

Power Foods for the Brain:

Protect your
mind and
strengthen your
memory



Agenda

- Current state of Brain Health
- Putting the Plan into Action
 - Strengthen your Brain
 - Defeat Memory Threats
 - Sharpen your memory, enhance your brain

Disclaimer

- During the Spiritual and Physical Health Transformation seminars you will learn about the benefits of a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their nutrition. And now you want to learn how you too can be healthier by eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

Most deaths are preventable and related to nutrition

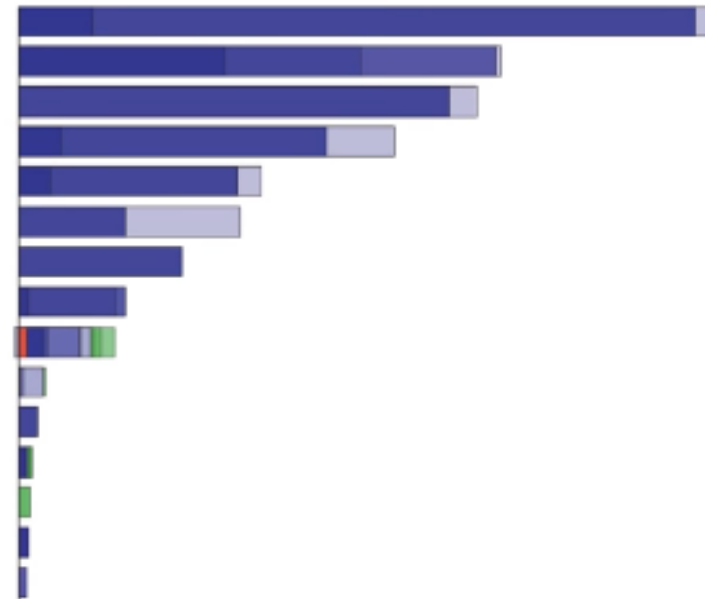
Figure 3. Number of Deaths and Percentage of Disability-Adjusted Life-Years Related to the 17 Leading Risk Factors in the United States in 2010 for Both Sexes Combined

A Risk factors and related deaths

Risk Factors

Dietary risks

- Tobacco smoking
- High blood pressure
- High body mass index
- Physical inactivity and low physical activity
- High fasting plasma glucose
- High total cholesterol
- Ambient particulate matter pollution
- Alcohol use
- Drug use
- Lead exposure
- Occupational risks
- Low bone mineral density
- Residential radon
- Ambient ozone pollution



Diseases and Injuries

- Intentional injuries
- Unintentional injuries
- Transport injuries
- Other noncommunicable
- Musculoskeletal disorders
- Diabetes/urogenital/blood/endocrine
- Mental and behavioral disorders
- Neurological disorders
- Digestive diseases
- Cirrhosis
- Chronic respiratory diseases
- Cardiovascular and circulatory diseases
- Cancer

Current State of Brain Health

- Brain health for Americans is declining. This is due to but not limited to:
 - Insufficient sleep
 - Insufficient physical activity
 - Poor nutrition (high fat diet, high metal consumption)
 - Lack of mental stimulation
- Strokes are the fifth leading cause of death in the United States and is a major cause of serious disability for adults. About **795,000** people in the United States have a stroke each year.
- Alzheimer's Disease is the sixth leading cause of death in the United States. About **116,103** people in the United States die from Alzheimer's Disease each year.
- However, there is good news...

Leveraging Best Practices



Power Foods for the Brain

- ▶ Neal Barnard, MD
- ▶ Recommends whole food plant based nutrition. Low fat, low metal and recommends physical and mental activity.
- ▶ Must read - Power Foods for the Brain www.pcrm.org

Current State of Brain Health



https://youtu.be/v_ONFix_e4k

Sharpen your memory, enhance your brain

- Genes are not destiny.
- Genes for poor brain health (i.e. Alzheimer's disease) are like committees. They don't give orders; they make suggestions.
- Research suggests that changes in diet and lifestyle – the steps we will discuss can keep those genes from expressing themselves.
 - Like dry seeds on a desert floor, they simply lie dormant. If you don't water them, they'll never sprout.
- Strokes are not a natural part of aging. Daily lifestyle matters for risk reduction and prevention.

