

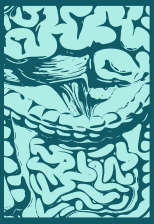
THE  
GUT-BRAIN  
SOLUTION  
NEW  
FRONTIERS

# BRAIN GAMES:

50+ PUZZLES TO STRENGTHEN  
YOUR MEMORY & FOCUS







Many of us have come to accept that memory lapses and mental fog are an unavoidable part of aging. But what if you could train your brain to stay sharp, just like you strengthen your body with exercise?

Thanks to the science of neuroplasticity, we now know that the brain isn't fixed—it continuously forms new neural connections throughout life. By actively engaging your mind with challenges, you can strengthen cognitive abilities and build mental resilience.

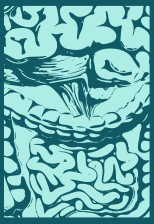
**Just as your brain health benefits from proper diet and lifestyle modifications, your mind thrives on mental challenges to fortify your cognitive abilities.**

## How do brain games *sharpen* your mind?

The idea that puzzles and games can strengthen cognitive abilities isn't just anecdotal—it's backed by science.

A meta-analysis of 15 studies involving 759 older adults demonstrated that game-based brain training can lead to significant improvements in cognitive functions such as **processing speed, selective attention, and short-term memory.**<sup>1</sup>

<sup>1</sup> "Game-based brain training for improving cognitive function in community-dwelling older adults: A systematic review and meta-regression." Jan-Feb. 2021.  
<https://www.sciencedirect.com/science/article/abs/pii/S0167494320302570>. Accessed 29 Mar. 2025.



Meanwhile, another study investigated the impact of a 6-week game-based brain exercise program on 96 adults (60 years and older) with mild cognitive impairment. The games included memory-stimulating, attention and processing speed, and thinking process games. Participants who engaged in the program showed a significant improvement in their cognitive function, notably in areas such as **orientation, memory recall, attention, calculation abilities, and language skills.**<sup>2</sup>

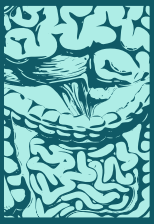
Research on 329 middle-aged adults at increased Alzheimer's risk showed that regularly playing games and puzzles was associated with **larger gray matter in brain areas** vulnerable to Alzheimer's disease, which contributes to cognitive resilience against the disease. Participants also performed better in terms of **immediate memory, learning, and processing speed.**<sup>3</sup>

Additionally, a study of over 1,900 adults aged 70+ found that engaging in mentally stimulating activities like games was linked to a **lower risk of developing mild cognitive impairment** over about 4 years.<sup>4</sup>

<sup>2</sup> "Effectiveness of a brain exercise program using game-based cognitive enhancement to reduce mild cognitive impairment among older adults in Pathum Thani Province, Thailand: a quasi-experimental study." Feb. 2025. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11917378/>. Accessed 29 Mar. 2025.

<sup>3</sup> "Participation in cognitively-stimulating activities is associated with brain structure and cognitive function in preclinical Alzheimer's disease." Dec. 2015. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4417099/>. Accessed 29 Mar. 2025.

<sup>4</sup> "Association Between Mentally Stimulating Activities in Late Life and the Outcome of Incident Mild Cognitive Impairment, With an Analysis of the APOE ε4 Genotype." Jan. 2017. <https://jamanetwork.com/journals/jamaneurology/fullarticle/2598835>. Accessed 29 Mar. 2025.



## How this eBook *works*

This eBook is designed for everyone—whether you love a good challenge or are just getting started with brain games.

Inside, you'll find a variety of 50+ games, including:

- **Quizzes** that test your knowledge of food, nutrition science, and lifestyle habits
- **Crosswords** to enhance vocabulary and recall
- **Match-type games** to strengthen pattern recognition and association skills
- **Word searches** to improve focus and visual processing
- **Anagrams** that stretch your problem-solving abilities
- **Riddles** to challenge your reasoning and ability to think in creative, unexpected ways

*And more!*

This eBook's structure is simple: **The first half of the book presents the puzzles, and the second half provides the answers.** This way, you can challenge yourself first before checking solutions, allowing for maximum engagement and learning.



## *Themes*

Many of the challenges within this eBook are rooted in **food and nutrition**, reflecting the crucial role your gut plays in fueling your brain—a central theme in our docuseries ***The Gut-Brain Solution: New Frontiers***, which explores the fascinating gut-brain connection and its profound impact on cognitive health.

[WATCH IT HERE](#)

But because improving brain health is a combination of diet and lifestyle changes, you'll also discover **lifestyle-themed games** within these pages.

## *Let's Get Started!*

Your brain thrives on challenge, and this eBook is your toolkit for keeping it sharp. Whether you're looking to improve memory, increase focus, or simply enjoy a fun mental workout, these puzzles are here to help.

Ready to give your brain a boost? Let's dive in!

# GAME 1:



***Which of the following is not a Blue Zone?***

1. Valencia, Spain
2. Okinawa, Japan
3. Ikaria, Greece
4. Nicoya, Costa Rica

# GAME 2:



***Can you solve the mystery presented in this riddle?***

- I'm a nerve that wanders through the land,
- From the brain to the gut, I lend a helping hand.
- Regulating digestion and mood, from happiness to strife.
- Guess my name to uncover the link to mental life.



## GAME 3:



### ***Who Am I?...***

I am a compound found in green leafy vegetables like spinach and kale. Renowned for my powerful anti-inflammatory effects, I'm also celebrated for my role in detoxification and fighting cancer. With a name starting with "S," I'm a superhero nutrient, promoting overall health and vitality. Who am I?

# GAME 4:



***Find the 6 superfoods hiding in the table below!***

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| E | E | K | A | L | E | E | F | O | B |
| H | L | U | J | X | Z | M | T | F | T |
| B | Q | D | R | C | F | I | F | O | P |
| E | U | T | U | R | M | E | R | I | C |
| R | I | A | L | M | O | N | D | S | G |
| R | N | S | P | I | N | A | C | H | I |
| I | O | P | K | M | V | T | A | J | N |
| E | A | O | I | W | V | J | T | R | G |
| S | T | R | E | T | Q | A | G | Z | E |
| A | R | K | R | W | O | O | G | H | R |



# GAME 5:



**Power Pairings: Match the superfoods to their super nutrients** 🧐

1. Chia Seeds
2. Kale
3. Quinoa
4. Almonds
5. Tempeh
6. Garlic
7. Bananas
8. Avocado

- A. Protein
- B. Prebiotics
- C. Omega-3 Fatty Acids
- D. Allicin
- E. Fiber
- F. Antioxidants
- G. Probiotics
- H. Monounsaturated Fats

# GAME 6:



## ***Gut Health Scramble Challenge***

*Instructions:* Unscramble the words below to reveal key terms related to gut health and functional medicine.

1. OIBTCOISR (Hint: Friendly gut inhabitants)
2. PREOIITCBS (Hint: "Fuel" for your microbiome)
3. ESZYEMN (Hint: They help break down your food)
4. NEMTEAFTRNOI (Hint: Process used to make yogurt and kombucha)
5. OMICBERMOI (Hint: Your gut's complex ecosystem)
6. OXDITINEFACOTI (Hint: A beneficial process for removing toxins)
7. YLAHTHE TFA (Hint: Essential for brain health, two words)
8. GEAVN (Hint: Plant-based diet, free from animal products)
9. TUGAINRBXIA (Hint: Connection between gut health and mental health, three words)



# GAME 7:



***Guess the healthy food and drink by looking at the images:***

1.



+



=?

2.



+



+



=?

3.



+



=?

# GAME 8:



## ***Tossed Salad Edition***

Can you find 5 different types of tossed salads that you can make at home? *Clue:* No diagonals on this one!

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| Q | J | C | W | C | A | E | S | A | R |
| O | B | O | F | F | R | U | I | T | O |
| D | Z | C | Y | W | C | W | U | A | B |
| C | L | A | S | E | A | G | W | E | E |
| E | B | F | D | D | P | G | R | S | S |
| Y | K | E | J | G | R | R | U | U | P |
| Z | F | V | C | E | E | E | A | O | C |
| A | M | E | V | F | S | E | C | N | V |
| B | P | Y | V | W | E | K | A | K | J |
| V | N | Z | L | S | V | R | U | E | U |



# GAME 9:



## **Leafy Green Edition**

*How well do you know your leafy greens? Unscramble these words:*

### **1. Leka**

Clue: A staple in Mediterranean cuisine, this leafy green is rich in vitamins A, C, and K, and is often enjoyed sautéed or in salads.

### **2. Ncihpsa**

Clue: Popular in Asian cuisine, this leafy green has a slightly bitter taste and is often used in stir-fries and soups.

### **3. Kob Yoch (two words)**

Clue: This leafy green vegetable, often used in Asian cuisine, has crunchy stems and tender leaves, making it popular in stir-fries, soups, and salads.

### **4. Bcageab**

Clue: This versatile vegetable comes in various colors, including green, red, and purple, and is commonly used raw in salads, cooked in stir-fries, soups, or even fermented into sauerkraut.

### **5. Dorcall Nseerg (two words)**

Clue: This leafy green is a staple in Southern cuisine, often cooked low and slow with flavorful additions like smoked tempeh or vegan bacon for a rich, savory—and vegan—taste.

# GAME 10:



## *Fermented Food Edition*

|          |            |          |
|----------|------------|----------|
| CHOICES: | Kimchi     | Miso     |
|          | Sauerkraut | Kombucha |
|          | Tempeh     | Yogurt   |

1. Fermented cabbage that is rich in probiotics and vitamins. It's got a sour taste with acidic and salty notes.
2. A creamy, tangy dairy product made by fermenting milk with beneficial bacteria. It's enjoyed alone or in dishes. There are dairy-free options made from almond, soy, coconut, or oat milk.
3. A Korean fermented vegetable dish, usually made with cabbage and radishes, often seasoned with chili pepper and other spices.
4. A fermented tea drink made with a symbiotic culture of bacteria and yeast. It is often flavored with fruits or herbs. Most of it comes with 0.5% alcohol content.
5. A traditional Japanese seasoning made by fermenting soybeans with salt and koji (a type of fungus). It is commonly used in soups and marinades.
6. A fermented soybean product that is a great source of plant-based protein and probiotics. It's a traditional Indonesian food that can be eaten as is or cooked.



# GAME 11:



## ***Essential Oils Edition***

Keeping up with the latest on these aromatic wonders?  
Match the essential oil with what they are commonly  
used for:

1. Lavender
2. Citronella
3. Tea Tree
4. Ginger
5. Eucalyptus

- A. Soothe pain and ease sore muscles and joints
- B. Alleviate symptoms of nausea and motion sickness
- C. Anti-microbial properties in skincare products
- D. Natural insect repellent
- E. Relaxation and stress relief

# GAME 12:



## ***Gut-heart connection***

Do you trust your gut? Or do you follow your heart? In this week's brain teaser, you can do both! Select the right answer from the choices below:

**1. True or False:** Chronic inflammation in the gut can contribute to the development of cardiovascular diseases.

**2. Consuming too much of which nutrient is linked to an increased risk of heart disease?**

- a) Sodium
- b) Fiber
- c) Vitamin D

**3. True or False:** A diet high in processed foods and low in fiber can negatively affect both gut and heart health.

**4. Which nutrient, found in foods like oats and barley, is known to help lower cholesterol levels, thereby benefiting both heart and gut health?**

- a) Vitamin D
- b) Omega-3 fatty acids
- c) Soluble fiber

**5. Which type of fat, found in foods like avocados and olive oil, is known for its heart-healthy benefits and may also support gut health by reducing inflammation?**

- a) Saturated fat
- b) Trans fat
- c) Monounsaturated fat



# GAME 13:



## ***Gut health fact or fiction***

Ready to separate fact from fiction? This quiz will challenge your knowledge and perceptions about what truly nurtures (or harms) your gut.

1. Fact or Myth: Probiotics are only found in yogurt.
2. Fact or Myth: Stress can negatively impact your gut health.
3. Fact or Myth: The gut microbiome remains relatively stable throughout a person's lifetime.
4. Fact or Myth: Consuming probiotics is always beneficial for gut health.
5. Fact or Myth: Prebiotics are the same as probiotics and serve the same purpose in the gut.
6. Fact or Myth: A diverse diet is essential for maintaining a healthy gut microbiome.
7. Fact or Myth: The gut-brain axis refers to the one-way communication that starts from the gut to the brain.

# GAME 14:



## ***Household toxins match quiz:***

Household toxins can be lurking in the most unexpected places, posing potential health risks to you and your family.

To help you better understand and identify them, match the household toxins with the items they are typically found in:

1. Formaldehyde
2. Phthalates
3. Perchlorates
4. Radon
5. Bisphenol A (BPA)
6. Perfluorooctanoic Acid (PFOA)
7. Asbestos

- A. Typically found in soil and rock
- B. Found in personal care products
- C. Found in oil-, grease-, stain-, and water-resistant products like some cookware and stain-repellent carpets
- D. Often used in fire extinguishers and cleaning products
- E. Found in plastics and epoxy resins, including food and beverage packaging, toys, and water bottles
- F. Often used in paint and adhesives
- G. Found in building materials, automotive parts, packaging, and fabrics, particularly in older homes and products.

# GAME 15:



## *Happy hormones*

The body's "happy hormones" are neurotransmitters that promote positive feelings and well-being. These include dopamine, endorphins, serotonin, and oxytocin.

So riddle me this! Which happy hormone do these riddles pertain to?

### Choices:

Dopamine  
Serotonin

Endorphin  
Oxytocin

1. I'm the natural pain reliever in your brain,  
Helping you cope with physical strain.  
I'm released during exercise and laughter too,  
Giving you a euphoric feeling that's true.  
**What am I?**





2. I'm the mood stabilizer that keeps you content,  
Helping you feel happy and prevent discontent.  
I'm boosted by sunlight, exercise, and good sleep,  
Leaving you with a sense of well-being that's deep.

**What am I?**

3. I'm the "love hormone" that promotes bonding,  
Strengthening relationships and feelings of belonging.  
I'm released through touch, trust, and empathy,  
Leaving you with a sense of calm and serenity.

