

12th World Congress on
Pharmaceutical Sciences and Innovations in Pharma Industry

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9th Edition of International Conference on
Alternative Medicine

February 26-28, 2018 London, UK

Salvia Hispanica L as brain super food – how seeds boost your intelligence

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In recent years Salvia Hispanica L (chia seeds) are becoming increasingly popular. Many studies have shown beneficial effects of its consumption. The direct effect of Salvia Hispanica on the enhancement of cognitive performance is still under-researched. In a case-control study subjects of an intervention group, that consumed chia on a daily base, showed an increase of there verbal intelligence, and there ability for logical thinking.

Biography

Peter Onneken is working as head of research at the Institute of Diet and Health, Germany. He is a member of the German Society of Orthomolecular Medicine.

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