Sharpen your memory, enhance your brain

- Building your shield:
 - Understand a few basics of how foods affect brain function.
 - Certain food components are toxic to the brain
 - There are protective nutrients and important natural compounds
 - Reinforce synapses with cognitive exercises that are simple and fun
 - This takes very little time, but the results can be quite striking.
 - Important to incorporate individualized physical conditioning.
 - Restore your brain's ability to integrate and memories and to retrieve them.
 - That means using sleep for all its worth

Putting the Plan into Action

- Nutrition is powerful. A brain enhancing menu:
 - A plant-based diet that avoids animal products completely.
 - To plan your brain-boosting menu, choose from each of the new four food groups (Fruits, Grains, Vegetables and Legumes)
 - To consume brain nourishing vitamins:
 - Favor Vegetables – especially green leafy vegetables, cooked or raw along with beans and fruits.
 - Sprinkle a few nuts and seeds on your salad and you'll get Vitamin E. Good choices are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, sesame seeds and ground flax seed. Vitamin E is also in broccoli, spinach, sweet potatoes, and mangoes.
- Be careful about oils. Avoid oils or keep to a minimum.

What is the best source of fat for the brain?

- A) Corn Oil
- B) Peanut Oil
- C) Safflower Oil
- D) Olive Oil



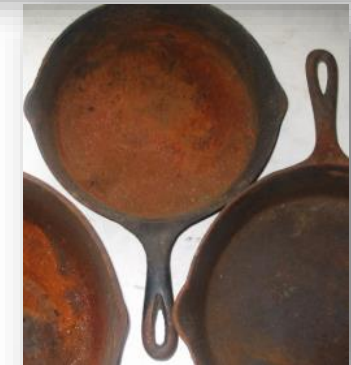
Putting the Plan into Action

Transition from MyPlate to the Power Plate to avoid the bad fats (Saturated Fat, Cholesterol and Trans Fat) and knock out free radicals.



Putting the Plan into Action

- Tackle Toxic Metals:
 - We want to avoid getting too much iron, copper and zinc, and there is no requirement for aluminum at all.
 - You're already steering clear of most toxic metals by basing your menu on foods from plants. They give you the copper, iron, and zinc your body needs, without the excesses.
 - Check out your multiple vitamins. If they contain iron, copper, or zinc, as most do, make a note to pick up a healthier product next time you are at the store.
 - Check the labels on breakfast cereals. Many have added iron, zinc and other metals.
 - Skip pans where iron or aluminum is in direct contact with food.
 - Avoid aluminum-containing baking powder, frozen pizzas, single serve packets of coffee creamers and salt.
 - Bottled spring water is safer than tap water, unless your water supply is tested as free of aluminum or you are using a reverse osmosis purifier.
 - Avoid aluminum cans
 - Be careful about tea, which tends to contain aluminum.



Putting the Plan into Action

- The mother lode of metal is liver. The RDA for copper is 0.9 milligram. A typical serving of liver (about 3 1/3 ounces) has more than 14 milligrams of copper. It also has 7 milligrams of iron and 5 milligrams of zinc, not to mention nearly 400 milligrams of cholesterol.
- Unbeknownst to us, meat-heavy diets are a major source of excess metals.
 - Nonheme Iron – Green vegetables and beans contain iron, but it is in a special form called nonheme iron. This form of iron is more absorbable if you are low in iron and less absorbable if you already have plenty of iron in your body. The amount of iron in a leaf of spinach or a sprig of broccoli does not change from minute to minute. But how much of it your body absorbs does change depending on how much you need.
 - Heme Iron – Meats contain some nonheme iron. But they also contain a great deal of what is called heme iron. Heme iron is harder for your body to regulate. Even if you have plenty of iron in your body already, heme iron is still very absorbable compared to non-heme iron. It is like an uninvited guest just barging in on your party. It can tip you into iron overload.

Putting the Plan into Action

- How much do you really need?
- Here are the recommended daily allowances, showing how much copper, iron and zinc your body needs. It is important to include these minerals in your diet, but it is also important to avoid excesses.
 - Copper: 0.9 milligram per day for men and women. Healthful sources include beans, green leafy vegetables, nuts, whole grains and mushrooms.
 - Iron: 8 milligrams per day for adult men and for women over fifty; 18 milligrams for women between nineteen and fifty. Healthful sources include green leafy vegetables, beans, whole grains and dried fruits.
 - Zinc: 11 milligrams per day for men, 8 milligrams per day for women. Healthful sources include oatmeal, whole-grain bread, brown rice, peanuts, beans, nuts, peas, and sesame seeds.