**What am I?**

4. I'm the reward that drives your brain,  
Motivating you to seek pleasure again.  
I'm released when you achieve a goal,  
Giving you a sense of control.

**What am I?**

# GAME 16:



## ***Beneficial herbs***

*How well do you know these beneficial herbs?*

Herbs have long been part of traditional medicine in several cultures around the world. Today, mainstream studies are increasingly validating their efficacy, confirming what many have known for centuries. Good news is, you don't need to look far for these herbs, as you can find a lot of them in your kitchen. **Can you identify the herbs based on their photos?**

1. This herb has anti-inflammatory, antibacterial, and antioxidant properties. It can help reduce oxidative stress and has potential benefits for heart health.





2. This herb contains compounds that can help improve digestion and enhance memory and concentration. It also has anti-inflammatory and antioxidant effects.



3. This herb can help with digestion, irritable bowel syndrome (IBS) symptoms, and has a soothing effect on the stomach. It also has antimicrobial properties.







4. This herb contains compounds that support digestion and have antibacterial properties. It may also help manage diabetes and support bone health.



5. This herb is rich in vitamins A and C, and contains antioxidants. It can also support immune function and improve heart health.



# GAME 17:



## ***Fresh produce***

Think you're a produce pro? Put your knowledge to the test with our fun and informative quiz! Take note of your answers, then check the results at the end of this newsletter to see how produce-proficient you are.

1. Which fruit has the highest vitamin C content?

- A) Orange
- B) Kiwi
- C) Strawberry
- D) Guava

2. What vegetable is known for being rich in beta-carotene?

- A) Spinach
- B) Carrot
- C) Potato
- D) Broccoli

3. Which fruit is actually classified as a berry?

- A) Banana
- B) Apple
- C) Cherry
- D) Peach

4. What vegetable is also known as a courgette?

- A) Eggplant
- B) Zucchini
- C) Squash
- D) Pumpkin





5. Which fruit is a good source of potassium?

- A) Apple
- B) Banana
- C) Grapes
- D) Blueberries

6. Which vegetable is known for its high iron content?

- A) Lettuce
- B) Spinach
- C) Cucumber
- D) Tomato

7. Which fruit is known for its high fiber content?

- A) Orange
- B) Apple
- C) Mango
- D) Pineapple

8. Which vegetable can be purple, green, or white in color?

- A) Pepper
- B) Carrot
- C) Asparagus
- D) Eggplant

9. What fruit is also known as a “Chinese gooseberry”?

- A) Lychee
- B) Kiwi
- C) Dragon fruit
- D) Starfruit

10. Which vegetable is known to have a cooling effect on the body and is often used in salads?

- A) Bell pepper
- B) Carrot
- C) Cucumber
- D) Beetroot



# GAME 18:



## ***Guess the plant-based dishes***

*How well do you know these plant-based dishes?*

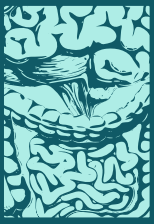
Ready to test your plant-based culinary knowledge? Put on your thinking cap and try to guess the dish by looking at their basic ingredients listed below. Happy guessing!

**1. Ingredients: Chopped tomatoes, pasta, vegetables (like broccoli, peas, carrot, zucchini, etc)**

- A. Vegan Chili
- B. Pasta Primavera
- C. Vegetable Stir-Fry
- D. Lentil Soup

**2. Ingredients: Rolled oats, plant-based milk, berries, chia seeds (optional)**

- A. Vegan Yogurt Parfait
- B. Tofu Scramble
- C. Black Bean Burgers
- D. Overnight Oats



**3. Ingredients: Black beans, chopped tomatoes, diced onion, vegetable broth, spices (like cumin and chili powder)**

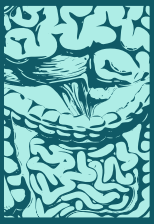
- A. Vegan Pancakes
- B. Black Bean Soup
- C. Falafel
- D. Overnight Oats

**4. Ingredients: Kidney beans, diced tomatoes (or crushed tomatoes), chopped bell pepper (any color), diced onion, vegetable broth, spices (like chili powder, cumin, smoked paprika)**

- A. Thai Curry
- B. Vegan Chili
- C. Pasta Primavera
- D. Veggie Stir-Fry

**5. Ingredients: Diced tofu, soy sauce, assorted vegetables (like carrots, bell pepper, broccoli, etc), optional cooked rice**

- A. Vegetable Stir-Fry
- B. Lentil Soup
- C. Thai Coconut Curry
- D. Vegan Enchiladas



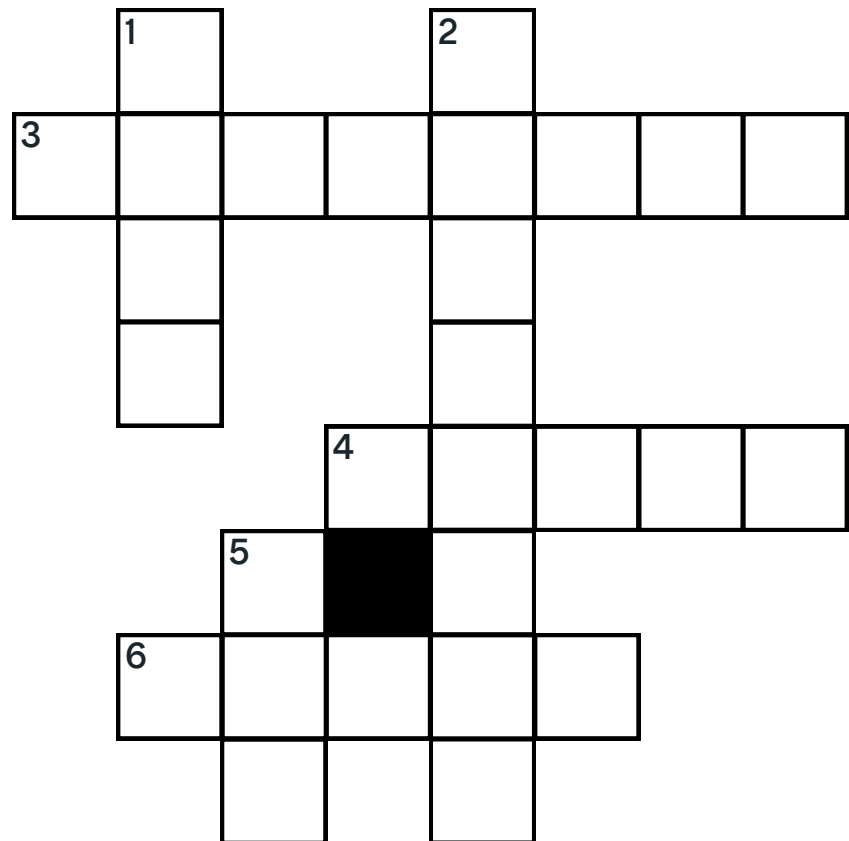
# GAME 19:



## **Summer cooling crossword puzzle**

*How well do you know  
these summer cooling  
techniques?*

Stay cool and safe this  
summer with our fun  
crossword puzzle! Test  
your knowledge on  
essential heatwave health  
tips and learn the best  
ways to beat the heat.



### **Down:**

1. Time of day to avoid sun - 4 letters
2. Symptom of heat-related illness - 9 letters
5. Cooling appliance that circulates air - 3 letters

### **Across:**

3. Frozen treat to help cool down - 8 letters
4. Best type of clothing to wear - 5 letters
6. Essential to drink lots of during a heatwave - 5 letters



# GAME 20:



## Food & sleep quiz

*How can these foods impact your sleep quality?*

Ever wondered if your diet could be affecting your sleep quality? Certain foods can either enhance your sleep or disrupt it. Match the foods on the left with their corresponding sleep effects on the right, and find out how you can make better dietary choices for a restful night's sleep.

1. Kiwi
2. Coffee
3. Spinach
4. Cherries
5. Tomatoes
6. Almonds
7. Candy
8. Chili peppers

- A. Contains caffeine, which can increase alertness and disrupt sleep.
- B. Rich in magnesium, which helps relax muscles and improve sleep quality.
- C. High sugar content can lead to blood sugar spikes, disrupting sleep.
- D. Acidic nature can cause acid reflux or heartburn.
- E. Contains natural antioxidants and serotonin that can improve sleep.
- F. Spiciness can cause indigestion or heartburn.
- G. Contains melatonin, which helps regulate sleep-wake cycles.
- H. Contains magnesium and tryptophan, which can help with sleep regulation.

# GAME 21:



## ***Healthy locations quiz***

*How well do you know these locations with health benefits?*

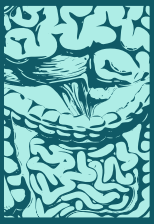
There are locations all over the world that not only offer stunning landscapes but also various health benefits. Can you identify them based on their descriptions?

**1. This famous hot spring in Iceland is known for its healing silica and sulfur.**

- a) Pamukkale
- b) Blue Lagoon
- c) Banjar Hot Springs

**2. These hot springs in Turkey are known for their terraces of carbonate minerals left by flowing water.**

- a) Pamukkale
- b) Yellowstone
- c) Beppu



**3. These thermal mineral springs in Tuscany, Italy are famed for their healing properties and scenic beauty.**

- a) Rotorua
- b) Saturnia
- c) Hot Springs National Park

**4. This mountain range in Europe is known for its breathtaking hiking trails and clean air.**

- a) Rocky Mountains
- b) Andes Mountains
- c) Dolomites

**5. These natural thermal baths in Japan are known for their relaxation and health benefits.**

- a) Onsens
- b) Saunas
- c) Hammams



# GAME 22:



## ***Fiber-rich foods anagram***

Let's test your knowledge of fiber-rich foods with this fun anagram quiz! Unscramble the letters to find out which fiber-packed foods are hidden in the jumbled words below.

### **1. NQAUIO**

Clue: A versatile grain that's often used in salads and bowls, known for its high protein and fiber content

### **2. XAFEDSEL**

Clue: Tiny seeds packed with omega-3 fatty acids, protein, and fiber, often used in smoothies and baking.

### **3. OLBCROCI**

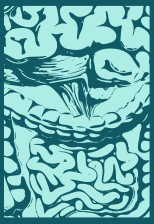
Clue: A green cruciferous vegetable that's great for digestive health and high in both fiber and vitamins.

### **4. CKBALANESB**

Clue: A type of legume rich in protein, fiber, and essential nutrients, often used in soups and salads.

### **5. KOTAHERIC**

Clue: A vegetable known for its high fiber content and unique, nutty flavor, often eaten steamed or roasted.

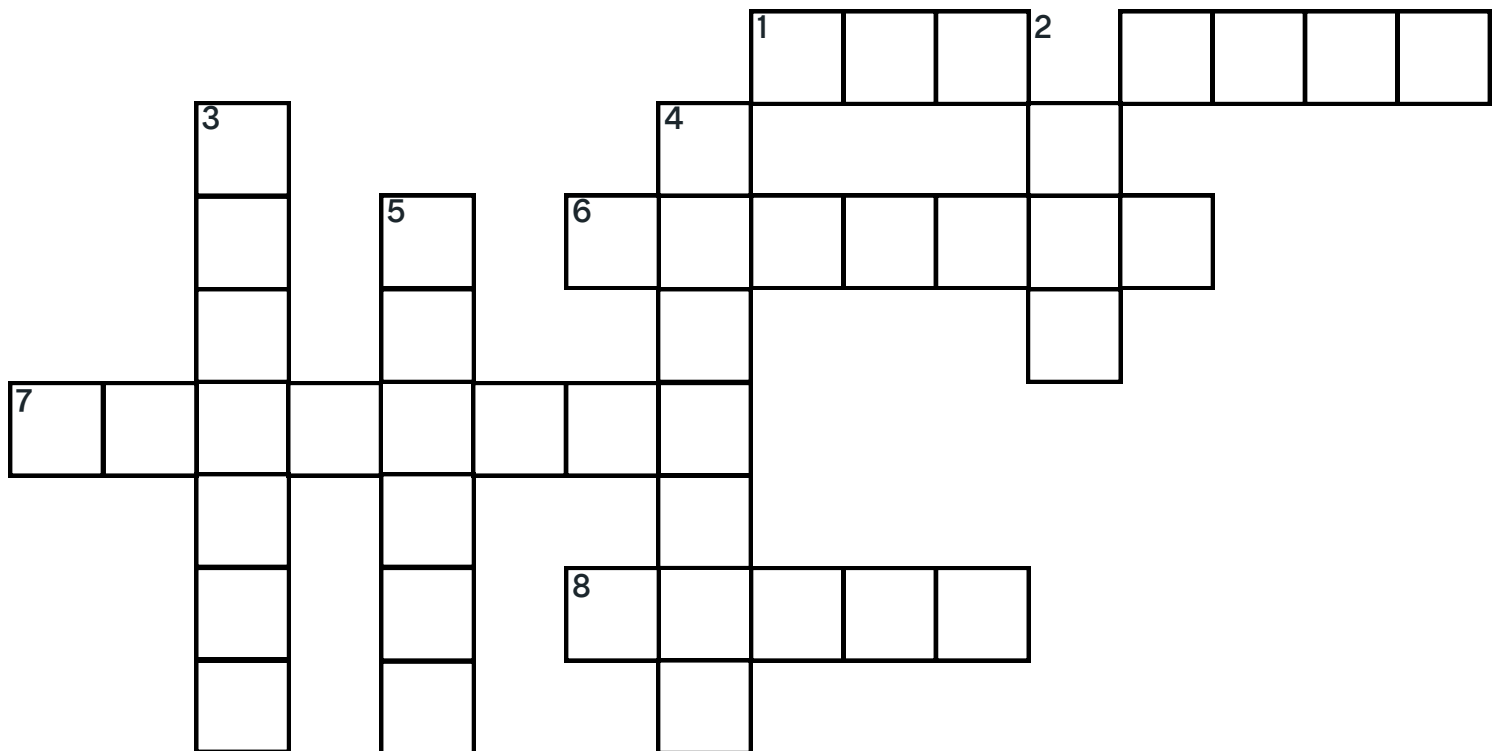


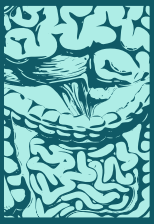
# GAME 23:



## ***Summer BBQ vegan crossword***

Get ready to test your knowledge of gut-friendly foods with this fun summer BBQ crossword. Whether you're planning a backyard grill session or a picnic in the park, these popular ingredients are not only delicious but also great for your digestive health. Sharpen your pencils and see how many you can guess!





