

NUTRITION AND BRAIN HEALTH: PROTECT THE MIND, STRENGTHEN THE MEMORY

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PEACHY'S HEALTH SMART

PEACHYSHEALTHSMART.COM

10/26/2018

CONTENT

- What causes memory loss
- Symptoms of cognitive Impairment
- How to Boost Brain Power
- How to Cut risk of Alzheimer's Disease and Stroke
- What foods to Eat/Avoid to strengthen the mind
- Ways to improve memory

TIME FOR A CHANGE

THERE'S MUCH WE CAN DO TO PREVENT MEMORY LOSS

- Some scientist want to wait for more studies
- I feel we do not have time to wait

LET'S START NOW

SYMPTOMS OF MILD COGNITIVE IMPAIRMENT

- Draw blank for names
- Unable to find the word for common object or place
- Inability to focus attention

May not always deteriorate to Alzheimer's disease

ALZHEIMER'S DISEASE

- 1 in 5 older American develops Alzheimer's Disease
- Related to genes we were dealt with (chromosomes 21, 14 and 1)
- Difficulty learning/remembering new things
- Poor reasoning/problem solving
- Poor visual/spatial abilities
- Losing language skills
- Personality changes
- Diagnosis: Possible Alzheimer's Disease unless spinal fluid is tested or brain is examined
- The culprit is amyloid plaque

GENETICS

- APO- E on chromosome 19
- 3 Versions of APO-E: E2, E3 and E4
 - E4 from both parents, 10-15 times risk
 - E3 no risk for Alzheimer's
 - E2 reduced risk of Alzheimer's disease, but increased risk of CVD
- Genes for Alzheimer's are not dictators, they can lie dormant with changes in diet and lifestyle

STROKE

- Clots may form and break away and flow to the brain and result in stroke
- Small strokes can add up
- Look out for: changes in alertness, vision, hearing, taste, speech and senses, memory loss, seizure, numbness, tingling, clumsiness, confusion, trouble understanding others, loss of balance, dizziness, loss of bowel/bladder control
- Vascular dementia, a more common culprit, caused by **stroke, mini-stroke** and high blood pressure. ... (**Mini-strokes** occur in the brain when blood vessels clog up or burst.

