

Book

# Plant-based Foods and their Implications in Brain Health

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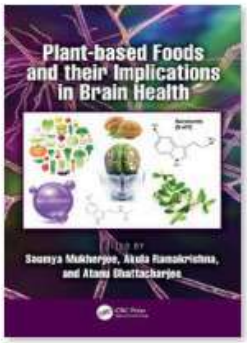
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## ABSTRACT

Memory is one of the most vital aspects of the human brain and is essential for the effective survival of an individual. Memory is the retention of the information that the brain encounters. With the rise in the ageing population in the last few decades, dementia has emerged as a serious global health issue. Different factors