**Down:**

2. Popular yellow vegetable often grilled on the cob (4 letters)
3. Creamy, green fruit that stars in guacamole (7 letters)
4. Small, colorful fruits packed with antioxidants (7 letters)
5. Juicy red fruit that often tops salads and sandwiches (6 letters)

**Across:**

1. A versatile summer squash often grilled, stuffed, or spiralized (8 letters)
6. They come in red, yellow, and green, great for grilling (7 letters)
7. A crunchy green vegetable perfect for hydration (8 letters)
8. Protein-rich legumes that can be black, pinto, or kidney (5 letters)



# GAME 24:



## ***Seasonal produce quiz***

As they say, fresh is best. But it's hard to eat fresh when you don't know what's in season. Ready to challenge your memory and learn something new? Test your knowledge of when your favorite fruits and vegetables are at their peak!

| Options:                           |
|------------------------------------|
| SPRING    SUMMER    FALL    WINTER |

- Question 1: In which season is **corn** at its sweetest?
- Question 2: When are **pomegranates** typically harvested?
- Question 3: Which season is best for enjoying fresh **peas**?
- Question 4: When do you find the freshest **cranberries**?
- Question 5: In which season are **cherries** at their peak?
- Question 6: When is the best time to enjoy fresh **figs**?
- Question 7: Which season is ideal for harvesting **Brussels sprouts**?
- Question 8: When are **artichokes** at their freshest?

# GAME 25:



## ***Exercises for fitness goals quiz***

*How well do you know the best exercises for your goals?*

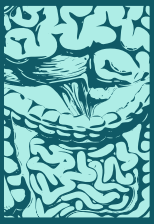
Ready to shake up your fitness routine? Whether you're aiming to boost endurance, build strength, or simply relieve stress, there's a perfect exercise waiting for you. Find out which workout matches your goals. Let's get moving!

**Goal 1:** You want to relieve stress and improve your flexibility. What should you try?

- a) Weightlifting session
- b) Stretching routine
- c) Sprinting session

**Goal 2:** You aim to build endurance and improve heart health. What's the best option?

- a) Long-distance running
- b) Resistance training
- c) Stretching exercises



**Goal 3:** You want to improve coordination and balance. Which activity is ideal?

- a) Weightlifting session
- b) Cycling
- c) Swimming

**Goal 4:** You want to improve your core strength and stability. What should you choose?

- a) Stretching
- b) Walking
- c) Plank exercises

**Goal 5:** You need a low-impact workout that is easy on the joints. What should you choose?

- a) Swimming
- b) HIIT (High-Intensity Interval Training)
- c) Rock climbing

**Goal 6:** You want a low-impact full-body workout that also boosts cardiovascular fitness. What's your choice?

- a) Circuit training
- b) Walking
- c) Stretching



# GAME 26:



## ***Sugar alternatives anagram***

*How well do you know these sugar alternatives?*

Think you know your sweet stuff? We've scrambled the names of some popular sugar alternatives, and it's up to you to decode them. Dive in and see if you can unravel these sweet mysteries.

**Remember:** If you have blood sugar issues, always check with your doctor when using sweeteners.

1. Tead Spate (two words)
2. Oneyh
3. Palem Purys (two words)
4. Konm Turfi (two words)
5. Peri Abanans (two words)
6. Tucocon Sgura (two words)

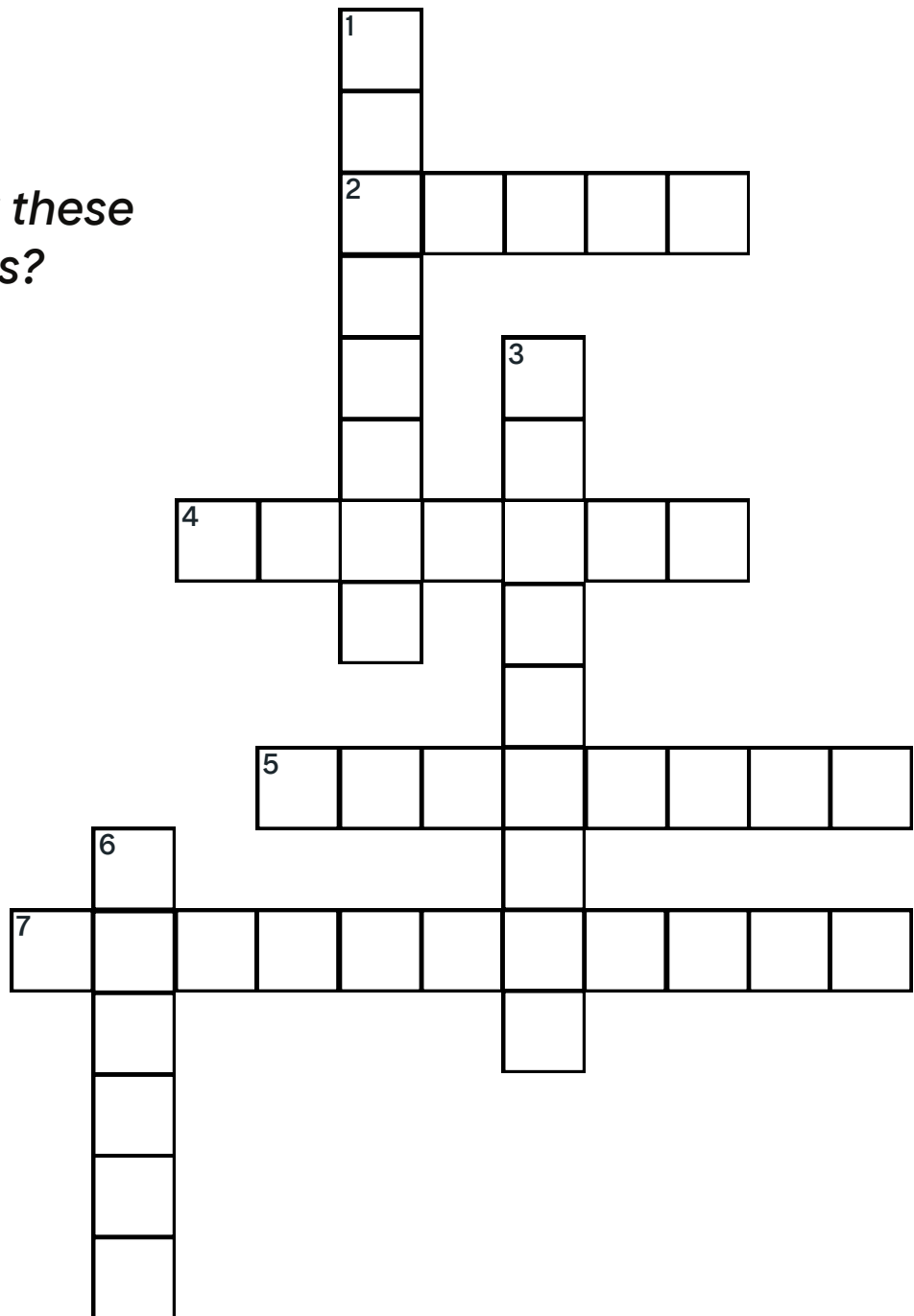
# GAME 27:



## ***Mental health remedy crossword***

*How well do you know these  
mental health remedies?*

Feeling the stress  
these days? Unwind  
and solve our  
remedy-focused  
crossword! Explore  
natural solutions for  
mental health as you  
fill in the blanks and  
discover soothing  
practices and  
beneficial herbs.



**Down:**

1. An essential oil known for its calming properties, derived from a purple flower (8 letters)
3. An herbal remedy known for its calming and anxiety-reducing effects, often used as a tea (9 letters)
6. An outdoor activity known to boost mood and enhance overall well-being (6 letters)

**Across:**

2. A nerve that helps regulate the body's stress response and promotes relaxation (5 letters)
4. A form of treatment that often involves talking sessions to help improve mental health (7 letters)
5. A golden-yellow spice known for its anti-inflammatory and mood-boosting properties (8 letters)
7. A practice that involves focusing on the present moment to reduce stress and improve mental well-being (9 letters)



# GAME 28:



## ***Global longevity facts quiz***

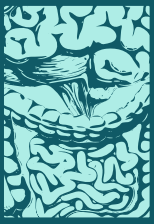
Ever wondered what makes people in different cultures live longer and healthier lives? Dive into our fascinating quiz to uncover unique practices, beliefs, and habits from around the globe that are linked to a longer, more vibrant life.

**1. In which country is it common to consume a fermented soybean product called natto, which is believed to contribute to longevity due to its high vitamin K content?**

- A) Japan
- B) South Korea
- C) Thailand
- D) China

**2. Which Mediterranean island is known for its high number of centenarians, largely attributed to their diet rich in olives, fruits, and vegetables, and a lifestyle that includes regular physical activity and social engagement?**

- A) Sicily
- B) Sardinia
- C) Crete
- D) Cyprus



**3. In the Blue Zone of Okinawa, Japan, what is the traditional dietary practice called that emphasizes eating until you are only 80% full, which is believed to promote longevity?**

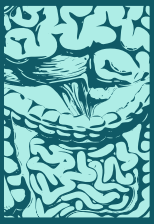
- A) Hara Hachi Bu
- B) Shoku Iku
- C) Katsuobushi
- D) Washoku

**4. In the Nicoya Peninsula of Costa Rica, what is the primary factor contributing to longevity, besides their diet and active lifestyle, that is also linked to their strong family and community bonds?**

- A) Pura Vida Lifestyle
- B) Dieta de la Vida
- C) Buen Vivir
- D) Viva Costa Rica

**5. Which ancient practice from India is believed to support longevity by incorporating herbal remedies and a balanced lifestyle, and has been embraced by many for its holistic approach to health?**

- A) Ayurveda
- B) Yoga
- C) Siddha
- D) Unani



# GAME 29:



## ***Natural detox stars anagram***

*How well do you know these natural detox stars?*

Think you know your detox superstars? Test your knowledge by unscrambling these words. Each anagram hides a powerful natural remedy known for its cleansing and revitalizing effects.

### **1. Ganfits**

Clue: A practice of voluntarily abstaining from food to give your digestive system a break, promoting detoxification and cellular repair.

### **2. Dianrothy**

Clue: Essential daily practice of drinking fluids that aids in flushing out toxins.

### **3. Ringge Orot (2 words)**

Clue: A zesty root that stimulates digestion and boosts circulation.





#### **4. Curimert**

Clue: A golden spice with powerful anti-inflammatory and antioxidant properties.

#### **5. Renge Ate (2 words)**

Clue: A soothing beverage packed with catechins, a type of antioxidant, which boost liver function and help cleanse the body.

#### **6. Pelpa Dreci (2 words)**

Clue: A fermented liquid known for balancing pH levels and aiding digestion. This can help detoxify the liver, balance blood sugar levels, and improve gut health.

#### **7. Corsbitopi**

Clue: Beneficial bacteria that help maintain a healthy gut microbiome, essential for effective detoxification and immunity.

# GAME 30:



## ***Plant-based nutrition groups***

*How well do you know your plant-based nutrition groups?*

Let's test your knowledge of plant-based nutrition! Below is a list of eight plant-based foods. Your task is to match each one to its correct nutritional group. Ready to take on the challenge?

### **The Nutritional Groups**

A. Protein    B. Healthy Fat    C. Grain    D. Dairy Alternative

1. Lentils
2. Tofu
3. Almonds
4. Avocado
5. Brown Rice
6. Quinoa
7. Almond Milk
8. Chia Seeds

# GAME 31:



## ***Plant-based protein sources***

*How well do you know these plant-based protein sources?*

It's time to rethink how we fuel our bodies! Test your knowledge on plant-based proteins and discover alternatives that can keep you healthy.

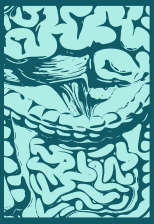
**Question 1: Which of these plant-based proteins is the richest in complete proteins (contains all 9 essential amino acids)?**

- a) Lentils
- b) Quinoa
- c) Almonds
- d) Peas

**Question 2: Which plant-based protein source provides the highest amount of iron?**

- a) Tofu
- b) Hemp seeds
- c) Spinach
- d) Chickpeas





**Question 3: Which of these plant-based foods contains more protein per 100 grams than steak?**

- a) Tempeh
- b) Black beans
- c) Broccoli
- d) Chia seeds

**Question 4: Which plant-based protein is a great source of omega-3 fatty acids?**

- a) Edamame
- b) Walnuts
- c) Lentils
- d) Chickpeas

**Question 5: Which plant-based protein can help reduce inflammation and is often used in smoothies or shakes?**

- a) Spirulina
- b) Pea protein
- c) Pumpkin seeds
- d) Tofu

# GAME 32:

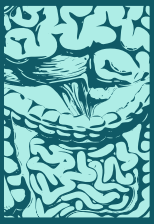


## ***Cruciferous vegetables anagram code***

*How well do you know these cruciferous vegetables?*

Cruciferous vegetables are not only heart-healthy, but they're also delicious. Unscramble these veggie names and reveal the crunchy, leafy, and powerful plants that your body loves. Let's see if you can solve the puzzle before your next meal!

1. CCBLOIOR
2. CALFOERWUIL
3. LEKA
4. SSELBUR PROUST (Two words)
5. GBBACEA
6. KOB YCOH (Two words)
7. RGLAUA



# GAME 33:



## ***Spot the odd one out: Plant-based food***

*How well do you know your plant-powered pantry?*

Test your knowledge of plant-based foods with these fun “Spot the Odd One Out” questions. Each group features delicious and nutritious options, but one just doesn’t fit. Can you spot the odd one out? Let’s see how well you know your fruits, veggies, and grains!

