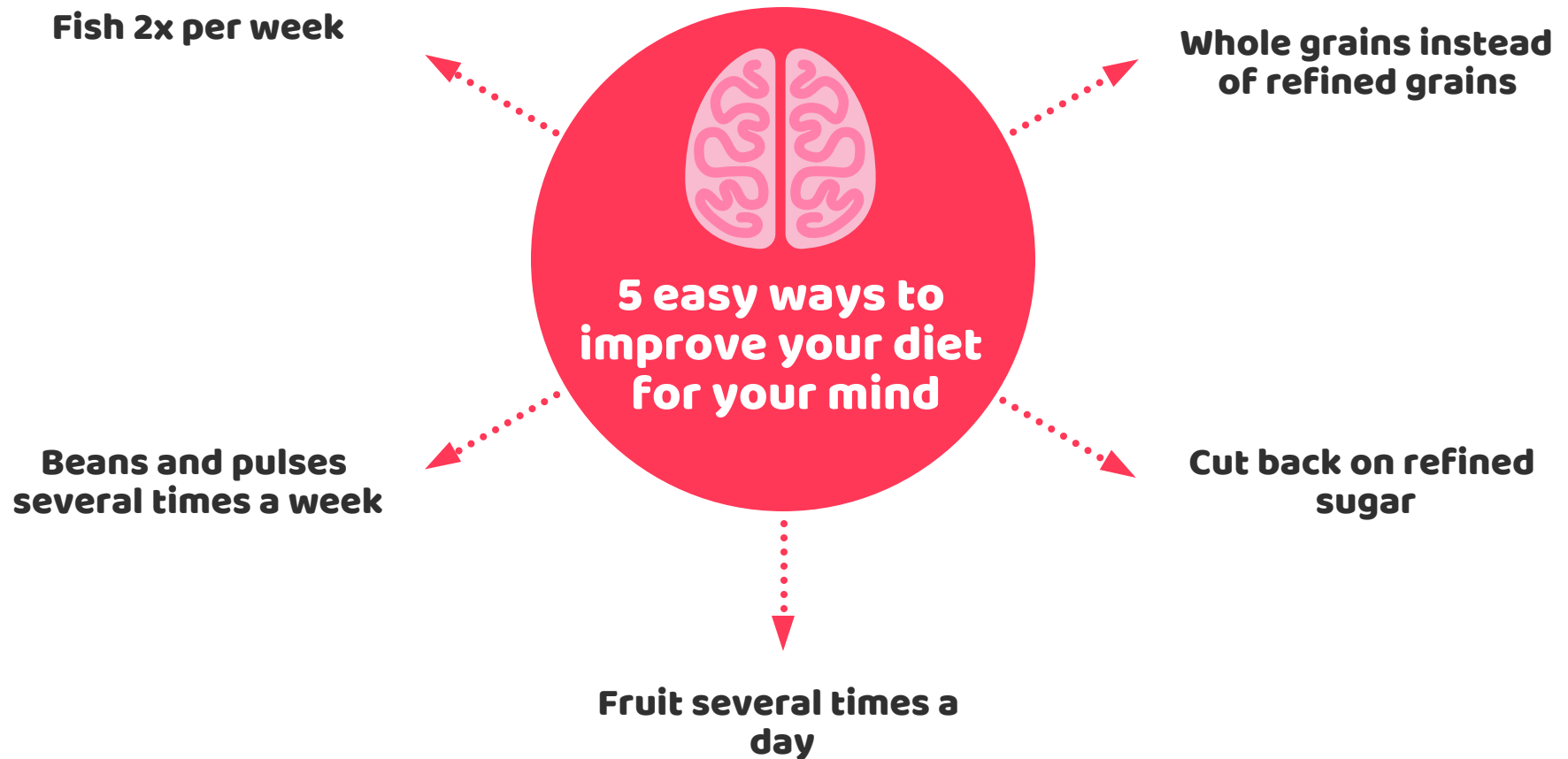


Best Diet for Your Mind: Lower inflammation to improve the health of your brain and mood



Most recently, you may have heard reports of how COVID19 survivors suffer “brain fog” and memory loss after recovering from the virus. Experts suggest this may be related to inflammation. COVID aside, inflammation can impact your brain in other negative ways. Inflammation, particularly as it relates to the gut microbiome, may also impact the risk of depression and memory loss.