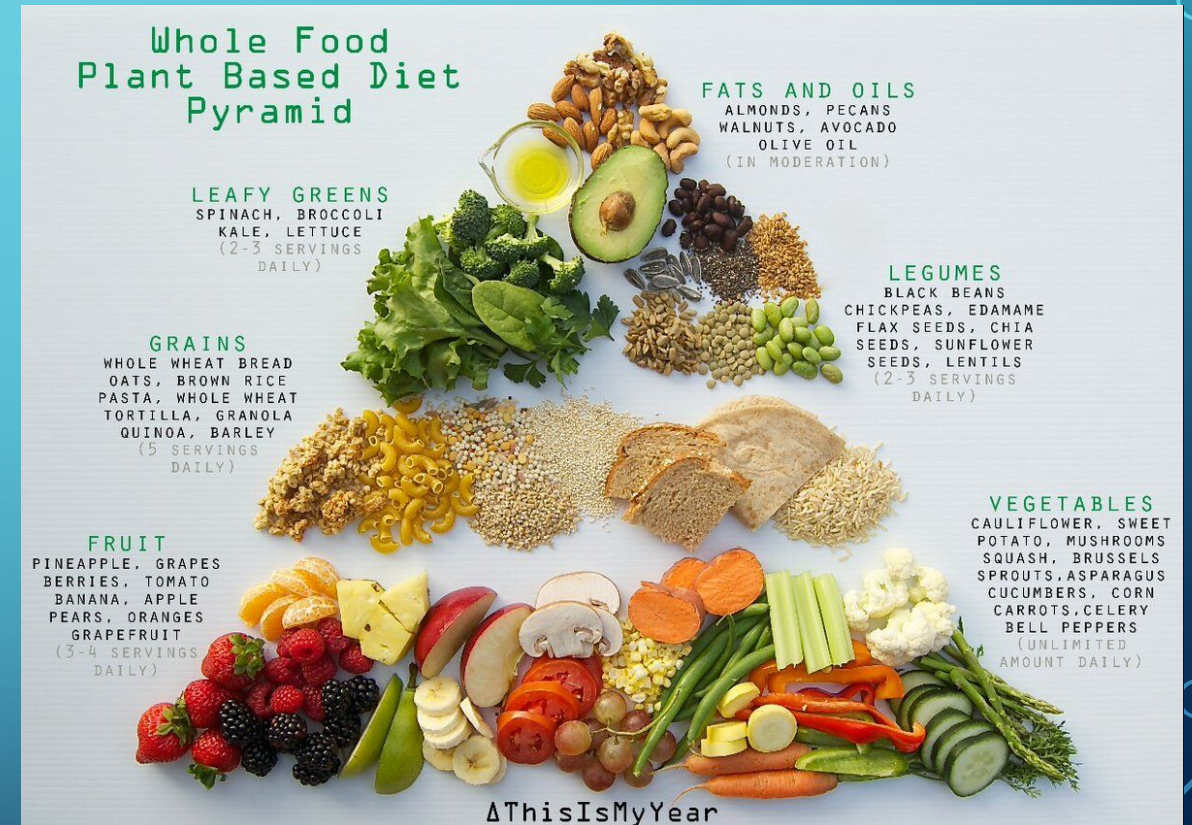
BUILDING OUR SHIELD

- Food
- Mental Exercise
- Physical Exercise
- Sleep



EFFECTS OF FOOD ON BRAIN HEALTH

- Simple changes to a person's lifestyle can help reduce a person's chance of dementia.
- Studies by two eminent neurologists found the switch to a plant-based diet can reduce the risk of cognitive impairment by 28%



FOOD

PUT POWER FOODS TO WORK

- Years of poor nutrition will damage the brain
- Brain cells are not getting adequate nutrients
- Eat food that shield you from toxic substances and toxic metals

EAT MORE OF THESE FOODS

Avocado: This is packed with the healthy fats that support brain structure and blood flow.



Beans: High in antioxidants, plant nutrients and proteins, have been shown to increase longevity and reduce the risk of stroke (which shares risk factors with dementia). They lower cholesterol and regulate blood sugar levels even many hours after you've eaten.

AND THESE

Blueberries: Studies show berries (especially blueberries and strawberries) can delay cognitive decline by two-and-a-half years.

Coffee: The caffeine in coffee stimulates the production of a neuro-protective agent in the brain and coffee contains potent antioxidants.



AND THESE FOODS

- **Extra Virgin Olive Oil:** This is an excellent source of healthy fatty acids and plant nutrients.
- **Herbal Tea:** Mint, lemon balm and hibiscus teas are anti-inflammatory.
- **Herbs:** Fresh or dried coriander, dill, rosemary, thyme, oregano, basil, mint and parsley contain ten times more antioxidants than nuts and berries.



MORE FOOD FOR THE BEST BRAIN

- **Leafy green vegetables:** These are a rich source of antioxidants associated with brain health.
- **Nuts:** These are the best source of healthy unsaturated fats, found by multiple studies to reduce the risk of Alzheimer's.
- **Quinoa:** A nutrient-rich complete protein source which also contains fibre, vitamin E and minerals such as zinc, phosphorus and selenium, which are essential building blocks for brain cells and their supporting structures.
- **Seeds:** These are high in vitamin E and other brain-boosting minerals.



AND MORE



- **Spices:** High in antioxidants and excellent at supporting the brain's detox systems. Make cinnamon, cloves, marjoram, allspice, saffron, nutmeg and tarragon a regular part of your diet.
- **Sweet Potatoes:** These are packed with phytonutrients, fiber, vitamins A and C and minerals. They have anti-inflammatory effects plus the ability to regulate blood sugar.
- **Tea:** This contains polyphenols (green tea catechin) which activate toxin-clearing enzymes.