Putting the Plan into Action

- How to Shield Yourself.
 - Check your Cupboards
 - Be careful in your choice of vitamin supplements. It makes sense to choose a supplement with vitamins only, omitting minerals.
 - Use only aluminum-free antacids if you use antacids. Maalox gets its brand name from the Magnesium and Aluminum hydroxide inside. It can easily deliver a thousand times more aluminum that you would get from a day's worth of foods. Aluminum is also in Mylanta and Gaviscon
 - Read the labels on over-the-counter medicines. Some add aluminum as a coloring agent.
 - Use a deodorant, not an antiperspirant. Common anti-perspirants contain aluminum, which passes through the skin into your bloodstream.
 - Check your Beverages
 - See how your water stacks up for safety, or use bottled spring water. Check your water quality <http://cfpub.epa.gov/safewater/ccr>.
 - Minimize your use of tea. The tea plant draws minerals from the soil, and aluminum tends to concentrate in the leaves. The aluminum content in tea is less than in foods overall but still significant.
 - For extra credit
 - Exercise helps rid your body of excess iron.
 - Donating blood is the fastest way to eliminate excess stored iron.

Putting the Plan into Action

- What about Mercury?
 - There is no question that mercury can harm the brain, which is one of the reasons that health authorities have sounded the alarm about tuna and certain other fish for pregnant women and children.
 - You may be thinking, “I’ve got mercury in my fillings, could that be a problem, too?” No definitive answers specific to that.
 - Some researchers have pointed out that mercury amalgam fillings increase the amount of mercury going to the brain by anywhere from twofold to tenfold.
 - Others have suggested a link with multiple sclerosis.
 - A large study found no links to mercury amalgam fillings and Alzheimer’s disease.
 - May be wise to consider replacing existing mercury fillings with safer compounds and to avoid getting any new ones.

Putting the Plan into Action

- What supplements should I take?
 - Vitamin B12. Everyone should have supplemental B12 in their diets. This is not optional. The U.S. Government recommends it for everyone over age fifty. Key experts recommend it for everyone, regardless of age. Recommendation is 2,500 micrograms per week.
 - Folate and Vitamin B6. If blood tests show that your homocysteine level is high, it may be sensible to add folate and B6 to your regimen.
 - Vitamin D. In addition to helping us absorb calcium from the foods we eat, it also has an anticancer effect. The natural source is sunlight. Fifteen or twenty minutes of direct sunlight on your face and arms each day gives you all the vitamin D you need. The U.S. Government recommends 600 IU per day for adults up to age seventy and 800 IU per day for people older than seventy.
 - DHA. Your body makes the DHA your brain needs. However, some people hedge their bets with a DHA supplement. If that includes you, it is best to choose a vegan brand (not a fish-derived brand) and to have 100-300 micrograms per day.

Putting the Plan into Action

- Beyond Food:
 - Exercise your brain and body. That means regular stimulation through reading, puzzles, and social interaction, or one of the specially designed online programs mentioned in chapter 5. These cognitive activities are enriching in every way, in addition to their ability to strengthen the connections in the brain.
 - Be sure to get your heart pumping, once your doctor gives you the okay. Begin slow – a ten minute walk each day is fine for starters, and keep your pulse in the safety zone. Then, each week, increase your duration by five minutes until you are exercising for forty minutes a stretch.
 - Tackle physical threats – sleeplessness, medication side effects, and medical problems that can harm your brain. When the clock strikes 10, turn out the lights and go to bed. You'll wake up refreshed, and you'll notice the benefits for memory, mood, and overall well-being.
 - If you are on medications that could affect your memory or cognition, check with your physician regularly to see if you really need them.

Review

- In order to take care of our brains we need to:
 - **B**egin your day with 7-9 hours of sleep
 - **R**emember to eat mostly low fat whole plant foods
 - **A**void Aluminum
 - **I**ncrease or maintain physical and brain activity
 - **N**ever consume too much copper, iron and zinc

