

BOOST *your* BRAIN

Nourishing and supporting your brain is a fantabulous way to **Create Vibrant Health: BodyMindSpirit™!** In a word, real food is medicine to the brain, and fake food is toxic to the brain.

Outlined here are foods and specific nutrients that build a healthy brain, as well as the Fearsome Four edibles to be avoided. Making some mindful choices to start incorporating more of these foods and nutrients, and limiting the “Fearsome Four” list, will support your amazing brain AND your entire splendiferous bod, in spades. And, not only will you be supporting your brain and body nutritionally, but you’ll also be supporting the organ (brain) that actually runs the whole rest of the body!

As with all healing and support protocols, the suggestions provided here support your WHOLE body well. We are made up of 60-90 trillion cells and they all need roughly the same nutrients and lifestyle to be optimally healthy.

Enjoy, and know that you are making your WHOLE body...sassy!



by Laurie Warren

TOP 10 FOODS *for* BRAIN HEALTH

1 Fermented foods such as fresh sauerkraut, kimchi, fermented pickles, kefir, and yogurt

2 Fat-rich foods: raw almonds, raw walnuts, pastured butter, coconut (meat & oil), avocado, olives & olive oil

The brain is the most fat-rich organ in our body, made up of 60% fat. It loves (healthy) fats!

3 Omega-3 rich foods: wild salmon, pastured eggs

4 Antioxidant- and phytonutrient-rich green veggies, especially the dark leafy greens, celery, broccoli, and cauliflower

5 Bone Broth

6 Beets

7 Sweet potatoes

8 Fiber-rich foods: avocado, oats, flax seeds, nuts, veggies

9 Clean, organic animal protein that is humanely farmed and eats its intended diet

10 Brain-protective spices: turmeric, oregano, cinnamon, vanilla bean, basil, ginger, pepper, chili powder

Turmeric (curcumin) is an anti-inflammatory spice found in curry, promotes the formation of new neurons in the brain and directly opposes at least 8 of the fundamental causes of age-related brain degeneration.

FAB 4 BRAIN BOOSTERS

- ✓ **Omega-3 fats:** 1200 mg per day of EPA & DHA
- ✓ **Taurine**, a little-known amino acid (protein), stimulates new brain cells to grow in adults, and has specifically been shown to benefit Parkinson's disease and depression: 1000 mg per day
- ✓ **Probiotics:** one capsule in the morning, 30 minutes before eating
- ✓ **Vitamin B12:** protects against age-related decreases in brain mass (the B-vitamins B6 and folate are also important)

I've included links to suggested brands above, to save you some head-scratching on the zillions of choices there are (many of which are junk). Other top Brain Booster contenders are magnesium (citrate or lactate), CoQ10 (as Ubiquinol), vitamin D (D3), vitamin C (as a **complete C complex**), and vitamin E.

FEARSOME 4 BRAIN Breakers

- ✓ Refined carbohydrates (sugar and refined grains)
- ✓ Chemical sweeteners, like aspartame (NutraSweet)
- ✓ Poor-quality fats: trans fats, vegetable oils
- ✓ Exposure to synthetic additives, preservatives, hormones, toxic pesticides

These edibles (it's hard to call them "food") erode health and are toxic to your beautiful brain. The more you can limit these fearsome offenders, the better!