### **1. Lentils, Chickpeas, Cauliflower, Kidney Beans**

Which one doesn’t belong?

### **2. Sweet Potato, Broccoli, Brussels Sprouts, Cabbage**

Which one doesn’t belong?

### **3. Quinoa, Buckwheat, Barley, Millet**

Which one doesn’t belong?

### **4. Arugula, Swiss Chard, Collard Greens, Zucchini**

Which one doesn’t belong?

### **5. Avocado, Almond, Blueberry, Banana**

Which one doesn’t belong?

### **6. Basil, Cabbage, Cilantro, Rosemary**

Which one doesn’t belong?

### **7. Carrot, Strawberry, Kiwi, Blackberry**

Which one doesn’t belong?





# GAME 34:

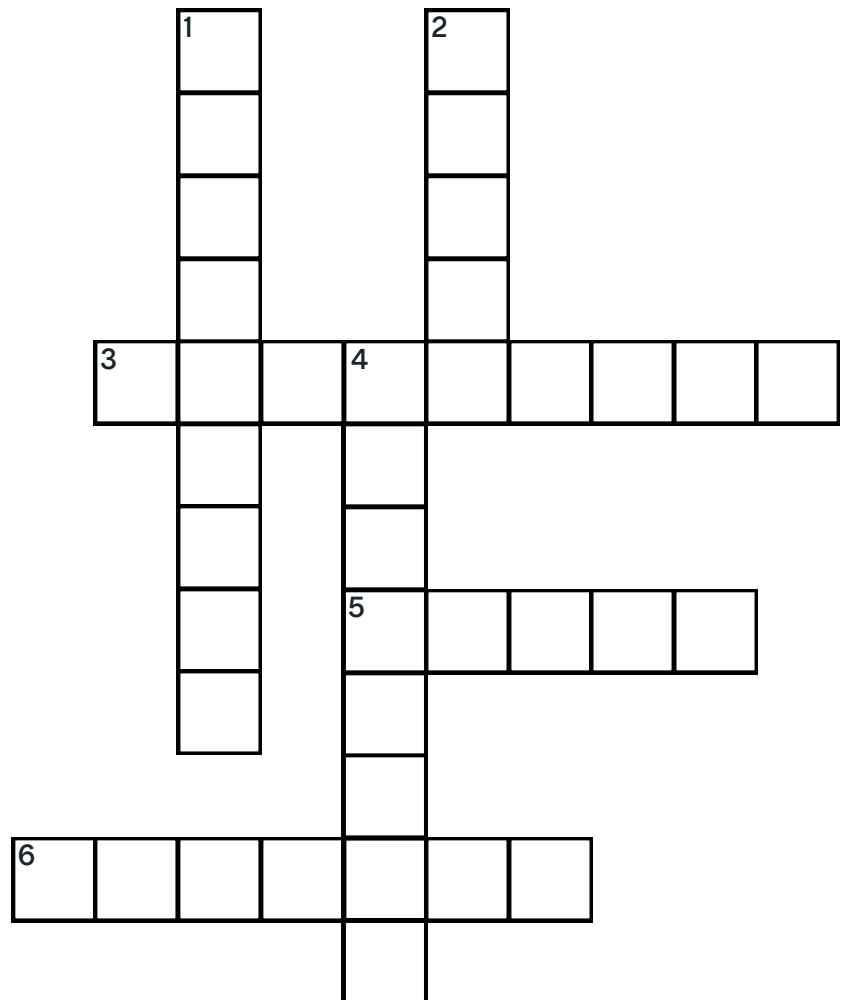


## **Crossword puzzle: Digestive system organs**

We talk a lot about gut health, but how well do you know the key players in your digestive system? Test your knowledge and see if you can name the parts that keep everything running smoothly!

### **Down:**

1. Where food goes after it leaves the stomach (9 letters)
2. The first part of the digestive system, where chewing happens (5 letters)
4. This organ produces enzymes and insulin to help break down food and control blood sugar (8 letters)



### **Across:**

3. The long tube that connects the mouth to the stomach (9 letters)
5. This large organ helps absorb water and form stool (5 letters)
6. The sac that holds food before it moves to the intestines (7 letters)

# GAME 35:



## Match quiz: Dietary fats

*Today’s Brain Game: How well do you know these dietary fats?*

Understanding the different types of fat in our diets is crucial for making informed health choices. Fats are often misunderstood, but [the good ones](#) play vital roles in our bodies, from providing energy to supporting cell growth. In this week’s brain teaser, match a selection of popular foods with their corresponding types of fat.

- 1.Nuts and seeds (e.g., almonds, walnuts, sunflower seeds)
- 2.Dairy products (e.g., cheese, butter, cream)
- 3.Oily fish alternatives (e.g., flaxseeds, chia seeds, hemp seeds)
- 4.Fried and processed foods (e.g., French fries, donuts, margarine)
- 5.Plant oils (e.g., olive oil, avocado oil, canola oil)

- A. Saturated fat
- B. Unsaturated fat
- C. Omega-3 fatty acids
- D. Trans fat
- E. Monounsaturated fat

# GAME 36:



## ***Ranking brain teaser: Fiber content***

The USDA recommends a daily intake of 25 grams of fiber for women and 38 grams for men. However, the average American adult consumes only 10 to 15 grams of fiber each day.

When increasing your fiber intake, it's good to remember that not all healthy-looking foods are as high in fiber as you might think. Can you figure out which of these foods contain the most fiber?

**Rank these foods from highest to lowest fiber content (hint: consider also the serving sizes):**

- 1 cup of cooked spinach
- 1 cup of strawberries
- 1 tablespoon of flaxseeds
- 1 slice of whole wheat bread
- ½ cup of cooked black beans



# GAME 37:

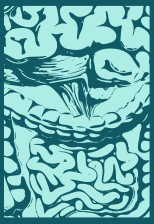


## **Quiz: Natural health essentials**

*Today's Brain Game: How well do you know these natural health essentials?*

Think you know your vitamins, minerals, and natural remedies? Test your brainpower with these fun, bite-sized health riddles! From the mystery mineral that keeps your hair strong to the herb that soothes your nerves—can you guess them all?

1. I'm a mineral that helps keep your immune system strong, aids in wound healing, and supports your senses of taste and smell. Too little of me can cause hair loss and weak nails. **What mineral am I?**
2. I'm a fat-soluble vitamin that acts as a powerful antioxidant, helping protect your cells from damage. You can find me in nuts, seeds, and leafy greens. **What vitamin am I?**



3. I'm found in fruits, vegetables, and whole grains. I help keep your digestion on track and can lower cholesterol. But I'm not something your body can digest. **What natural compound am I?**

4. I'm a popular herb known for calming nerves and reducing anxiety. Many enjoy me as a tea before bedtime. I also support digestion and can help with stomach upset. **What herb am I?**

5. I'm often called the "sunshine vitamin" because your body produces me when exposed to sunlight. I help maintain strong bones and support your immune system. **What vitamin am I?**

6. I'm a type of beneficial bacteria that live in your digestive system. I can be found in fermented foods like yogurt and sauerkraut, and I help keep your gut healthy. **What bacteria am I?**

# GAME 38:



## **Quiz: International dishes**

Discover the flavors of the world by matching these international plant-based dishes with their descriptions. Bon appétit!

|                     |                   |
|---------------------|-------------------|
| <b>Ratatouille</b>  | <b>Gazpacho</b>   |
| <b>Chana Masala</b> | <b>Panzanella</b> |
| <b>Dolma</b>        | <b>Biryani</b>    |

1. A refreshing cold soup made from tomatoes and other vegetables, typically served chilled.
2. A flavorful mixed rice dish, often cooked with spices and served with vegetables or legumes.
3. A traditional Mediterranean dish of grape leaves stuffed with rice, herbs, and sometimes nuts.
4. A classic French Provençal vegetable dish made with zucchini, eggplant, and bell peppers, stewed together.
5. A chickpea-based curry dish from India, known for its rich blend of spices and flavors.
6. An Italian bread salad that features stale bread mixed with tomatoes, onions, and a tangy vinaigrette.



# GAME 39:



## Quiz: Polyphenol-rich foods

Match each fun fact and hint to the polyphenol-rich food below:

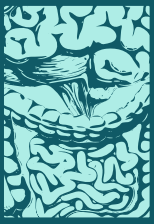
|              |           |
|--------------|-----------|
| Walnuts      | Turmeric  |
| Pomegranates | Olive oil |
| Green tea    | Grapes    |
| Blueberries  |           |

**1. Fun Fact:** This food’s vibrant color is thanks to anthocyanins, which may help protect your vision and skin.

**Hint:** Often found in summer desserts and famous for its tiny size but powerful antioxidants.

**2. Fun Fact:** Once revered as a “gift from the gods” in ancient Persia, this fruit’s punicalagins can support brain health.

**Hint:** This fruit has a tough exterior and a treasure trove of juicy seeds inside.



**3. Fun Fact:** Known as “liquid gold,” this pantry staple has hydroxytyrosol, a potent antioxidant for joint health.

**Hint:** It’s a Mediterranean staple often drizzled over salads and pasta.

**4. Fun Fact:** This tea has been enjoyed for centuries in Asia and contains catechins, known to boost heart and cellular health.

**Hint:** This drink is often associated with matcha and comes in a soothing green hue.

**5. Fun Fact:** This nut contains ellagic acid and was once used in ancient Roman hair dye recipes.

**Hint:** Packed with brain-boosting benefits, this nut resembles a tiny brain itself.

**6. Fun Fact:** Brightly colored and earthy, this spice has curcumin, which may help balance inflammation.

**Hint:** Known for its golden color, it’s a key ingredient in curry.

**7. Fun Fact:** Ancient Egyptians used this food to promote vitality; it contains resveratrol, a compound linked to heart health.

**Hint:** Often found in clusters, this food comes in green, red, and purple varieties.

# GAME 40:



## ***Anagram: Healthy fats food sources***

Unscramble the words below to reveal popular plant-based foods rich in these essential fatty acids. *Remember:* three of these are high in omega-3, and three are packed with omega-6.

1. **LFAEXSEDS**
2. **HCIA SEDES**
3. **MEHP ESEDS**
4. **NUFSWLORE**
5. **ATPHSIOCIS**
6. **FALOWSERF DEESS**



# GAME 41:

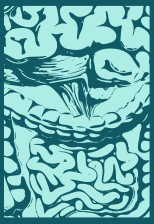


## **Word search: Fall superfoods**

*How well do you know these fall superfoods?*

Celebrate the season by finding **6 fall-inspired, plant-based ingredients** hidden in the puzzle!

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| V | F | P | U | M | P | K | I | N | A |
| R | G | D | T | K | E | M | L | P | P |
| T | F | K | T | Q | L | M | C | O | P |
| C | R | A | N | B | E | R | R | Y | L |
| W | Z | N | N | R | R | E | M | A | E |
| A | S | T | J | S | Q | U | A | S | H |
| L | F | D | L | I | Q | H | J | A | D |
| N | Z | D | V | W | K | A | L | E | B |
| U | B | H | Z | M | F | F | E | N | H |
| T | X | X | W | P | M | X | I | D | C |



# GAME 42:



## ***Fill in the gaps quiz: Foods***

Test your natural health knowledge with this fun fill-in-the-gaps quiz! Each question comes with three possible answers—choose the one that fits best. Don't worry if you're stumped; this is all about learning something new (and maybe impressing your friends later!).

### **1. Flavanol and Chocolate**

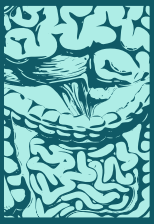
Dark chocolate, especially with at least \_\_\_% cocoa, is rich in flavanols, which support \_\_\_ health by improving blood flow.

- A. 50%, digestive
- B. 70%, heart
- C. 85%, brain

### **2. Immune-Boosting Foods**

Foods like citrus fruits and \_\_\_ (a vegetable) are rich in vitamin C, which helps support a strong \_\_\_ system.

- A. Bell peppers, immune
- B. Spinach, digestive
- C. Carrots, respiratory



### **3. Hydration Benefits**

Drinking enough water daily, about \_\_\_ cups for most adults, helps with energy, skin health, and \_\_\_ (a key organ) function.

- A. 6, brain
- B. 8, kidney
- C. 10, liver

### **4. Omega-3 Sources**

Omega-3 fatty acids are found in foods like \_\_\_ (a seed) and \_\_\_ (a nut), which help reduce inflammation in the body.

- A. Chia seeds, walnuts
- B. Sunflower seeds, almonds
- C. Sesame seeds, peanuts

### **5. Antioxidant Superfoods**

Blueberries and green tea are packed with \_\_\_, which help fight \_\_\_ damage in the body caused by free radicals.

- A. Antioxidants, oxidative
- B. Fiber, oxidative
- C. Antioxidants, physical



# GAME 43:



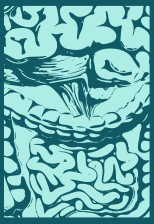
## Match: Nutrients

Time to put your nutrient know-how to the test! 🌱 From super seeds to powerhouse veggies, these plant-based clues will challenge your inner health guru. Can you guess which nutrient does what? 🤔

Potassium  
Iron  
Vitamin E  
Vitamin C

Omega-3 fatty acids  
Calcium  
Fiber

1. “I’m found in oranges, bell peppers, and strawberries, and I help boost your immune system.”
2. “I’m in fortified plant-based milk and leafy greens, helping keep your bones strong.”
3. “I’m found in chia seeds, walnuts, and flaxseeds, and I support brain health and fight inflammation.”



4. “I’m in oats, beans, and lentils, and I keep your digestion moving smoothly.”

5. “I’m found in bananas, avocados, and potatoes, helping your muscles and nerves function properly.”

6. “I’m in spinach, lentils, and tofu, and I help transport oxygen in your blood.”

7. “I’m found in sunflower seeds, almonds, and avocado, and I protect your cells from damage caused by free radicals.”

