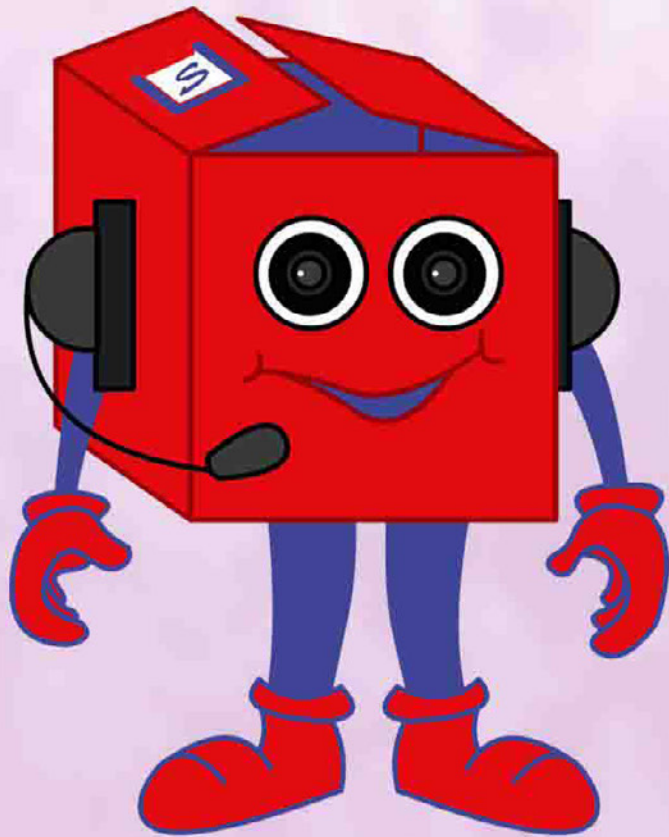


# INTRODUCING



**'UNI'**

**OUR BRAND  
MASCOT**

**OUR BRAND IDENTITY REGISTERED!**



Uni Square Concepts recently got its brand identity registered legally. The Logo of Uni Square Concepts and the agency name are both now registered trademarks.



**UNI SQUARE CONCEPTS™**

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# EAT RIGHT & BOOST CREATIVITY!

With a healthy body we always need a healthy mind. Just paying attention to physical well being is not enough, we need to take care of the our mental health as well because our brain is an organ which works endlessly carrying out various important processes like decision making, problem solving, analysis and interpretation. Like this, creativity is also one of the processes performed by the brain, thus it needs to be in the best frame if we want to exploit our creativity prowess to the fullest. There are certain foods that stimulate and enhance the power of our brain to perform creativity processes. Let us have a look at these:

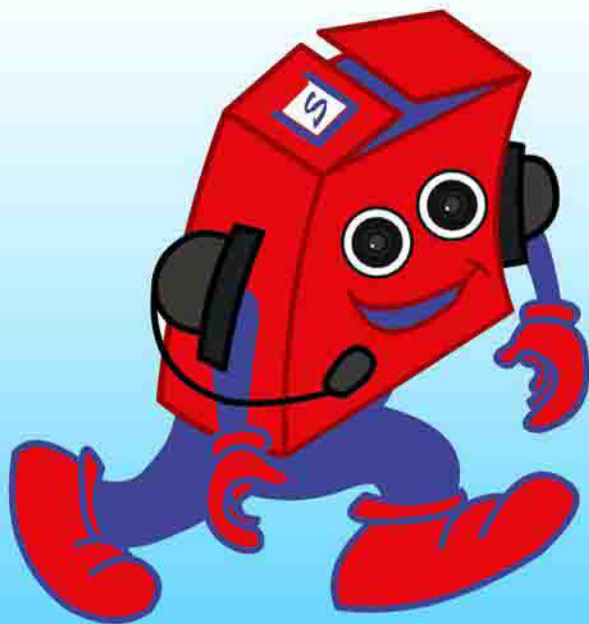


**Antioxidants** get the creative process going as they help fight free radicals in the body which damage brain cells over time . Most commonly known antioxidants are Vitamin C, E, Beta Carotene etc. Have plenty of Blueberries, Oranges, Dark green leafy vegetables, Broccoli etc for antioxidants.

**Fatty Acids** rich foods encourage neurotransmitter development strengthening brain tissue . These help the brain in understanding information that is necessary for creative thinking which involves innovation and fresh ideas generation. some good sources of fatty acids are walnuts, avocados, flax seeds etc.



**Complex Carbs** containing foods like whole wheat bread, brown rice, Oats, Barley, Millet etc. ensure steady supply of energy over a long period of time and these also make us feel fuller. These are better regulated by the brain and body as complex carbs take longer to break down.



*Need A Logo?*  
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