Sharpen your memory, enhance your brain



Get your Sleep



Be Mindful
of Metals

Copper, Iron & Zinc.
Avoid Aluminum

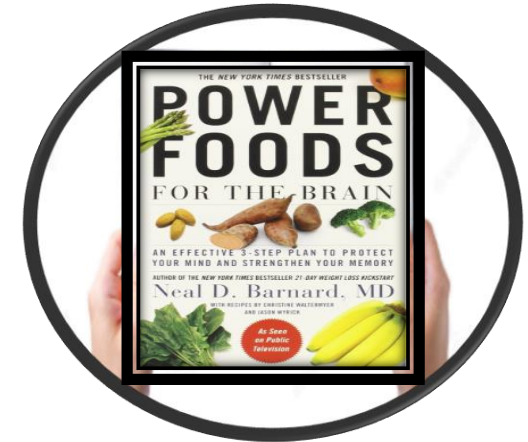


Move More

Eat more Color



Low Fat
Nutrition



Stimulate
your Brain

Alzheimer's May Start Decades before Diagnosis



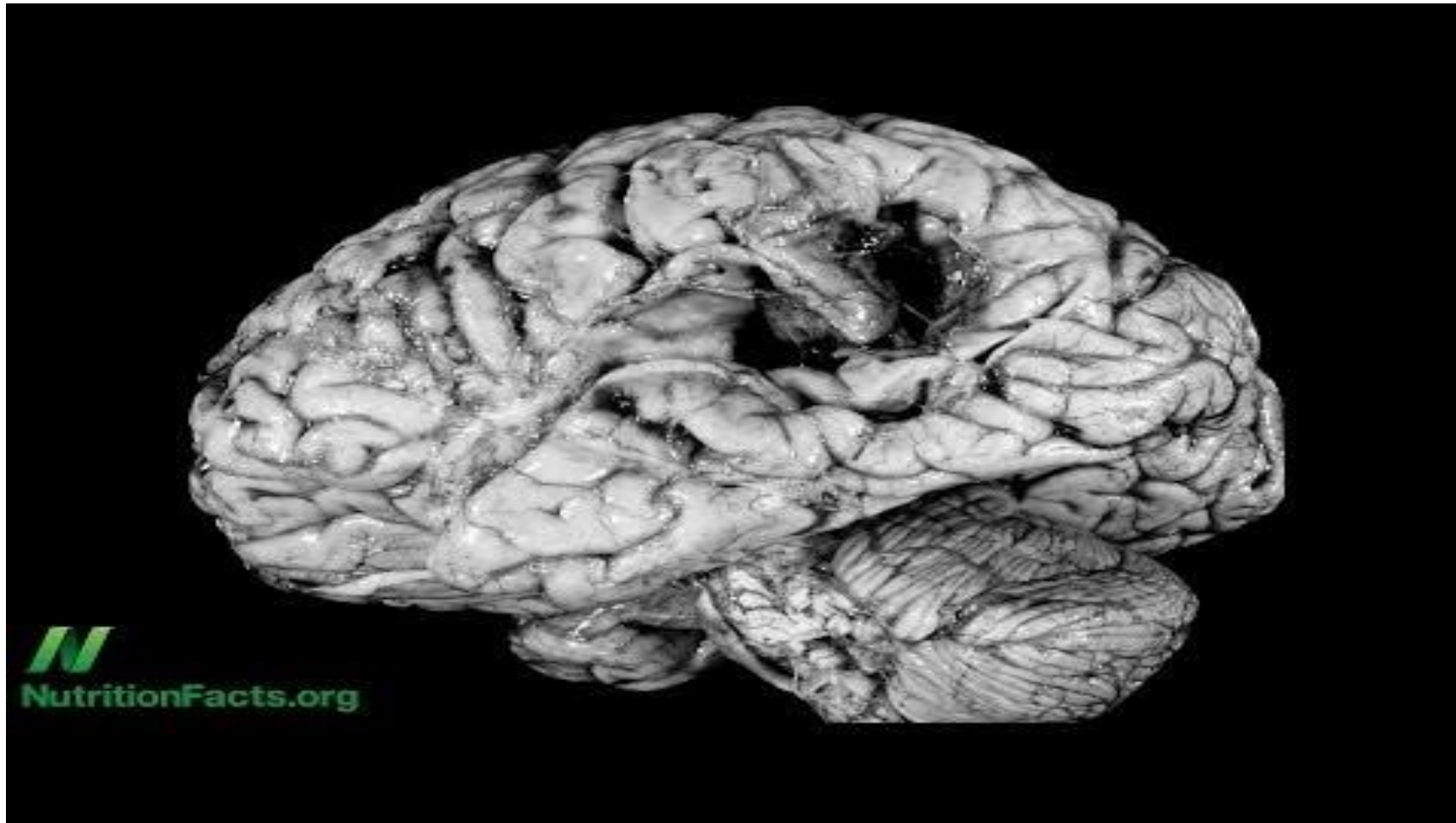
<https://youtu.be/ok1M6z-71hA>

Alzheimer's and Atherosclerosis TRANSFORM of the Brain



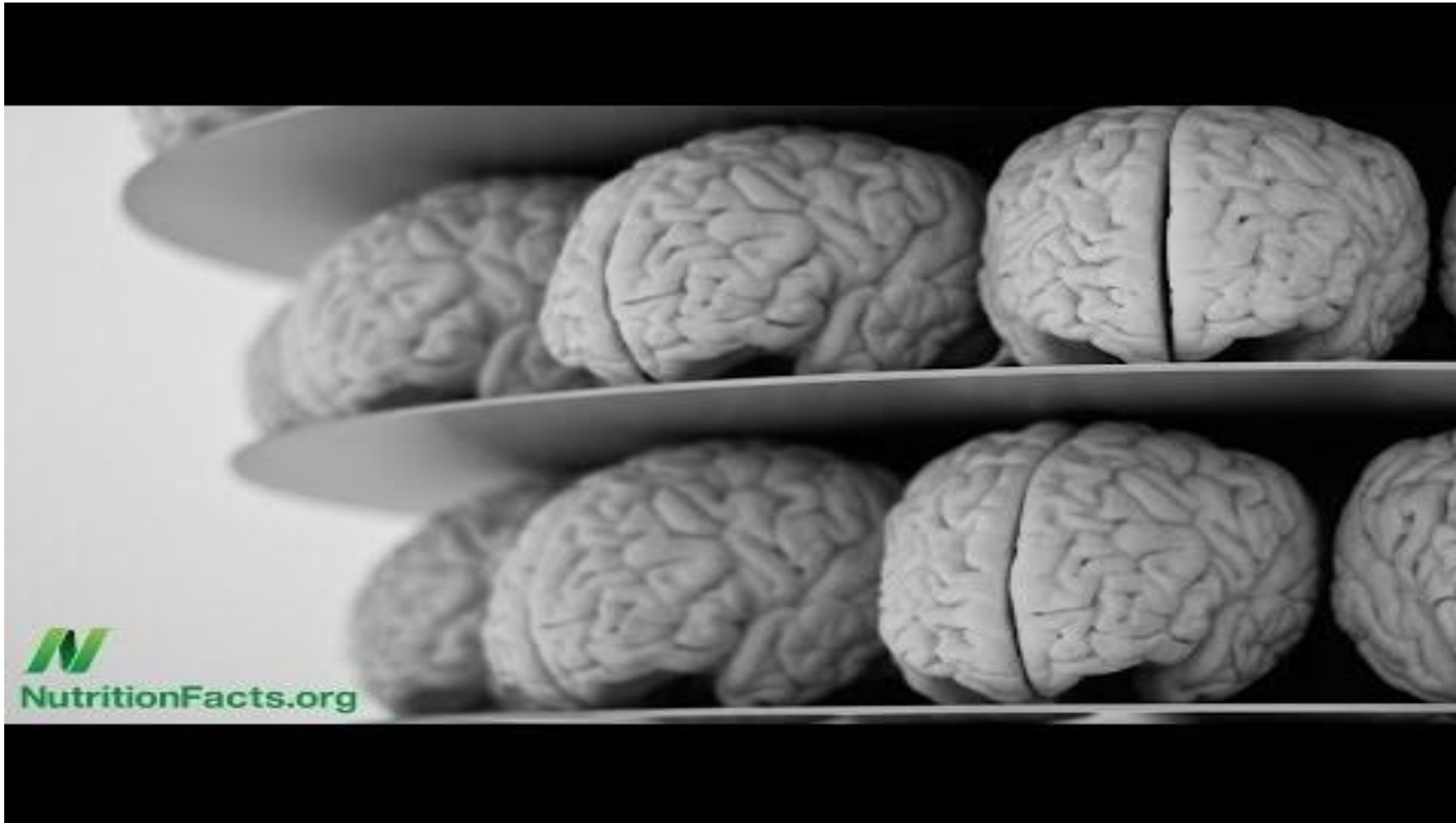
<https://youtu.be/WhtpyVhlu28>

