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Die rol van *CLEVER-4-EVER* in gesonde breinfunksie

Breinfunksie is die vermoë om ’n gegewe kognitiewe of fisiologiese taak te kan uitvoer. Dis die vermoë om kennis op te doen, betekenisvol te verwerk, en daaroor te kan redeneer. Dit sluit in ’n mens se geheue, leervermoë, volgehoue aandag, besluitneming, die vermoë om nuwe herinneringe te skep, inligting te herroep, ens.

Kognitiewe agteruitgang is deel van die oudword-proses, maar daar is sekere faktore wat hierdie agteruitgang kan versnel, of vertraag. Siekte- en emosionele toestande soos hoë stresvlakke, skok, trauma, demensie, en Alzheimer se siekte dra by tot kognitiewe agteruitgang, en beïnvloed ’n mens se vermoë om vinnig en helder te kan dink en optree. Demensie en Alzheimer se siekte kom veral onder ouer persone voor, maar hoë stresvlakke en die onvermoë om ’n mens se lewensomstandighede te hanteer, veroorsaak ook kognitiewe agteruitgang. Gesonde breinfunksie begin in so ’n geval reeds op ’n baie jonger ouderdom agteruitgaan.

70% van membrane van breinselle bestaan uit fosfatidilserine (PS), daarom dat PS so ’n belangrike rol speel in leervermoë, geheue, volgehoue aandag en die suksesvolle uitvoering van take. PS verbeter die vermoë van die brein om nuwe inligting vrylik en ongehinderd te kan ontvang en daarop te reageer. Studies wat met PS gedoen is, toon dat kognitiewe prestasie veral onder ouer volwassenes verbeter het.

Navorsing toon dat PS-aanvullings kan help om simptome van ADHD te verlig, wat fokus en gedrag verbeter. ADHD-simptome sluit in breinmistigheid, ’n onvermoë om te fokus, swak konsentrasie, en probleme om inligting sinvol te verwerk.

Studies het ook getoon dat PS help om stres en angs te bestuur deur kortisolvlakke te verminder. Kortisol is ’n streshormoon wat deur die liggaam afgeskei word in reaksie op stres. Omdat PS ’n sleutelkomponent van breinselle is, help PS-aanvullings die brein beskerm teen oksidatiewe stres, verminder degeneratiewe agteruitgang, en dra sodoende by tot breingesondheid.

Studies het getoon dat fosfatidilserine die vrystelling van neurosenders soos serotonien en dopamien positief kan beïnvloed, en sodoende gemoedstoestande kan verbeter. Vitamine B5 in *CLEVER-4-EVER* is behulpsaam met die regulering van die streshormoon kortisol, en help die liggaam herstel na stresvolle situasies. Vitamine B6 in *CLEVER-4-EVER* help om simptome van depressie te verminder.

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The role of *CLEVER-4-EVER* in healthy brain function

Brain function is the ability to perform any given cognitive or physiological task. It involves the ability to acquire knowledge, process it meaningfully, and reason about it. This includes aspects such as memory, learning ability, attention, decision-making, the ability to create new memories, recall information, etc.

Cognitive decline is a part of the aging process, but there are certain factors that can accelerate or slow down this decline. Diseases and emotional conditions like high stress levels, shock, trauma, dementia, and Alzheimer’s disease contribute to cognitive decline, which affects one’s ability to receive and respond to information. Dementia and Alzheimer’s disease particularly affect older individuals, but high stress levels and the inability to cope with life’s circumstances also lead to cognitive decline. Healthy brain function will then start deteriorating at a much younger age.

70% of cell membranes in the brain are composed of phosphatidylserine (PS), therefore PS plays a crucial role in learning ability, memory, sustained attention, and the successful performing of tasks. PS is necessary for healthy nerve cell membranes and enhances the brain’s ability to receive new information freely and unhindered, improving thinking skills and the ability to act accordingly.

Studies conducted with PS have shown improvement in cognitive performance, especially among older adults. Research suggests that PS supplements can help alleviate symptoms of ADHD, leading to improved focus and behaviour. ADHD symptoms include brain fog, an inability to focus properly, poor concentration, or difficulty processing information meaningfully.

Studies have also indicated that PS assists in managing stress and anxiety by reducing cortisol levels. Cortisol is a stress hormone released by the body in response to stress. As PS is a key component of brain cells, PS supplements can help protect the brain against oxidative stress, reduce degenerative decline, and thus contribute to brain health.

Research has shown that PS can benefit the release of neurotransmitters such as serotonin and dopamine, thereby improving mood. Vitamin B5 in *CLEVER-4-EVER* aids in regulating the stress hormone cortisol and helps the body recover after stressful situations. Vitamin B6 in *CLEVER-4-EVER* assists in reducing symptoms of depression.

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SUPER ALOE GEL

#80
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ENGLISH: Shortly after birth, Janco was readmitted to hospital for jaundice, and was placed under the blue lights. The effect of the lights was very bad on his sensitive skin. Photo 1 was taken just after we got home from the hospital. Because he was only 6 days old, I first tested the *SUPER ALOE GEL* on his tiny legs for 2 days. When I saw the improvement on his legs, I started applying *SUPER ALOE GEL* daily to his entire body. After 2 more days you could already see an improvement, and after about 2 weeks his skin was completely healthy.

SUPER ALOE GEL is the first product I reach for, even for the tiniest of spots. Janco is now 6 weeks old, and his skin is still particularly sensitive. I use *SUPER ALOE GEL* on his entire body after every bath. – Marelize Welthagen

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AFRIKAANS: Janco is kort na geboorte in die hospitaal opgeneem vir geelsug, en onder die blou ligte geplaas. Die uitwerking van die ligte was baie erg op sy sensitiewe velletjie. Foto 1 is geneem net na ons van die hospitaal af gekom het. Omdat hy nog net 6 dae oud was, het ek *SUPER ALOE GEL* eers vir 2 dae op sy beentjies getoets. Toe ek sien sy beentjies raak beter, het ek daagliks *SUPER ALOE GEL* aan sy hele lyfie begin smeer. Na nog 2 dae was daar reeds merkbare beterskap, en ongeveer 2 weke later was sy velletjie heeltemal gesond.

SUPER ALOE GEL is die eerste produk waarna ek gryp, al is daar net 'n kolletjie op sy lyf. Janco is nou 6 weke oud en sy velletjie is steeds besonder sensitief. Ek gebruik *SUPER ALOE GEL* op sy hele lyf na elke bad. – Marelize Welthagen

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