DON'T FORGET:



- **Turmeric:** An antioxidant, anti-inflammatory powerhouse that has been shown to reduce the beta-amyloid plaques which can build up in the brain to cause Alzheimer's.
- **Wholegrains:** These are packed with fiber, carbohydrates, protein and B vitamins. The starch in wholegrains such as oats, buckwheat, millet, or teff, sorghum and amaranth (available from large health food stores) feeds good bacteria in the gut and provides an excellent source of sustained energy for the brain.

AVOID TOXIC FOODS

- Metals in the brain can damage brain cells: Copper, Lead, Iron, Aluminum, Zinc
- All the above metals are present in the beta amyloid plaques of Alzheimer's patients
- Liver can filter excess amounts of metals
- Bad Fats teams up with metals to attack brain cells

WHERE ARE THESE METALS COMING FROM?

ALUMINUM SOURCES

- Baby formula
- Baked goods/processed food
- Deodorants
- OTC and prescription antacids
- Pharmaceutical drugs
- Aluminum pots/pans
- Shampoo
- Skin cream/lotion



CADMIUM SOURCES

- Car seat covers
- Black rubber
- Burnt motor oil
- Ceramics
- Fertilizers
- Floor coverings
- Fungicides
- Furniture
- Refined wheat flour
- Silver polish

Liver

Kidneys

Evaporated milk

Sea food

Soft drinks

COPPER SOURCES

- Well water must be tested for excess copper
- Mineral supplements

LEAD SOURCES

- Canned food
- Lead paint in older homes
- Cigarette smoke
- Some ceramic dishes
- Lead water pipes

MERCURY SOURCES

- Dental Fillings
- Fish
- Immunizations

IRON SOURCES

- Cast iron cookware
- Excessive iron supplementation

SIX SIMPLE FOODS THAT CAN REDUCE HEAVY METALS TOXICITY IN YOUR BODY:

- Spirulina algae powder and spirulina drink.
- Chlorella
- Atlantic dulse/seaweed
- Young barley grass
- Ginger



REINFORCE BRAIN SYNAPSES

- Reduce stress: Make time for leisure activities.
- Learn relaxation techniques such as meditation.
- Cut down on unnecessary responsibilities and avoid over-scheduling.
- Stimulate your brain: Avoid routine. Enjoy new sensory experiences. Challenge your mind and body with new situations.
- Exercise: A brisk walk or other cardiovascular workout oxygenates the brain and promotes brain growth factors.
- Challenge your mind: Tackle puzzles, games and demanding intellectual tasks. Make an effort to learn new information through classes or reading
- Stay healthy: Eat a nutritious diet, get adequate sleep, avoid smoking, and if you use alcohol, drink in moderation.