How to Prevent a Stroke



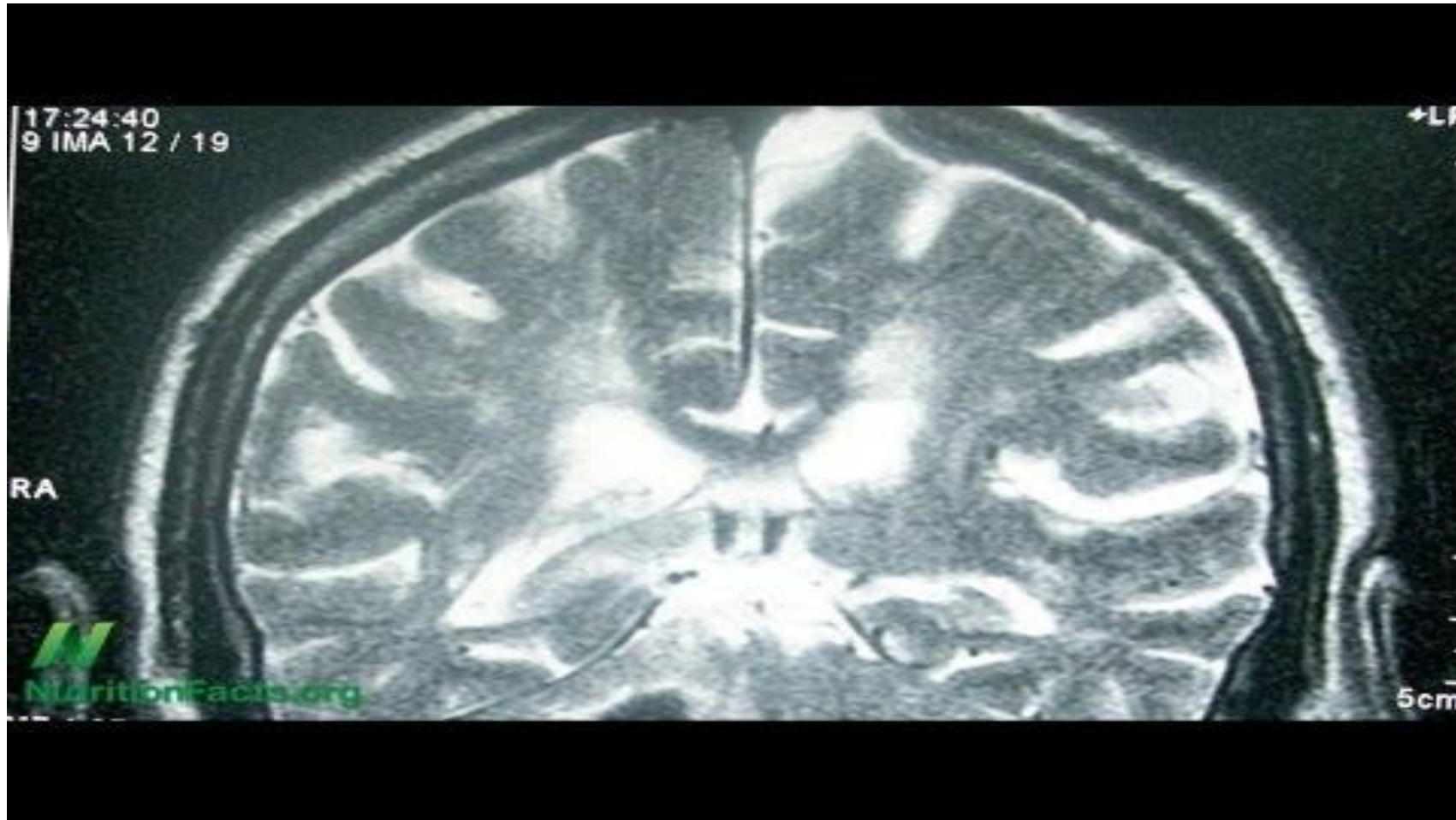
https://youtu.be/zJJuOVAL_lo

Best Foods to Reduce Stroke Risk



<https://youtu.be/utRWFkiz-kw>

Preventing Strokes with Diet



<https://youtu.be/Fs4r9HmJXF8>

Lowering our Sodium to Potassium Ratio to Reduce Stroke Risk



TRANSFORM



https://youtu.be/U3tY9f_AZ2s

Wrap up





- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to protect your mind and strengthen your memory?
- Questions?

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead

Don't try – do it

- Keep Learning & Watch the movie: 'Forks over Knives'
<https://www.forksoverknives.com/the-film/#gs.nWCW0xo>
- Clear out your kitchen / Stock your kitchen / Plan meals in advance
 - [21 day Vegan Kickstart](#) / [Engine 2 Diet 7 day challenge](#)
 - [Nutrition Studies 7 day challenge](#) / [Purple Carrot - meal delivery](#)
- Do it! (Ideally with a partner) - Take the 21 day challenge
- Be resilient!