# GAME 44:



## Match: Healthy Habits

Match these daily healthy habits with their incredible benefits and see how many you can get right!

| Habits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Benefits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>1. Eating walnuts regularly</div> <div>2. Taking short breaks every 30 minutes when sitting for long periods</div> <div>3. Practicing “box breathing” (inhaling for 4 seconds, holding for 4, exhaling for 4, and holding for 4)</div> <div>4. Replacing evening coffee with herbal tea like chamomile or peppermint</div> <div>5. Meal prepping plant-based dishes on Sundays</div> <div>6. Following a “tech-free” hour in the morning before using devices</div> <div>7. Including spirulina or chlorella in your diet</div> </div> | <div> <div>A. Encourages mental clarity and sets a calm tone for the day</div> <div>B. Provides omega-3 fatty acids to support heart and brain health</div> <div>C. Saves time, encourages balanced meals, and reduces food waste</div> <div>D. Helps regulate your circadian rhythm for improved sleep quality</div> <div>E. Reduces sedentary behavior to lower the risk of cardiovascular issues</div> <div>F. Boosts nutrient intake with powerful antioxidants and phytonutrients</div> <div>G. Promotes mindfulness, reduces anxiety, and enhances focus</div> </div> |



# GAME 45:



## **Word search: New Year goals**

Get ready to ring in the New Year with this fun word search—can you find all the health-inspired words to kickstart your healthy habits?

### **Clues:**

1. A citrus fruit that is a symbol of freshness and a popular source of vitamin C in January.
2. A plan often set at the start of the year for better health.
3. The practice that involves writing down your thoughts, helping you reflect and stay mindful in the New Year.
4. A rhythmic activity that's a fun and effective New Year fitness goal.
5. A healthy habit that involves drinking enough water to keep your body functioning well.
6. Core exercise that requires holding your body straight.
7. Plant-based protein commonly used in healthy New Year meals for meat-free options.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| R | Z | G | I | W | Q | O | O | A | J |
| E | E | I | X | B | N | P | D | T | W |
| S | H | Y | D | R | A | T | I | O | N |
| O | C | O | Q | L | H | G | J | F | D |
| L | R | Y | M | P | Z | H | O | U | A |
| U | L | A | J | F | L | A | U | O | N |
| T | F | F | N | L | T | A | R | I | C |
| I | L | F | O | G | V | N | N | W | E |
| O | K | A | O | N | E | H | A | K | M |
| N | N | C | L | W | X | D | L | Y | J |

# GAME 46:



## Match: Food and their superpowers

Draw a line connecting each food to its hidden superpower!  
(One benefit per food)

| FOODS                                                                                                                          | SUPERPOWERS                                                                                                                                                                                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Blueberries</div> <div>Dandelion greens</div> <div>Lion's Mane mushroom</div> <div>Flaxseeds</div> <div>Black beans</div> | <ul style="list-style-type: none"> <li>• Nature's brain fog fighter (supports cognitive function)</li> <li>• Your liver's best friend (supports natural detoxification)</li> <li>• Blood sugar balancing champion (helps stabilize glucose)</li> <li>• Memory's mighty protector (rich in brain-protecting antioxidants)</li> <li>• Hormone harmony helper (contains beneficial lignans)</li> </ul> |

# GAME 47:



## ***Who Am I: Metabolic Detective***

Who am I?

I'm produced by gut bacteria,  
I fuel colonocytes,  
I regulate immune function,  
When fiber is fermented, I arise.

What compound am I?

- A) Butyrate
- B) Short-chain fatty acids (SCFAs)
- C) Beta-glucans
- D) Polyphenols



# GAME 48:



## Match: Winter spices

Today’s Brain Game: How well do you know these winter spices?

Solve these clues to identify the spices that bring warmth and flavor to winter dishes:

Ginger

Nutmeg

Cardamom

Cinnamon

Turmeric

Allspice

Clove

- 1.This aromatic spice comes from dried flower buds and is often used to enhance mulled wine and holiday desserts.
- 2.A golden-hued spice known for its earthy flavor and anti-inflammatory properties, often added to teas and winter stews.
- 3.Made from dried bark, this sweet and spicy ingredient is a staple in hot cider and festive baked goods.
- 4.These small, fragrant seeds are commonly used in chai blends and winter curries.
- 5.A nutty, warm spice often grated fresh into eggnog or used in holiday pies.
- 6.This spicy root is known for its warming kick and is a favorite in cookies, teas, and soups during winter.
- 7.A pungent, slightly sweet spice made from dried, unripe berries, often used in gingerbread and spiced drinks.

# GAME 49:

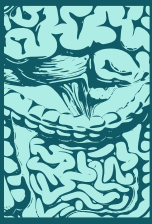


## Match: Practices v Country of Origin

*Today’s Brain Game: How well do you know these wellness traditions?*

Ever wonder how different cultures stay healthy and vibrant? From ancient wisdom to modern discoveries, these wellness practices have stood the test of time. Put your global health knowledge to the test and discover where these powerful traditions really began.

| PRACTICES                                                                                                                                                                                                                        | ORIGINS                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1. Shinrin-yoku</b> (Forest Bathing) — Mindful immersion in forest atmosphere using all senses</p> <p><b>2. Kneipp Therapy</b> (Alternating Hot-Cold Water Therapy) — Natural healing through hot-cold water contrasts</p> | <p>A. Finland (Traditional, dating back centuries)</p> <p>B. China (Dating back to 1700 BCE)</p> <p>C. India (Ancient Ayurvedic practice)</p> |



| PRACTICES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | ORIGINS                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>3. Fika</b> (Mindful Coffee Break)<br/>— Intentional coffee break ritual for connection and presence</p> <p><b>4. Abhyanga</b> (Self-Oil Massage)<br/>— Warm oil self-massage for daily body nourishment</p> <p><b>5. Siesta</b> (Midday Rest) —<br/>Traditional post-lunch rest for renewal</p> <p><b>6. Saunas &amp; Ice Baths</b> —<br/>Ancient practice of hot-cold therapy for circulation and resilience</p> <p><b>7. Tuina</b> (Therapeutic Massage)<br/>— Energy-balancing bodywork using traditional Chinese techniques</p> | <p>D. Mediterranean region (Ancient Roman times)</p> <p>E. Germany (Sebastian Kneipp, 19th century)</p> <p>F. Sweden (1900s cultural tradition)</p> <p>G. Japan (1980s, Ministry of Agriculture, Forestry, and Fisheries)</p> |





# GAME 50:

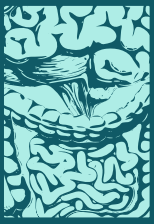


## **Word search: Types of tea**

*Today's Brain Game: How well do you know your tea garden?*

Time for a tea-rific treasure hunt! Hidden in this puzzle are **7 types of tea** that have been used for centuries to boost wellness and vitality. Steep yourself in this challenge and find them all. Words can run horizontally, vertically, or diagonally.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| M | H | G | F | Q | N | W | D | O | E |
| H | P | P | J | T | H | U | W | O | M |
| N | I | F | X | A | X | J | B | L | A |
| S | N | B | G | T | S | K | U | O | T |
| I | E | E | I | I | M | M | K | N | C |
| E | T | M | D | S | N | L | I | G | H |
| V | T | G | K | X | C | G | H | N | A |
| U | L | D | T | I | M | U | E | Y | E |
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| T | U | R | M | E | R | I | C | N | N |

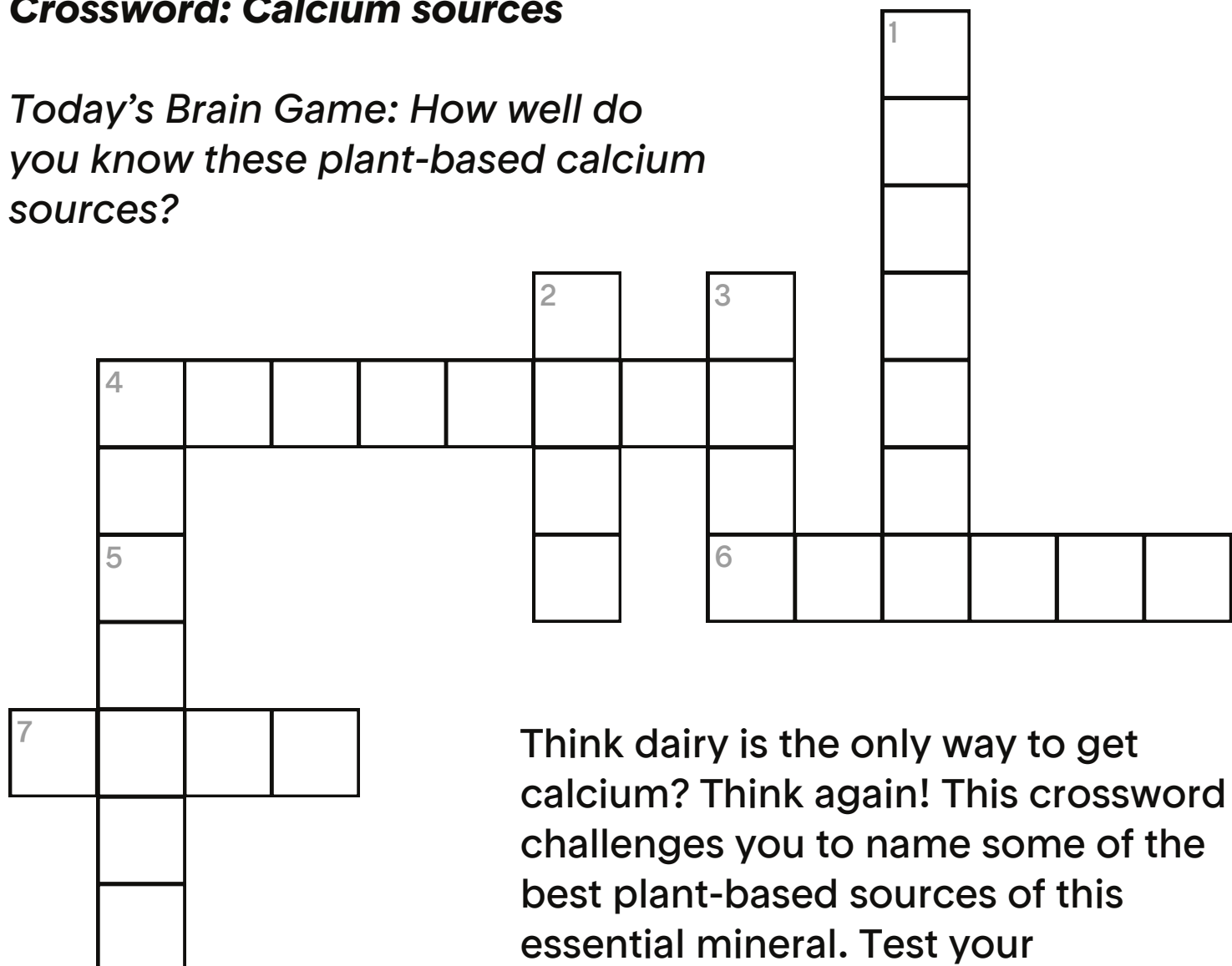


# GAME 51:

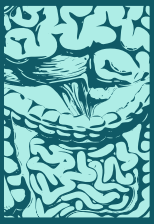


## Crossword: Calcium sources

*Today's Brain Game: How well do you know these plant-based calcium sources?*



Think dairy is the only way to get calcium? Think again! This crossword challenges you to name some of the best plant-based sources of this essential mineral. Test your knowledge and see how many you can get right. Your bones will thank you.



**Down:**

1. Crunchy nuts that provide calcium and are often made into alternative milk (7 letters).
2. A soy-based protein that, when calcium-set, is a great dairy-free source (4 letters).
3. Naturally sweet fruits that contain calcium and fiber, often eaten dried (4 letters).
4. A crunchy Asian green high in calcium and popular in stir-fries (7 letters).

**Across:**

4. A green veggie from the cruciferous family that offers calcium along with vitamin K (8 letters).
5. A leafy green that's a powerhouse of calcium and often used in salads (4 letters).
6. Tiny seeds that pack a calcium punch, often used in tahini (6 letters).
7. Small black or white seeds that form a gel in liquid and provide calcium (4 letters).



# GAME 52:



## ***Riddle: Omega-3***

*Today's Brain Game: Omega-3 Detective*

### **Answer this riddle:**

I start my life up high in trees,  
A shell protects the gold I keep.  
My wrinkled form hides oils so fine,  
A baker's friend—but not just mine.  
But look again, use your heart,  
Which of these is the smartest start?

- A) Pistachio
- B) Walnut
- C) Pecan
- D) Macadamia

# GAME 53:



## **Multiple choice: Food pairings**

*Today's Brain Game: How well do you know these food pairings?*

Some foods are like best friends: they work way better together than alone. See if you can guess which dynamic duos pack the biggest nutritional punch:

**1. Which food helps your body absorb IRON from leafy greens better?**

- A) Avocado
- B) Orange
- C) Almonds
- D) Olive oil

**2. Which ingredient dramatically increases the bioavailability of TURMERIC's active compound, curcumin?**

- A) Ginger
- B) Black pepper
- C) Cinnamon
- D) Cayenne pepper

**3. Which food should you pair with GREEN TEA to increase its antioxidant absorption by up to 13 times?**

- A) Lemon
- B) Honey
- C) Black pepper
- D) Mint

# GAME 54:



## **Match: Sleep science**

*How well do you know the science of sleep?*

Sleep isn't just about rest—it's an active process that affects your brain, wellbeing, and overall health. Let's see how much you really know!

Glymphatic System

Sleep Latency

Sleep Pressure

Slow-Wave Sleep

Core Body Temperature

1. Which sleep-related process helps remove waste and toxins from the brain, reducing the risk of cognitive decline?
2. What term describes how long it takes you to transition from wakefulness to sleep?
3. What natural process increases the longer you stay awake and helps ensure you fall asleep at night?
4. Which physical change in the body plays a key role in signaling bedtime and improving sleep quality?
5. Which sleep stage is the deepest and most restorative, playing a crucial role in brain function and body repair?