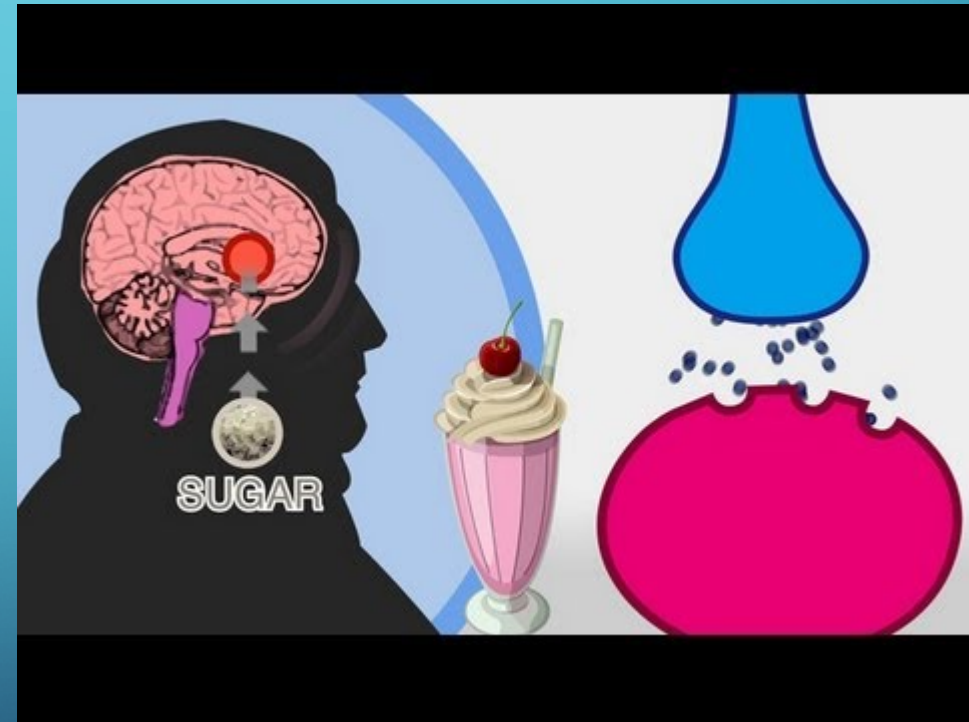
LET'S SHARPEN OUR MEMORY

- Laugh a lot
- Doodle
- Chew gum while learning
- Practice good posture
- Meditate



HOW TO DAMAGE THE BRAIN

- Eat a lot of sugar
- Skip breakfast
- Multi task
- Be a loner
- Be sleep deprived
- Cover your head while sleeping
- Overeat



WHAT ATTACKS THE BRAIN

- Sugar
- Skipping breakfast
- Multi-tasking
- Conversing rarely
- Depression



OTHER CAUSES OF MEMORY PROBLEMS

- Poly-Pharmacy: Sleeping pill; anti-histamines, anti anxiety/antidepressant drugs, pain meds, cholesterol lowering drugs, diabetes meds
- Lack of sleep
- Nutritional deficiency
- Substance abuse



EFFECTS OF NUTRIENTS ON COGNITION

Nutrient

Omega-3 fatty acids (DHA)

Effects on cognition and emotion

Amelioration of cognitive decline in the elderly improvement of cognition in traumatic brain injury in rodents; amelioration of cognitive decay in mouse model of Alzheimer's disease

Food sources

Fish (salmon), flax seeds, krill, chia, kiwi fruit, butternuts, walnuts

Curcumin

Amelioration of cognitive decay in mouse model of Alzheimer's disease

Turmeric (curry spice)

Flavonoids

Cognitive enhancement in combination with exercise in rodents⁹²; improvement of cognitive function in the elderly¹⁵¹

Cocoa, green tea, Ginkgo tree, citrus fruits, wine (higher in red wine), dark chocolate

Saturated fat

Promotion of cognitive decline in adult rodents⁴; exacerbation of cognitive decline in aging humans³

Butter, ghee, suet, lard, coconut oil, cottonseed oil, palm kernel oil, dairy products (cream, cheese), meat

B vitamins

Supplementation with vitamin B6, vitamin B12 or folate has positive effects on memory performance in women of various ages¹⁵²; vitamin B12 improves cognitive impairment in rats fed a choline-deficient diet¹⁵³

Various natural sources. Vitamin B12 is not available from plant products

CONCLUSION

BRAIN HEALTH is influenced by five main lifestyle factors

- nutrition
- exercise
- managing stress
- restorative sleep
- brain training

TO REITERATE

1. Use power foods
 2. Eat good fats, Avoid bad fats
 3. Take vitamins that knock out damaging free radicals
- Exercise the Brain
 - Sleep
 - Avoid medications/drugs

PEACHY'S HEALTH SMART REMINDER

Healthy Cooking Classes

Saturdays 12-1:30 PM

Most Thursdays 5:30-7 PM

Next FREE Health Seminar

Saturday, Sept 1st 2:30-4 PM “Managing Chronic Aches and Pain”



I LOVE QUESTIONS !