 <p>EAT whole plants such as grains, nuts, and fruit</p> <p>Studies have shown that populations with mostly plant-based diets have longer lifespans.</p>	 <p>AVOID animal products such as meat, fish, and dairy</p> <p>Populations that eat mostly animal products have higher rates of chronic disease.</p>	 <p>AVOID processed, artificial foods</p> <p>These foods can be high in sugar, sodium, trans fats, and preservatives, and are stripped of original nutrients.</p>	 <p>AVOID added fats and sugars</p> <p>Rich, fatty food and sweets offer no nutrients and create addiction-like cravings.</p>
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Don't try – do it

- You will be more likely to succeed if:
 - You have clear, personal reasons that justify a strong desire to change the foods you eat.
 - You have minimized obstacles (environmental, cognitive, physical) to adopting a new dietary pattern.
 - You have the necessary skills and confidence to implement this new lifestyle.
 - You feel positive about your new eating habits and believe they will be beneficial.
 - Your dietary goals are consistent with your self-image and social norms.
 - You have support and encouragement from people you value and a community that supports your dietary changes.
- You are in the driver's seat. Success is yours to grasp, and it is easier, tastier, cheaper and more convenient than you may realize. Better health is a practice, a goal that can achieve!



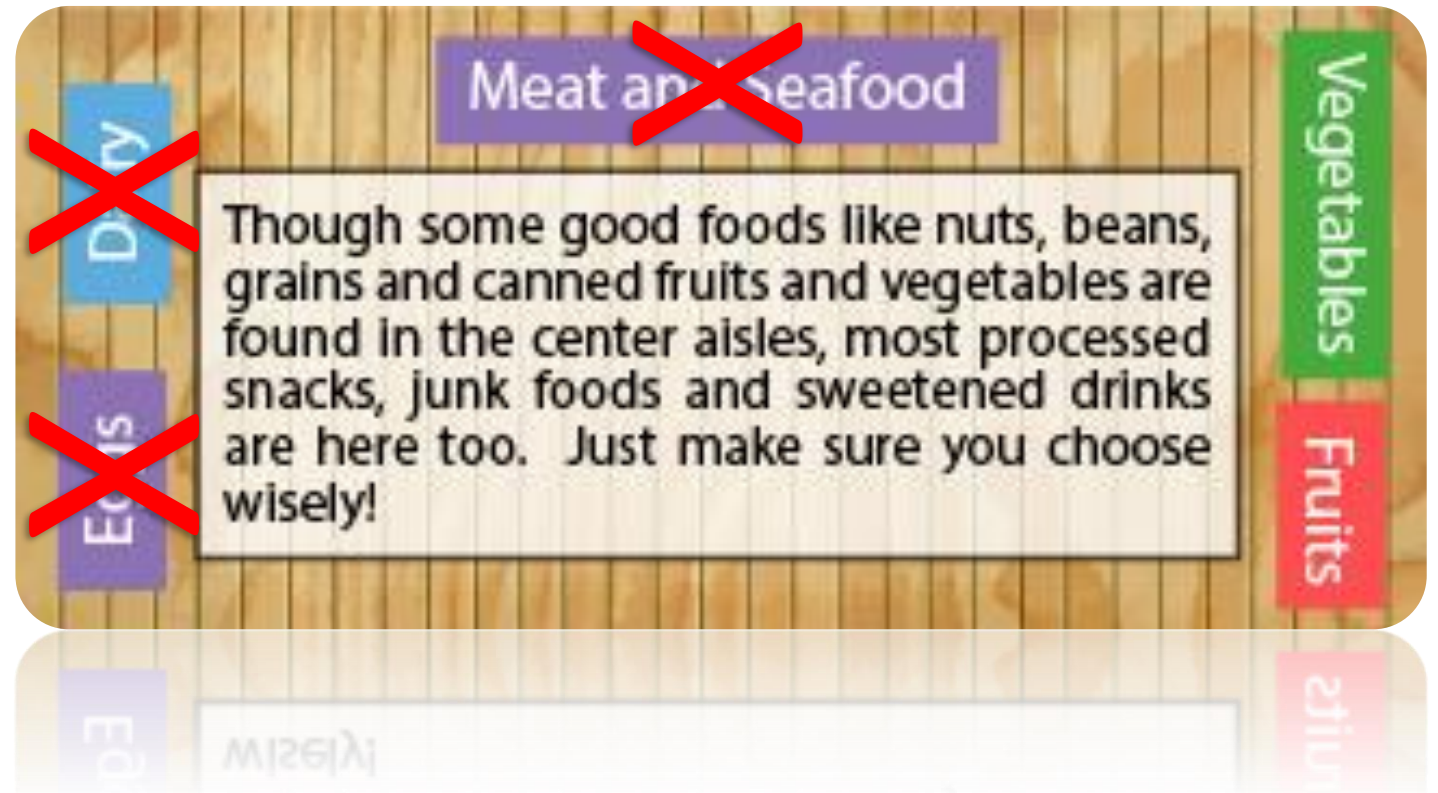
Shopping with a registered dietitian



<https://www.youtube.com/watch?v=PXi998JX8YM&list=PLFdu1bF7qe9sEBUI3SPKS4RP6Lv8hUgh5&index=2>

How should I shop?

