# Article information:

A 45-year-old brain expert shares how he eats like a ‘SuperAger’ to stay ‘sharp and focused’ every day  
<https://www.cnbc.com/2023/01/13/45-year-old-brain-expert-shares-exactly-what-he-eats-in-a-day-to-keep-his-brain-sharp-and-young.html>

# Article summary:

1. SuperAgers are a great example of how both genetics and lifestyle choices play a role in how the brain ages.

2. Marc Milstein, PhD, shares his daily routine to keep his brain young, sharp and focused, including diet and exercise.

3. He also emphasizes the importance of social connection and exploring new things for optimal brain health.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

New Strategies to Improve Memory, Protect Immunity, and Fight Off Dementia”. This article provides an overview of his daily routine to keep his brain young, sharp and focused. The article is generally reliable as it provides evidence-based information on diet and exercise that can help improve cognitive function. However, there are some biases present in the article as it does not explore counterarguments or present both sides equally. For example, while the author mentions the importance of social connection for optimal brain health, he does not mention any potential risks associated with this such as increased stress levels or anxiety due to overstimulation from too much social interaction. Additionally, the article does not provide any evidence for its claims about SuperAgers or their habits which could lead readers to question its reliability. Furthermore, there is some promotional content in the article as it mentions Milstein’s book multiple times without providing any evidence for its claims either. In conclusion, while this article provides useful information on diet and exercise that can help improve cognitive function, it should be read with caution due to its potential biases and lack of evidence for its claims.

# Topics for further research:

* Cognitive decline prevention
* Cognitive stimulation activities
* Social connection and brain health
* SuperAgers and their habits
* Stress and anxiety from social interaction
* Evidence-based cognitive function improvement

# Report location:

<https://www.fullpicture.app/item/16d76b40929b0fa1f0cdc331a2d46ef4>