# GAME 55:



## ***Personality type: Fitness***

*Today's Brain Game: How well do you know your fitness personality?*

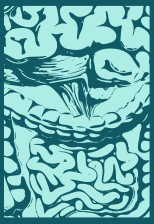
Your fitness personality shapes how you stay motivated and stick to a routine. Knowing your preferences helps you choose workouts that feel fun—not forced. Take this quiz and track your answers to find your fitness personality.

### **1. How do you prefer to exercise?**

- A) In a structured setting like a fitness center, swimming pool, or at-home routine
- B) Group classes or sports
- C) Outdoors (running, hiking, walking, cycling, etc.)

### **2. What motivates you to exercise?**

- A) Staying healthy and independent
- B) Connecting with others and enjoying shared activities
- C) The excitement of trying new things and staying active in different ways



**3. How often do you try new workouts?**

- A) Rarely—I prefer routines that I know work for me
- B) Occasionally—I like to mix things up from time to time
- C) Frequently—I enjoy experimenting with new activities and challenges

**4. How important is variety in your workout routine?**

- A) Not very important, I like sticking to what works
- B) Somewhat important, I like mixing things up occasionally
- C) Very important, I need variety to stay engaged

**5. What's your fitness goal?**

- A) To maintain strength, mobility, and overall health
- B) To stay active while having fun with others
- C) To push myself, explore new activities, and stay adventurous

**6. What type of workout environment do you prefer?**

- A) Structured and predictable—like scheduled classes or home-based workouts
- B) Social and energetic—where I can engage with others and enjoy a sense of community
- C) Flexible and adventurous—where I can move in different ways and explore new settings

# ANSWERS:



## GAME 1:

### *1. Valencia, Spain.*

While Valencia has been touted as the “Healthiest City on Earth,” it has yet to be qualified as an official Blue Zone — places where people live longer, healthier, happier lives. Loma Linda (US) and Sardinia (Italy) round out the official list to date but stay tuned for updates as more communities strive to make the golden years truly live up to their name.

## GAME 2:

### *The vagus nerve.*

The vagus nerve, also known as the wandering nerve, is instrumental in regulating various bodily functions, including digestion, heart rate, and mood. Supporting its function is key to promoting emotional well-being, as it facilitates communication between the brain and the gut microbiome, influencing mood and overall mental health.



**GAME 3:**

*Sulforaphane.*

Sulforaphane is a superhero compound that is found in cruciferous vegetables. Sulforaphane activates the Nrf2 pathway, promoting the production of antioxidant enzymes that combat inflammation. It also supports the lining of the digestive tract, assists in detoxification, fights against cancer, and triggers beneficial shifts in the microbiome.

**GAME 4:**

"KALE" is in the first row.

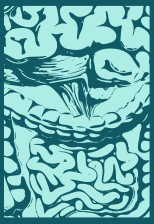
"SPINACH" is found in the sixth row.

"ALMONDS" is in the fifth row.

"QUINOA" is cleverly hidden within the grid.

"TURMERIC" is located in the fourth row.

"GINGER" is also hidden for you to discover.



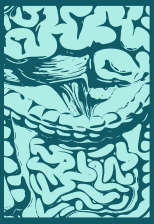
### **GAME 5:**

Tempeh — G. Probiotics  
Garlic — D. Allicin  
Bananas — B. Prebiotics  
Avocado — H. Monounsaturated Fats  
Chia Seeds — C. Omega-3 Fatty Acids  
Kale — F. Antioxidants  
Quinoa — A. Protein  
Almonds — E. Fiber

### **GAME 6:**

1. Probiotics
2. Prebiotics
3. Enzymes
4. Fermentation
5. Microbiome
6. Detoxification
7. Healthy Fat
8. Vegan
9. Gut-Brain Axis





### GAME 7:

1. Quinoa
2. Kombucha
3. Beetroot

### GAME 8:

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| Q | J | C | W | C | A | E | S | A | R |
| O | B | O | F | F | R | U | I | T | O |
| D | Z | C | Y | W | C | W | U | A | B |
| C | L | A | S | E | A | G | W | E | E |
| E | B | F | D | D | P | G | R | S | S |
| Y | K | E | J | G | R | R | U | U | P |
| Z | F | V | C | E | E | E | A | O | C |
| A | M | E | V | F | S | E | C | N | V |
| B | P | Y | V | W | E | K | A | K | J |
| V | N | Z | L | S | V | R | U | E | U |

*Answers: Caesar / Fruit / Greek / Wedge / Caprese*





### **GAME 9:**

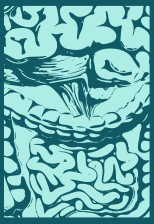
1. Kale
2. Spinach
3. Bok Choy (two words)
4. Cabbage
5. Collard Greens (two words)

### **GAME 10:**

- |               |             |
|---------------|-------------|
| 1. Sauerkraut | 4. Kombucha |
| 2. Yogurt     | 5. Miso     |
| 3. Kimchi     | 6. Tempeh   |

### **GAME 11:**

1. E. Relaxation and stress relief (Lavender)
2. D. Natural insect repellent (Citronella)
3. C. Anti-microbial properties in skincare products (Tea Tree)
4. B. Alleviate symptoms of nausea and motion sickness (Ginger)
5. A. Soothe pain and ease sore muscles and joints (Eucalyptus)



## GAME 12:

1. **True.** Chronic inflammation leads to many chronic conditions in both the gut and the heart.
2. **a) Sodium.** According to the CDC, Americans on average consume 3,400 mg of sodium per day, which is beyond the 2,300 mg recommended level. This can increase blood pressure and risk for heart disease and stroke. Both fiber and vitamin D are good for your heart.
3. **True.** Processed foods have long been associated with diseases, including those that involve the heart and gut. We recommend adding more plant-based meals to your diet.
4. **c) Soluble fiber.** While all three nutrients can benefit your heart and gut, it's soluble fiber that's present in oats and barley.
5. **c) Monounsaturated fat.** This is the healthy kind of fat, along with polyunsaturated fat (found in veggie oils and some nuts and seeds). Meanwhile, saturated and trans fats (found in a lot of meat and dairy products) are both linked to cardiovascular diseases.





### GAME 13:

1. **Myth:** While yogurt is a common source of probiotics, they can also be found in other fermented foods like kimchi, sauerkraut, and kefir, as well as in supplement form.
2. **Fact:** Stress can indeed impact gut health by altering the composition and function of gut bacteria, potentially leading to digestive issues.
3. **Myth:** The gut microbiome can change over time due to factors such as diet, medication, and environment.
4. **Myth:** While probiotics can be beneficial for many people, their effectiveness can vary depending on factors such as the type of probiotic, the individual's gut microbiome, and the reason for taking them.
5. **Myth:** Prebiotics are a type of fiber that nourishes beneficial bacteria in the gut, while probiotics are live microorganisms that provide health benefits when consumed.
6. **Fact:** A diverse diet can promote a diverse gut microbiome, which is associated with better overall health.
7. **Myth:** The gut-brain axis refers to bidirectional communication between the gut and the brain, influencing both physical and mental health.



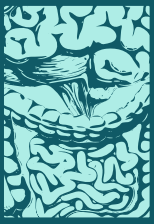


### **GAME 14:**

- 1.F. Often used in paint and adhesives (Formaldehyde)
- 2.B. Found in personal care products (Phthalates)
- 3.D. Often used in fire extinguishers and cleaning products (Perchlorates)
- 4.A. Typically found in soil and rock (Radon)
- 5.E. Found in plastics and epoxy resins, including food and beverage packaging, toys, and water bottles (BPA)
- 6.C. Found in oil-, grease-, stain-, and water-resistant products like some cookware and stain-repellent carpets (PFOA)
- 7.G. Found in building materials, automotive parts, packaging, and fabrics, particularly in older homes and products (Asbestos)

### **GAME 15:**

- 1.Endorphin
- 2.Serotonin
- 3.Oxytocin
- 4.Dopamine



### GAME 16:

1. Basil
2. Rosemary
3. Mint
4. Dill
5. Chives

### GAME 17:

#### *Score Interpretation:*

1. D) Guava
2. B) Carrot
3. A) Banana
4. B) Zucchini
5. B) Banana
6. B) Spinach
7. B) Apple
8. C) Asparagus
9. B) Kiwi
10. C) Cucumber

- **1-3 correct:** Fresh produce novice. Explore more about fruits and veggies!
- **4-6 correct:** Produce proficient. You know quite a bit about your fruits and veggies!
- **7-8 correct:** Produce knowledgeable. You have a good understanding of fruits and vegetables.
- **9-10 correct:** Produce pro! You have excellent knowledge of fruits and vegetables.





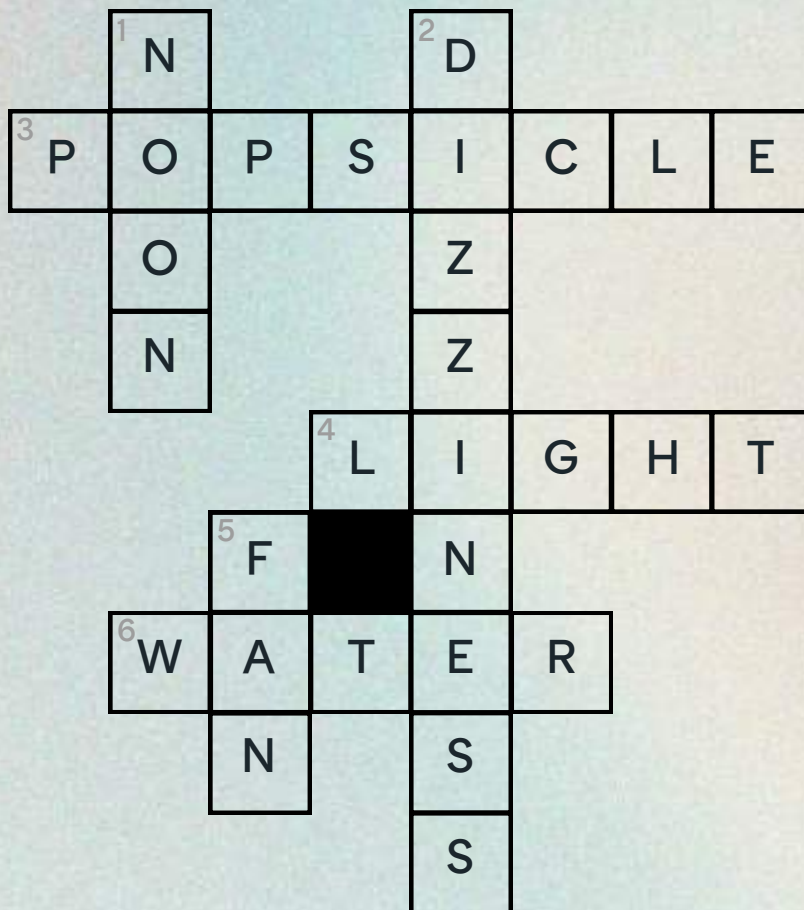
## GAME 18:

1. **B. Pasta Primavera.** Chopped tomatoes, pasta, and vegetables are characteristic of this classic pasta dish.
2. **D. Overnight Oats.** Rolled oats, plant-based milk, and berries are the main ingredients for overnight oats. Chia seeds are a common addition for extra texture and nutrients.
3. **B. Black Bean Soup.** Black beans, vegetable broth, spices (often including cumin and chili powder), and aromatics are typical components of black bean soup.
4. **B. Vegan Chili.** Tomatoes, kidney beans, bell peppers, and spices are the base for a hearty vegan chili.
5. **A. Vegetable Stir-Fry.** Diced tofu, soy sauce, vegetables of your choice, and rice are all common ingredients found in a vegetable stir-fry.





**GAME 19:**

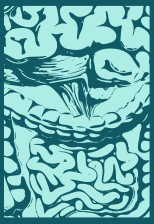


**Down:**

1. Noon, Time of day to avoid sun - 4 letters
2. Dizziness, Symptom of heat-related illness - 9 letters
5. Fan, Cooling appliance that circulates air - 3 letters

**Across:**

3. Popsicle, Frozen treat to help cool down - 8 letters
4. Light, Best type of clothing to wear - 5 letters
6. Water, Essential to drink lots of during a heatwave - 5 letters



### GAME 20:

1. **Kiwi** - E. Contains natural antioxidants and serotonin that can improve sleep.
2. **Coffee** - A. Contains caffeine, which can increase alertness and disrupt sleep.
3. **Spinach** - H. Contains magnesium and tryptophan, which help with sleep regulation.
4. **Cherries** - G. Contains melatonin, which helps regulate sleep-wake cycles.
5. **Tomatoes** - D. Acidic nature can cause acid reflux or heartburn.
6. **Almonds** - B. Rich in magnesium, which helps relax muscles and improve sleep quality.
7. **Candy** - C. High sugar content can lead to blood sugar spikes, disrupting sleep.
8. **Chili peppers** - F. Spiciness can cause indigestion or heartburn.

