



2021 review found that learning a new language may be the mental boost your brain craves. The authors explored how expanding linguistic abilities may enhance brain function, promote neural adaptability, and support cognitive health as we age. Ready to start practicing? Check your local community center, library, or college for affordable language classes. You can also learn a new language on the go with phone apps like *Duolingo* or *Babbel*.

5 regions of the world with some of the longest-living and healthiest populations are known as the Blue Zones: Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece; Loma Linda, California; and Okinawa, Japan. These communities share key lifestyle habits: a plant-forward diet, locally grown food, earlier meals, regular movement, and strong social ties. Use the Blue Zones as an inspiration and adopt these habits to enhance your health and longevity.

1 in 5 women and 1 in 10 men develop Alzheimer's disease in their lifetime. Alzheimer's cases have been increasing at alarming rates among people between the ages of 30 and 64. The importance of good diet cannot be overemphasized, with the Mediterranean diet appearing to help reduce Alzheimer's risk by providing protective antioxidants and reducing inflammation. Specialty clinics focusing on Alzheimer's risk assessment and free online resources, such as those at alzu.org, can help with early intervention.

20% to 30% of juçara's (pronounced *zhoo-sah-rah*) composition is fiber, while lipids account for over 40%. Early research suggests that juçara fruit may help reduce inflammation, improve cardiovascular function, and could be effective in reducing body fat. The tastiest way to get your fix is blended into juices, smoothies, or ice cream, or tossed over yogurt. Pro tip: make sure you're buying sustainably sourced juçara, as overharvesting can threaten its native Atlantic Forest.

3 super-effective AI prompts to help boost your well-being include: making a wellness-focused schedule aligning with your goals, time constraints, and preferences; creating a meal prep plan with shopping lists, substitutions, and balanced nutrition; and assessing your current routine and suggesting improvements. While AI isn't a replacement for professional healthcare, it can help you stay on track, build healthier habits, and keep your well-being front and center every day.

FOODS
FOR BRAIN
HEALTH

“THREE SISTERS”
BREAKFAST BOWLS

4
SERVES

1 cup (250 mL) uncooked brown rice yielding
3 cups (750 mL) cooked rice
1 Tbsp (15 mL) dried oregano
1/2 tsp (2 mL) nutmeg
1/4 tsp (1 mL) cumin
1/4 tsp (1 mL) salt
2 1/2 cups (625 mL) diced butternut squash
4 Tbsp (60) extra-virgin olive oil, divided
1/4 tsp (1 mL) black pepper
1 cup (250 mL) chopped onion
2 cloves of garlic, peeled and finely chopped
13.5 oz (398 mL) can black beans, drained and rinsed
1 tsp (15 mL) Worcestershire sauce
1 cup (250 mL) sweetcorn kernels, canned or thawed
from frozen
1 cup (250 mL) fresh, chopped cilantro (leaves and stems)
4 corn tortillas, warmed
4 organic eggs

Cook rice according to package directions and set aside.

Preheat oven to 375 F (190 C). Line baking sheet with parchment paper.

In small bowl, combine oregano, nutmeg, cumin, and salt. In large bowl, combine half this mixture with diced butternut squash and 1 Tbsp (15 mL) olive oil. Toss to coat thoroughly and then transfer to baking sheet. Sprinkle with black pepper. Bake in preheated oven for 40 minutes, stirring every 10 minutes.



In large skillet on medium heat, add 2 Tbsp olive oil and sauté onion and garlic for about 4 minutes, or until softened. Add remaining half of spice mixture and cook for 2 minutes more. Add cooked rice and beans and continue stirring, making sure mixture is heated through. Add Worcestershire sauce along with corn and cooked butternut squash. Just before serving, add chopped cilantro and stir to combine.

In nonstick skillet on medium, heat 1 Tbsp (30 mL) olive oil and fry eggs.

To serve, place a mound of the rice and three sisters mixture on each of 4 plates and top with a fried egg. Serve with warm tortillas.

COOK ALONG WITH THIS
CURATED SPOTIFY PLAYLIST



BEAN *and* BARLEY STEW *with* PECORINO

6
SERVES

2 Tbsp (30 mL) extra-virgin olive oil
1 3/4 cups (435 mL) finely diced onion
2 cloves garlic, peeled and finely chopped
2 large sprigs of thyme
1 bay leaf
1 cup (250 mL) finely diced carrot
1/2 cup (125 mL) finely diced celery
1/4 cup (60 mL) sliced fennel stalks
Pinch salt
1/4 tsp (1 mL) pepper
1 cup (250 mL) pot barley, rinsed and drained
6 cups (1.5 L) low-sodium vegetable broth
13.5 oz (398 mL) can Romano or borlotti beans,
drained and rinsed
2 cups (500 mL) finely sliced lacinato kale
3/4 oz (22 g) pecorino Romano cheese

In large pot over medium heat, add olive oil and sauté onion, garlic, thyme, and bay leaf until softened, about 5 minutes. Add carrot, celery, and fennel and cook for a further 5 minutes. Add salt, pepper, and barley and stir thoroughly to combine. Add 3 cups (750 mL) vegetable broth, or enough to cover the contents. Increase heat to bring to the boil, then reduce heat to medium-low and simmer, partially covered, for about 35 minutes, until barley is tender. Add beans and kale; simmer gently for another 10 minutes. Warm remaining vegetable broth and add it as needed, 1 cup (250 mL) at a time, until you have a thick, soupy texture.

To serve, ladle stew into bowls and use a vegetable peeler to grate a few slices of pecorino over each.



COOK ALONG WITH THIS
CURATED SPOTIFY PLAYLIST



LEMON, ROSEMARY, HONEY, and GOAT MILK PANNA COTTA *with FIGS and WALNUTS*

4

SERVES

Panna cotta

2 gelatin sheets
1 cup (250 mL) organic goats' milk
1 tsp (5 mL) lemon zest
2 rosemary sprigs
2 Tbsp (30 mL) honey
1 cup (250 mL) goats' yogurt

Toasted walnuts

1/4 cup (60 mL) walnut pieces (pea-sized)
1/2 tsp (2 mL) honey + additional for drizzling
1/2 tsp (2 mL) fresh rosemary, very finely chopped
3 large figs, fresh if possible

Fill small bowl with cold water and add gelatin sheets; set aside while you prepare the other ingredients.

In medium-sized saucepan, add goats' milk, lemon zest, rosemary, and honey. Heat until just simmering, then turn off and let stand for 1 or 2 minutes. Remove rosemary and discard. Squeeze water from gelatin sheets, which should now be soft, and add to milk. Add yogurt and stir with spatula to combine, until smooth. Pour mixture into ramekins and refrigerate for 8 hours to set.

To prepare toasted walnuts, place plate or small piece of baking parchment aside. In dry skillet on medium heat, add walnuts and toast, stirring frequently, until lightly browned, about 5 minutes. Remove skillet from heat, add honey and rosemary and stir vigorously to combine. Tip nuts out onto plate or parchment paper to cool.



Remove panna cotta from fridge. Fill small baking tray with hot water. Place ramekins in tray for 1 or 2 minutes. Run a sharp knife around circumference of each ramekin. To flip panna cotta onto serving plate, place plate on top of ramekin, hold plate and ramekin together tightly, flip, and then lift off ramekin.

Slice figs into quarters and add three quarters to each serving. Divide nuts among servings. Finally, dip the tines of a small fork into honey and drizzle a bit of honey to garnish.

COOK ALONG WITH THIS
CURATED SPOTIFY PLAYLIST