- When shopping in the grocery store shop mostly in the produce section. (The more color and variety the better)
- Shop in the inner aisles for select items (oatmeal, healthy cereals, whole grains (rice, quinoa, etc.), beans, nuts, seeds)

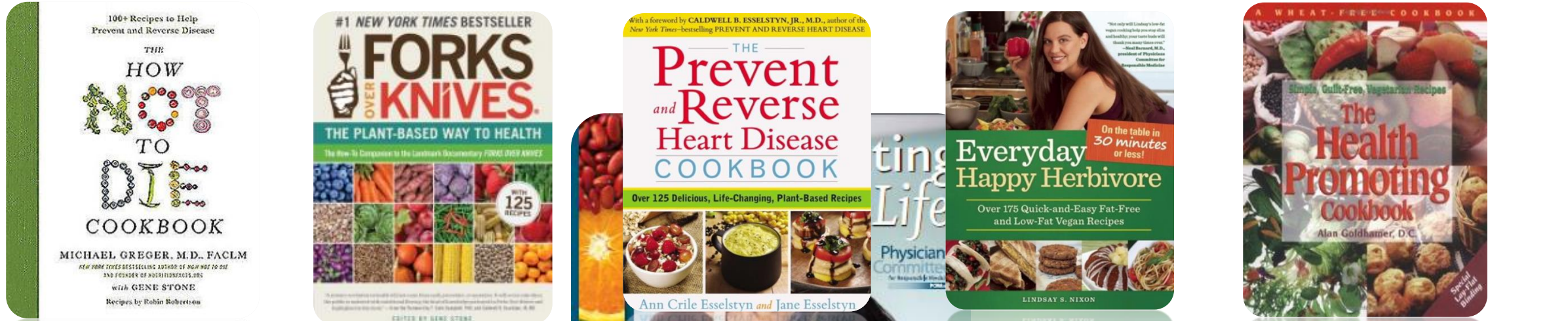


How to read nutrition labels

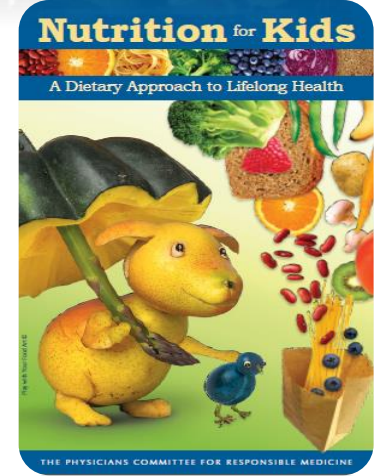
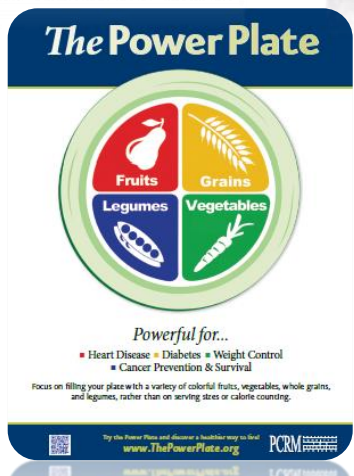


<https://www.youtube.com/watch?v=yd9XnyNGXGs&index=4&list=PLFdu1bF7qe9sEBUI3SPKS4RP6Lv8hUgh5>

Cookbooks:



[How Not to Die](#) / [Forks over Knives](#) / [Prevent & Reverse Heart Disease](#) / [Happy Herbivore](#) / [Health Promoting Cookbook](#)



[Power Plate](#) / [Vegetarian Starter Kit](#) / [Healthy Eating for Life](#) / [The Cancer Survivor's Guide](#) / [Nutrition for Kids](#)

Recipe Resources:

Click to access links:

- [Whole Food Plant Based Cooking Show](#)
- [Happy Herbivore](#)
- [Forks over Knives](#)
- [Dr. McDougall](#)
- [Physicians Committee for Responsible Medicine](#)
- [Nutrition Facts](#)
- [It Doesn't Taste Like Chicken](#)
- [Dr. Fuhrman](#)
- [Ornish Lifestyle Medicine](#)