### GAME 21:

1. b) Blue Lagoon
2. a) Pamukkale
3. b) Saturnia
4. c) Dolomites
5. a) Onsens

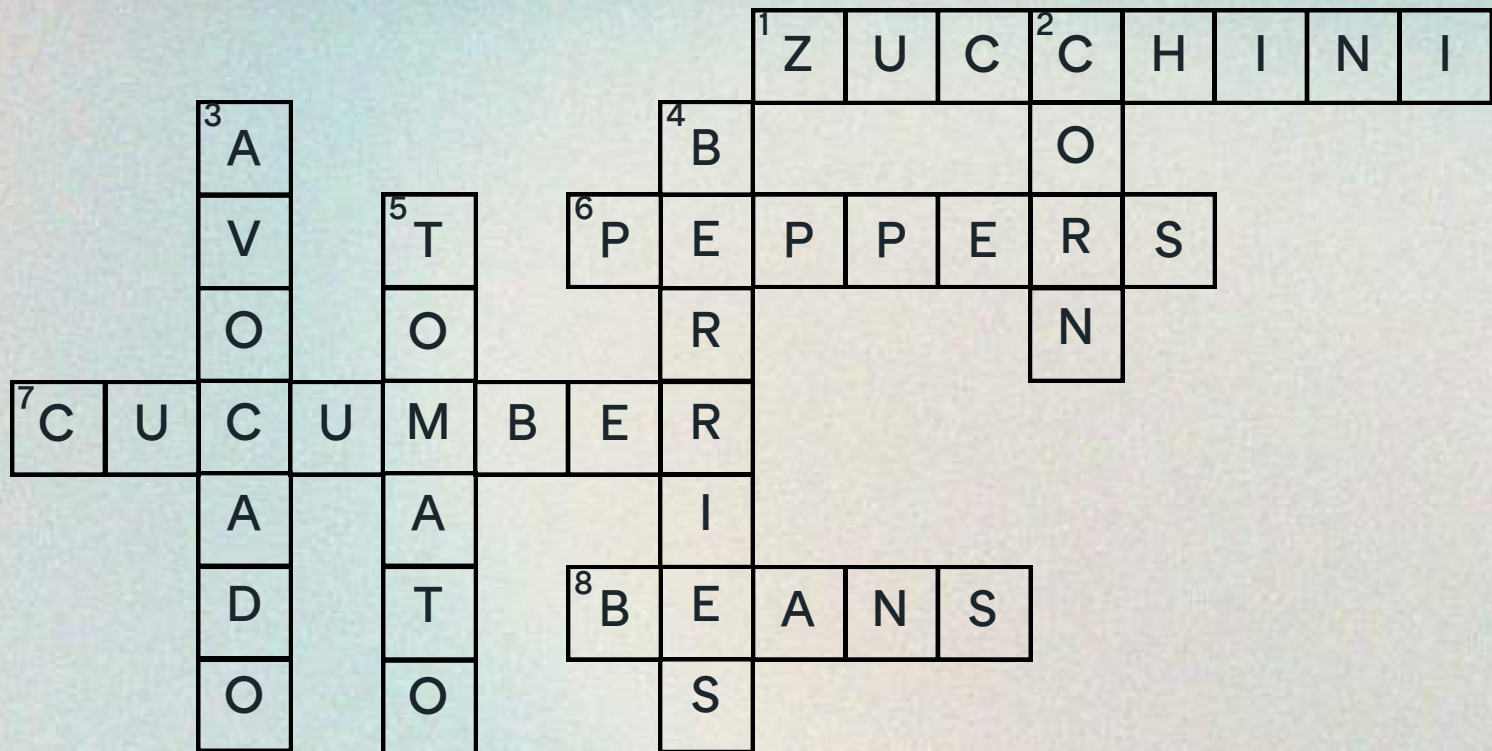
### GAME 22:

1. QUINOA
2. FLAXSEED
3. BROCCOLI
4. BLACK BEANS
5. ARTICHOKE





**GAME 23:**



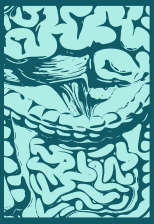
**Down:**

- 2. CORN, Popular yellow vegetable often grilled on the cob (4 letters)
- 3. AVOCADO, Creamy, green fruit that stars in guacamole (7 letters)
- 4. BERRIES, Small, colorful fruits packed with antioxidants (7 letters)
- 5. TOMATO, Juicy red fruit that often tops salads and sandwiches (6 letters)

**Across:**

- 1. ZUCCHINI, A versatile summer squash often grilled, stuffed, or spiralized (8 letters)
- 6. PEPPERS, They come in red, yellow, and green, great for grilling (7 letters)
- 7. CUCUMBER, A crunchy green vegetable perfect for hydration (8 letters)
- 8. BEANS, Protein-rich legumes that can be black, pinto, or kidney (5 letters)





### GAME 24:

1. **Summer** (Corn is sweetest during the summer season)
2. **Fall** (Pomegranates are typically harvested in fall)
3. **Spring** (Fresh peas are best in spring)
4. **Fall** (Cranberries are freshest in fall)
5. **Summer** (Cherries are at their peak in summer)
6. **Summer** (Figs are best enjoyed fresh in summer)
7. **Winter** (Brussels sprouts are ideal for harvesting in winter)
8. **Spring** (Artichokes are freshest in spring)

### GAME 25:

1. b) Stretching routine
2. a) Long-distance running
3. b) Cycling
4. c) Plank exercises
5. a) Swimming
6. b) Walking

### GAME 26:

1. Date Paste
2. Honey
3. Maple Syrup
4. Monk Fruit
5. Ripe Bananas
6. Coconut Sugar





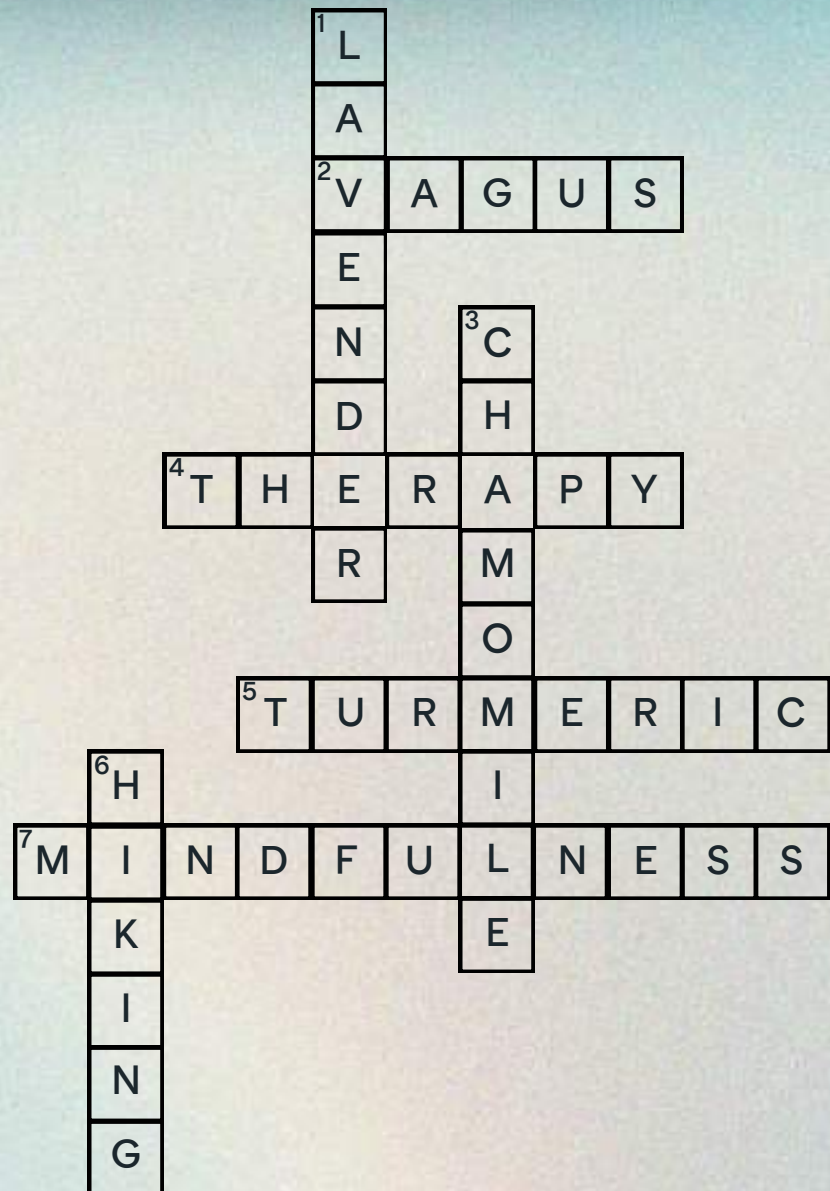
## GAME 27:

### Down:

1. LAVENDER, An essential oil known for its calming properties, derived from a purple flower (8 letters)
3. CHAMOMILE, An herbal remedy known for its calming and anxiety-reducing effects, often used as a tea (9 letters)
6. HIKING, An outdoor activity known to boost mood and enhance overall well-being (6 letters)

### Across:

2. VAGUS, A nerve that helps regulate the body's stress response and promotes relaxation (5 letters)
4. THERAPY, A form of treatment that often involves talking sessions to help improve mental health (7 letters)
5. TURMERIC, A golden-yellow spice known for its anti-inflammatory and mood-boosting properties (8 letters)
7. MINDFULNESS, A practice that involves focusing on the present moment to reduce stress and improve mental well-being (9 letters)







**GAME 28:**

- 1.A) Japan
- 2.B) Sardinia
- 3.A) Hara Hachi Bu
- 4.A) Pura Vida Lifestyle
- 5.A) Ayurveda

**GAME 29:**

- 1.Ganfits → Fasting
- 2.Dianrothy → Hydration
- 3.Ringge Orot → Ginger Root
- 4.Curimert → Turmeric
- 5.Renge Ate → Green Tea
- 6.Pelpa Dreci → Apple Cider
- 7.Corsbitopi → Probiotics

**GAME 30:**

- 1.Lentils - A. Protein
- 2.Tofu - A. Protein
- 3.Almonds - B. Healthy Fat
- 4.Avocado - B. Healthy Fat
- 5.Brown Rice - C. Grain
- 6.Quinoa - C. Grain
- 7.Almond Milk - D. Dairy Alternative
- 8.Chia Seeds - B. Healthy Fat





**GAME 31:**

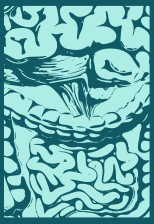
1. b) Quinoa
2. a) Tofu
3. a) Tempeh
4. b) Walnuts
5. a) Spirulina

**GAME 32:**

1. Broccoli
2. Cauliflower
3. Kale
4. Brussels Sprout
5. Cabbage
6. Bok Choy
7. Arugula

**GAME 33:**

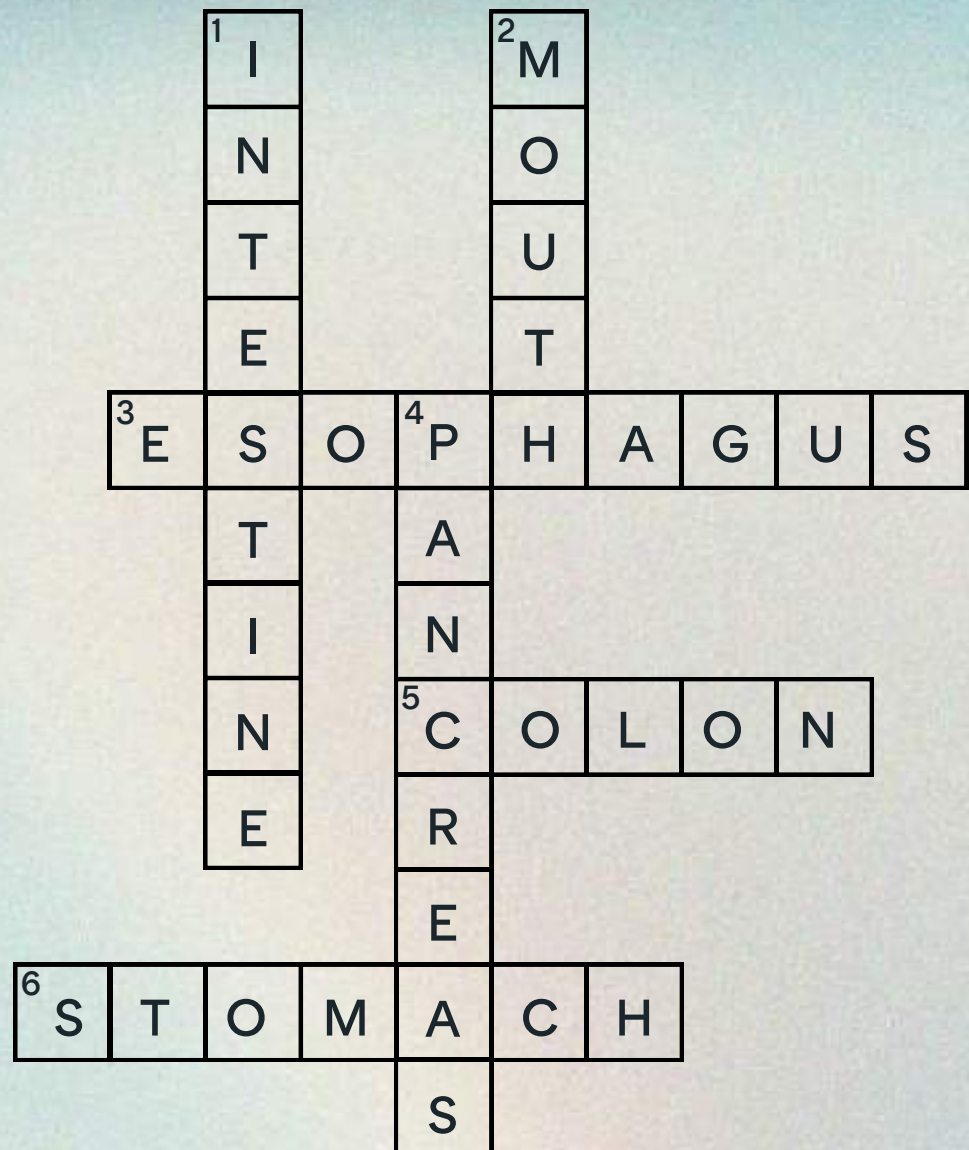
1. Cauliflower — It's a vegetable, while the others are legumes.
2. Sweet Potato — It's a root vegetable, while the others are cruciferous.
3. Buckwheat — It's a seed, while the others are whole grains.
4. Zucchini — It's not a leafy green, while the others are leafy greens.
5. Almond — It's a nut, while the others are fruits.
6. Cabbage — It's a vegetable, while the others are herbs.
7. Carrot — It's a root vegetable, while the others are fruits that contain seeds.



### GAME 34:

#### Down:

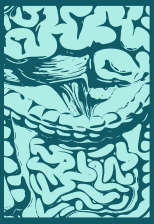
1. INTESTINE, Where food goes after it leaves the stomach (9 letters)
2. MOUTH, The first part of the digestive system, where chewing happens (5 letters)
4. PANCREAS, This organ produces enzymes and insulin to help break down food and control blood sugar (8 letters)



#### Across:

3. ESOPHAGUS, The long tube that connects the mouth to the stomach (9 letters)
5. COLON, This large organ helps absorb water and form stool (5 letters)
6. STOMACH, The sac that holds food before it moves to the intestines (7 letters)





### GAME 35:

- 1 → E) Monounsaturated fat (Nuts and seeds are high in monounsaturated fat.)
- 2 → A) Saturated fat (Dairy products are high in saturated fat.)
- 3 → C) Omega-3 fatty acids (Omega-3 rich plant foods provide essential fatty acids.)
- 4 → D) Trans fat (Fried and processed foods often contain trans fats.)
- 5 → B) Unsaturated fat (Plant oils are excellent sources of unsaturated fat.)

