



Hallaton Manor

Natural and Complementary Therapies

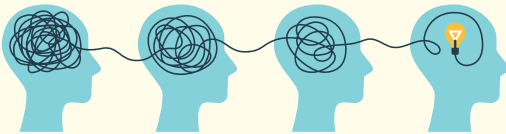
Nutrition

The team at Hallaton Manor is committed to improving the brain function and well-being of our residents using natural and alternative therapies to complement traditional medical interventions.

We hope that this will enable us to review medications taken by our residents with their doctors and, in some cases, reduce their intake over time. This in turn will reduce the side effects that residents can suffer from taking the medications.

We understand that not all of our residents will benefit from complementary therapies and careful monitoring is required to assess their effectiveness.

All residents have the choice whether or not to participate and many have seen great benefits.



‘You are what you eat’ they say and there is a lot of research that suggests that this is very true when considering brain function.

Of course, any part of the body that is not functioning properly can affect how well our brain functions and can impact negatively on our mood, exacerbating dementia symptoms, depression and other mental illness.

So, at Hallaton Manor, we are keen to provide a healthy, balanced diet that not only provides the right ingredients for better brain function, but also cares for the heart and intestinal function.



1. Fatty Fish

We use fatty fish in many of our meals. This includes Salmon, Trout, Albacore Tuna, Herring and Sardine. Fatty fish is a rich source of Omega-3 fatty acids, major building blocks of the brain, sharpening memory, improving mood and protecting your brain against cognitive decline.

The brain uses Omega-3s to build brain nerve cells, and these fats are essential for learning and memory. Omega-3s help slow age-related mental decline and can help with Alzheimer's disease.

2. Blueberries

Residents are encouraged to eat blueberries, a so called 'superfood'. Blueberries are packed with antioxidants that may delay brain aging and improve memory. Residents sprinkle blueberries over their breakfast cereals, or enjoy them as snacks. Our Chef adds them to smoothies which are offered to residents throughout the day.

3. Spices

Turmeric and its active compound, Curcumin, have strong anti-inflammatory and antioxidant benefits which help the brain and joints. Research has shown that it has reduced symptoms of depression and Alzheimer's disease. Curcumin may help new brain cells grow and may help to delay age related mental decline.

Other spices such as ginger and cinnamon are also well known for their health promoting properties and whenever possible, spices are incorporated into the meals provided for our residents.

4. Green Vegetables

At Hallaton Manor we encourage residents to eat green vegetables such as broccoli, green beans, peas, leeks, lettuce, courgettes, celery, spinach, kale, watercress and coriander. The majority of our vegetables are fresh and locally produced. Broccoli is packed with powerful plant compounds including antioxidants, it's also very high in vitamin K.



A few studies in adults have linked a higher vitamin K intake to better memory and cognitive status. Beyond vitamin K, broccoli contains a number of components that give it anti-inflammatory and antioxidant effects which may help protect the brain against damage.

Leafy green vegetables help with memory loss.

5. Seeds and Nuts

A variety of seeds and nuts are provided as a supplement to the resident's breakfast choice. Our staff are constantly vigilant for signs of allergy, but the health benefits of seeds and nuts are well documented and many have been labelled as super-foods.

They are rich in many vitamins, minerals and other nutrients that can have health benefits such as antioxidant and anti-inflammatory properties, reducing cholesterol levels and boosting brain and heart health. Some may have a positive effect on mood and depression and many are a great source of fibre.

Seeds such as pumpkin and sunflower are rich in many micronutrients that are important for brain function including copper, iron, magnesium and zinc.

Chia seeds are a great source of fibre and walnuts and their oils are a powerhouse for the brain, containing up to 20% protein, Omega-6 and Omega-3 fatty acids essential for healthy brain membranes, vitamin E and B6 and help maintaining healthy levels of the calming neurotransmitter serotonin which influences those in receipt of care's mood and appetite.

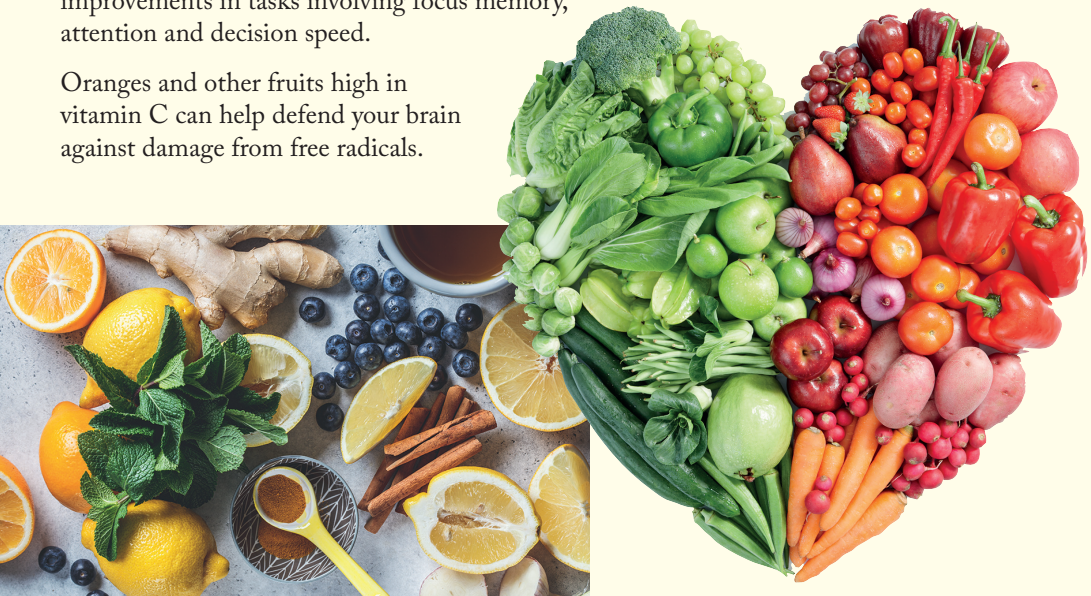
Research has shown that eating nuts and seeds regularly could sharpen memory and brain function as they contain a host of brain-boosting nutrients including vitamin E, vitamin K, vitamin B6, manganese, magnesium, iron, zinc, copper, phosphorus, selenium, thiamine, niacin and Omega-3 fatty acids, to name but a few!

6. Fresh Fruit

Hallaton Manor provides fresh fruit daily for our residents. Oranges, bananas, strawberries, apples and grapes and other seasonal fruits are available throughout the day. Fruits are also blended into smoothie drinks that are easier to consume for some of our residents.

According to one study, having higher levels of vitamin C in the blood is associated with improvements in tasks involving focus memory, attention and decision speed.

Oranges and other fruits high in vitamin C can help defend your brain against damage from free radicals.



7. Eggs

Residents are encouraged to eat eggs regularly and they are always provided at breakfast. Omelettes are also available at lunch and teatime. Eggs are a good source of several nutrients linked to good brain health including vitamins B6 and B12, folate and choline.

Choline is an important micronutrient that your body uses to create acetylcholine, a neurotransmitter that helps regulate mood and promote proper brain function and development.

8. Oats

Oats are among the healthiest grains on Earth - they are a gluten free whole grain and a great source of vitamins, minerals, fibre and antioxidants. Oats are metabolised more slowly than other grains. Studies show that oats and oatmeal have many health benefits including weight loss, controlling blood sugar levels and reducing the risk of heart disease.

Oats are provided every day at breakfast in the form of porridge or oatmeal.



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