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Using your brain to solve problems, answer questions and make decisions is best done when you're at your peak For night owls, this is obviously a much later period in the day. On the other hand, if you're trying to do creative work, you'll actually have more luck when you're more tired and your brain isn't functioning as efficiently.

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2. Dark chocolate. Dark chocolate contains cocoa, also known as cacao. Cacao contains flavonoids, a type of antioxidant. 3. Berries. Like dark ...

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