

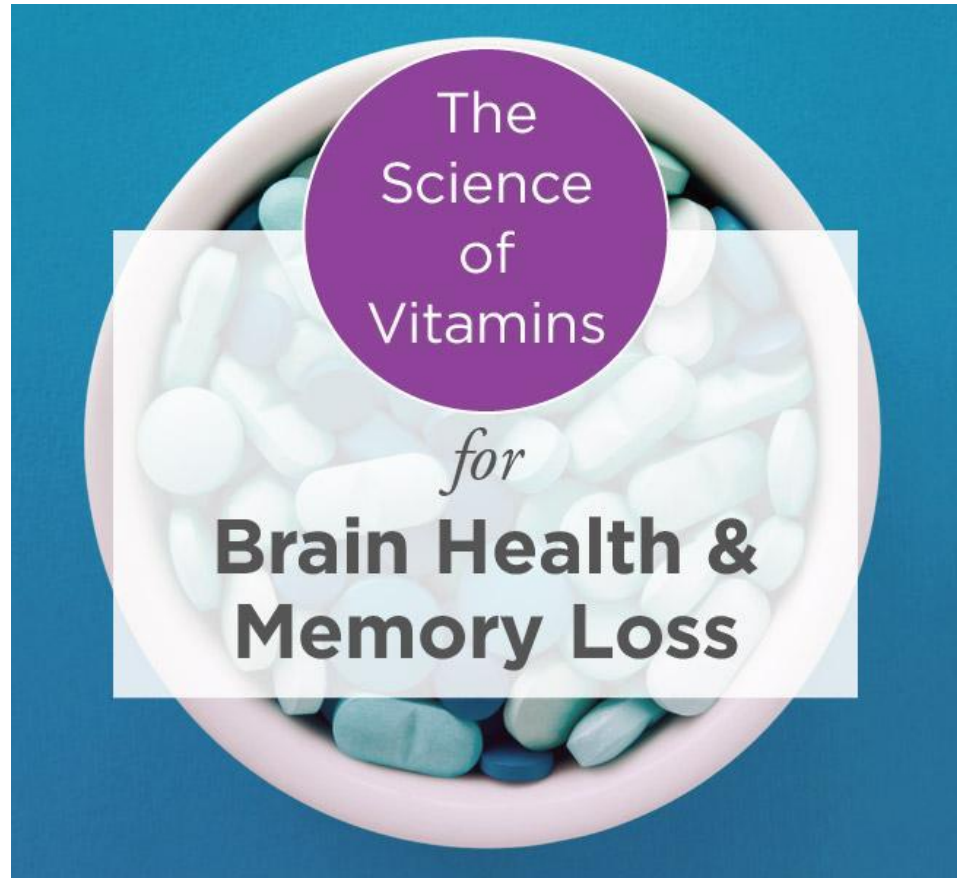
Healthy habits for our brain

# Learn a new language.

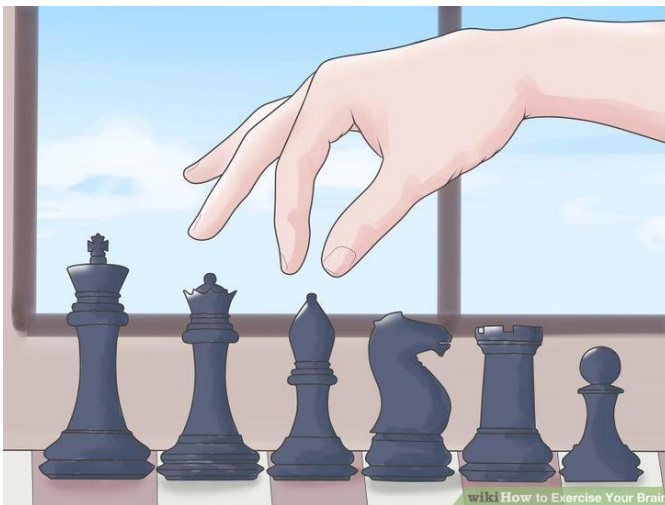
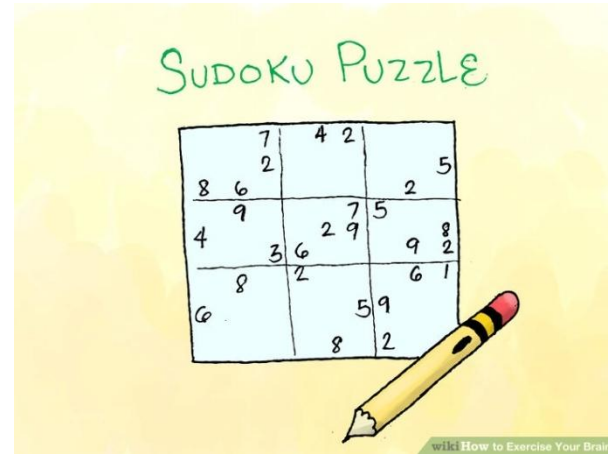
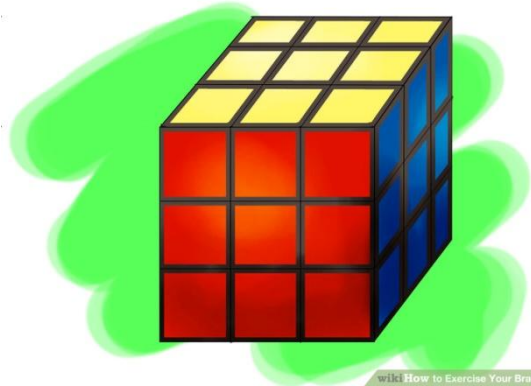


# Vitamins for brain

- Vitamin B12
- Vitamin E
- Vitamin B1
- Vitamin B9
- Vitamin C
- Vitamin D



# Logical games for improving our intelligence





# To walk in your house with closed eyes

