**How to Give Your Brain More Energy**

Our entire body runs on energy, just like any of the many electrical appliances that we rely on on a daily basis. Nowhere is this truer than in the brain where our cells fire millions of tiny electrical impulses every second to help us experience the world around us, think about what we’re doing and even daydream.

And if you could find a way to give your brain *more* energy, you would find you were smarter, more disciplined and more motivated.

So how precisely do you do this? Read on and we’ll look at how you can upgrade your brain’s energy levels…

**Introducing Cognitive Metabolic Enhancers**

This objective falls under the heading of nootropics and biohacking. Biohackers are constantly trying to upgrade their performance by understanding the systems that keep their body running and nootropics are one of the crucial tools in this regard – these are supplements designed to help us become smarter, more focused and more disciplined.

Unfortunately, most of them don’t have much benefit. But one area that *is* quite successful is the use of ‘cognitive metabolic enhancers’. Cognitive metabolic enhancers are nootropics that work by focusing not on neurotransmitters (as many nootropics do) but instead on pure energy.

Here are some of the best and most effective…

*Garlic Extract*

Garlic extract gives the brain more energy because it is a vasodilator. This means that it widens the blood vessels, thereby allowing more blood and oxygen to find its way around the body – and crucially to the brain.

*MCT Oil*

MCT Oil is ‘medium chain triglyceride’ oil. This is the type of oil found in coconuts and has the ability of hitting the blood stream very rapidly rather than being slowly released. This results in a sudden surge of energy and in the release of ketones – a type of energy source that works differently to glucose and is particularly useful for specific functions within the brain.

*Vitamin B6*

Vitamin B6 is *crucial* for energy and especially within the brain. Vitamin B6 helps us to get energy from the carbohydrates we eat. It is also used in the creation of numerous key neurotransmitters (acetylcholine, dopamine, serotonin, norepinephrine and melatonin) and has been linked to brain plasticity (learning).

*CoEnzyme Q10, PQQ, L-Carnitine*

All of these substances, many of which can be found in red meat, are able to increase the function of the mitochondria. This in turn leads to more efficient cells, including more efficient brain cells.