### GAME 36:

- 1. **½ cup of cooked black beans** – about 7.5 grams of fiber. Highest in fiber, known for their nutritional value.
- 2. **1 tablespoon of flaxseeds** – about 3 grams of fiber. Flaxseeds are packed with fiber and omega-3 fatty acids.
- 3. **1 cup of cooked spinach** – about 4 grams of fiber. A decent source of fiber, especially considering its low calorie count.
- 4. **1 cup of strawberries** – about 3 grams of fiber. While they're high in antioxidants, they have the least fiber among the options.
- 5. **1 slice of whole wheat bread** – about 2 grams of fiber. A good source of fiber, but not as high as the others.





**GAME 37:**

1. Zinc
2. Vitamin E
3. Fiber
4. Chamomile
5. Vitamin D
6. Probiotics

**GAME 38:**

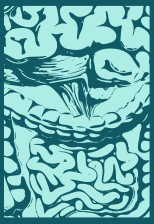
1. Gazpacho
2. Biryani
3. Dolma
4. Ratatouille
5. Chana Masala
6. Panzanella

**GAME 39:**

1. Blueberries
2. Pomegranates
3. Olive oil
4. Green tea
5. Walnuts
6. Turmeric
7. Grapes

**GAME 40:**

1. FLAXSEEDS (Omega-3)
2. CHIA SEEDS (Omega-3)
3. HEMP SEEDS (Omega-3)
4. SUNFLOWER (Omega-6)
5. PISTACHIOS (Omega-6)
6. SAFFLOWER SEEDS  
(Omega-6)



**GAME 41:**

1. Apple
2. Kale
3. Walnut
4. Pumpkin
5. Cranberry
6. Squash

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| V | F | P | U | M | P | K | I | N | A |
| R | G | D | T | K | E | M | L | P | P |
| T | F | K | T | Q | L | M | C | O | P |
| C | R | A | N | B | E | R | R | Y | L |
| W | Z | N | N | R | R | E | M | A | E |
| A | S | T | J | S | Q | U | A | S | H |
| L | F | D | L | I | Q | H | J | A | D |
| N | Z | D | V | W | K | A | L | E | B |
| U | B | H | Z | M | F | F | E | N | H |
| T | X | X | W | P | M | X | I | D | C |

**GAME 42:**

1. B. 70%, heart
2. A. Bell peppers, immune
3. B. 8, kidney
4. A. Chia seeds, walnuts
5. A. Antioxidants, oxidative

**GAME 43:**

1. Vitamin C
2. Calcium
3. Omega-3 fatty acids
4. Fiber
5. Potassium
6. Iron
7. Vitamin E





### **GAME 44:**

1. Eating walnuts regularly → B. Provides omega-3 fatty acids to support heart and brain health
2. Taking short breaks every 30 minutes when sitting for long periods → E. Reduces sedentary behavior to lower the risk of cardiovascular issues
3. Practicing “box breathing” → G. Promotes mindfulness, reduces anxiety, and enhances focus
4. Replacing evening coffee with herbal tea → D. Helps regulate your circadian rhythm for improved sleep quality
5. Meal prepping plant-based dishes on Sundays → C. Saves time, encourages balanced meals, and reduces food waste
6. Following a “tech-free” hour in the morning before using devices → A. Encourages mental clarity and sets a calm tone for the day
7. Including spirulina or chlorella in your diet → F. Boosts nutrient intake with powerful antioxidants and phytonutrients





**GAME 45:**

1. ORANGE
2. RESOLUTION
3. JOURNAL
4. DANCE
5. HYDRATION
6. PLANK
7. TOFU



**GAME 47:**

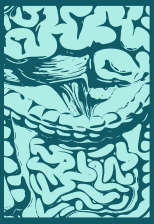
*B) Short-chain fatty acids (SCFAs).*

Did you know that SCFAs not only fuel gut cells but also cross the blood-brain barrier, influencing neurotransmitter production? It's time to nurture your gut microbiome!

**GAME 48:**

- |             |             |
|-------------|-------------|
| 1. Clove    |             |
| 2. Turmeric | 5. Nutmeg   |
| 3. Cinnamon | 6. Ginger   |
| 4. Cardamom | 7. Allspice |





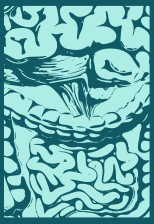
### GAME 49:

1. Shinrin-yoku (Forest Bathing) → G. Japan (1980s, Ministry of Agriculture, Forestry, and Fisheries)
2. Kneipp Therapy → E. Germany (Sebastian Kneipp, 19th century)
3. Fika → F. Sweden (1900s cultural tradition)
4. Abhyanga → C. India (Ancient Ayurvedic practice)
5. Siesta → D. Mediterranean region (Ancient Roman times)
6. Saunas & Ice Baths → A. Finland (Traditional, dating back centuries)
7. Tuina → B. China (Dating back to 1700 BCE)

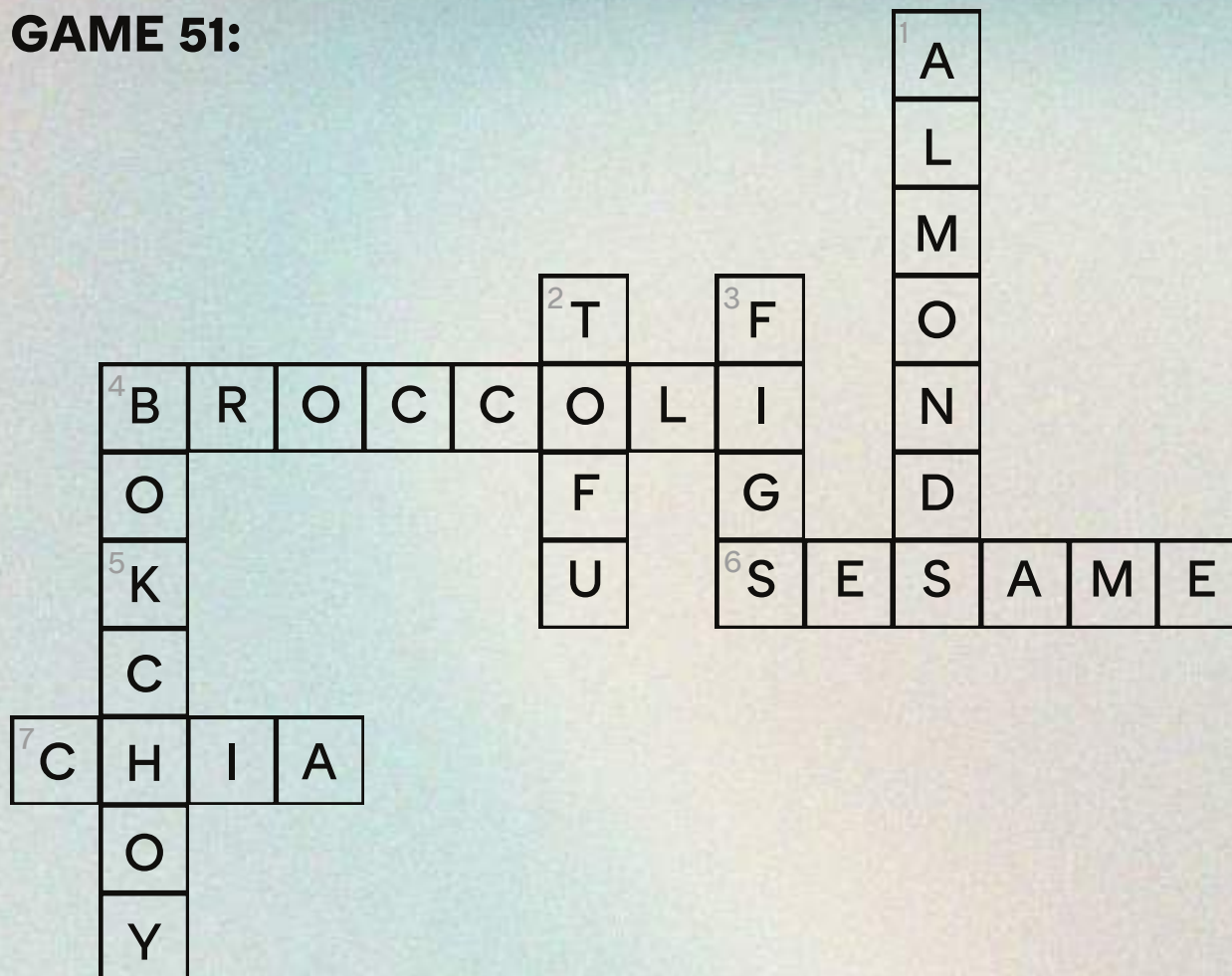
### GAME 50:

1. Matcha
2. Ginger
3. Hibiscus
4. Turmeric
5. Oolong
6. Nettle
7. Jasmine

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| M | H | G | F | Q | N | W | D | O | E |
| H | P | P | J | T | H | U | W | O | M |
| N | I | F | X | A | X | J | B | L | A |
| S | N | B | G | T | S | K | U | O | T |
| I | E | E | I | I | M | M | K | N | C |
| E | T | M | D | S | N | L | I | G | H |
| V | T | G | K | X | C | G | H | N | A |
| U | L | D | T | I | M | U | E | Y | E |
| T | E | H | O | G | M | N | S | R | U |
| T | U | R | M | E | R | I | C | N | N |



**GAME 51:**



**Down:**

1. ALMONDS, Crunchy nuts that provide calcium and are often made into milk (7 letters).
2. TOFU, A soy-based protein that, when calcium-set, is a great dairy-free source (4 letters).
3. FIGS, Naturally sweet fruits that contain calcium and fiber, often eaten dried (4 letters).
4. BOK CHOY, A crunchy Asian green high in calcium and popular in stir-fries (7 letters).





**Across:**

4. BROCCOLI, A green veggie from the cruciferous family that offers calcium along with vitamin K (8 letters).
5. KALE, A leafy green that's a powerhouse of calcium and often used in salads (4 letters).
6. SESAME, Tiny seeds that pack a calcium punch, often used in tahini (6 letters).
7. CHIA, Small black or white seeds that form a gel in liquid and provide calcium (4 letters).

**GAME 52:**

*Answer: B) Walnut*

Walnuts are packed with omega-3s and polyphenols, which support brain function by reducing inflammation and promoting neuron communication.





### GAME 53:

1. **Answer: B) Orange.** The vitamin C in oranges helps your body absorb plant-based iron much better. While the other options are healthy fats, vitamin C is specifically needed for iron absorption.
2. **Answer: B) Black pepper.** Studies show that piperine in black pepper increases curcumin bioavailability by up to 2,000%.
3. **Answer: A) Lemon.** Research shows that vitamin C (from lemon) significantly increases the body's ability to absorb and utilize green tea's catechins (antioxidants). The other options are healthy but don't specifically boost absorption.

### GAME 54:

1. **Glymphatic System** – The brain's cleaning process that removes waste and toxins during sleep.
2. **Sleep Latency** – The time it takes to transition from wakefulness to sleep.
3. **Sleep Pressure** – The increasing biological drive to sleep the longer you stay awake.
4. **Core Body Temperature** – This drops at night to signal bedtime and improve sleep quality.
5. **Slow-Wave Sleep** – The deepest sleep stage, crucial for memory consolidation and physical recovery.





## **GAME 55:**

- **Mostly A's: You're a practical exerciser.**

You thrive in structured environments like fitness centers, swimming pools, or at-home routines with clear plans. Health benefits and consistency keep you motivated, and you prefer exercises that fit into your schedule with minimal guesswork.

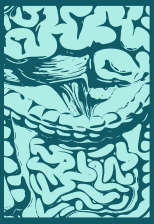
- **Mostly B's: You're a social exerciser.**

Group activities and the social side of fitness energize you. Whether it's dance classes, walking groups, or community-based workouts, you enjoy staying active with others and find motivation in shared experiences.

- **Mostly C's: You're an adventurous exerciser.**

You crave variety and enjoy being active outdoors or trying new challenges. Whether it's hiking, cycling, or exploring different movement styles, you stay engaged by keeping things fresh and exciting.





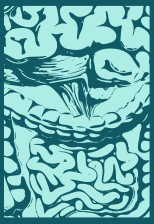
## Ready to take your brain health *to the next level*?

If you've enjoyed this guide, we're excited to invite you to join me for something special: ***The Gut-Brain Solution: New Frontiers***, our comprehensive masterclass series that dives deep into the fascinating connection between your gut and brain health. While this ebook has shown you which foods to avoid for optimal brain function, the masterclass reveals the complete blueprint for preventing cognitive decline and keeping your brain sharp well into your golden years. This series features world-leading experts, who will share with you cutting-edge research about the gut-brain axis and teach you practical, evidence-based strategies to protect your cognitive function.

### **What You'll Learn:**

- The surprising way your gut microbiome influences memory, mood, and focus
- How to create your personal brain-protective nutrition plan
- Simple daily habits that can slash your risk of cognitive decline
- The truth about supplements for brain health (and which ones actually work)
- Revolutionary strategies for optimizing your gut-brain connection

This isn't just another nutrition course—it's a comprehensive roadmap to cognitive resilience, based on the latest neuroscience and clinical experience of world-leading experts who have helped thousands of clients maintain sharp, vibrant minds as they age.



## Ready to Take *Action*?

Join the thousands of others who have already transformed their brain health through this program.



[Click here to learn more and secure your spot to watch the free screening of \*\*\*The Gut-Brain Solution: New Frontiers today!\*\*\*](#)

Your brain's future is being shaped by the choices you make today. Let us show you how to make them count.