

The **Brain Health** Nutritional Psychology *Guidebook*



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DOCTOR ON A MISSION

*Welcome to the Brain Health Nutritional Psychology Guidebook
with Culinary Nutritional Expert, Chef Michael.*

*Thank you for reading, and we guarantee Insights and
Inspiration to add value to your healthy lifestyle desires.*

INTRO

The Brain Health Nutritional Psychology Guidebook provides a comprehensive personalized guidebook to improve cognition and reverse the cognitive decline of early Alzheimer's disease, and for all who desire to improve their "Brain Health." The workshop is designed for anyone with dementia in the family, anyone at risk for Alzheimer's disease, or if you just want to insure your long-term "Brain Health." Please do not wait, learn new culinary skills and insights, giving you the tools and resources to stay sharp for decades. We have designed an optimal program to stop the progression of cognitive decline and begin improvement of expanding your memory center of the brain.

You've heard of long-term physical health. What if your body was still going strong, but your mind wasn't along for the ride? Uh-oh, don't worry, we got you covered. Want to learn nutritional insights to keep your mind firing on all cylinders for all your years!

KEY TAKEAWAYS:

1. Signs of Cognitive Decline
2. Contributing Factors
3. Conventional Medical Approach
4. Foods to Avoid
5. Foods that Heal

MAIN OVERVIEW



Cognitive Decline

In Functional Medicine, may be called “Diabetes Type 3”

Definition - cognitive decline causes a slight noticeable and measurable decline in cognitive abilities, including memory and thinking skills. A person with cognitive decline is at an increased risk of developing alzheimers or dementia.

Signs/Symptoms - Your brain, like the rest of your body, may change as you grow older. Some people notice gradually increasing forgetfulness as they age. It may take longer to think of a word or to recall a person's name. But consistent or increasing concern about your mental performance may suggest cognitive

decline. Cognitive issues may go beyond what's expected and indicate cognitive decline if you experience any or all of the following:

- ⊕ You forget things more often.
- ⊕ You forget important events such as appointments or social engagements.
- ⊕ You lose your train of thought or the thread of conversations, books or movies.
- ⊕ You feel increasingly overwhelmed by making decisions, planning steps to accomplish a task or understanding instructions.
- ⊕ You start to have trouble finding your way around familiar environments.
- ⊕ You become more impulsive or show increasingly poor judgment.
- ⊕ Depression
- ⊕ Irritability and aggression
- ⊕ Anxiety
- ⊕ Apathy
- ⊕ Your family and friends notice any of these changes.

Contributing Factors

Medical conditions and lifestyle factors that have been linked to an increased risk of cognitive change, may include some or all:

- ⊕ Diabetes
- ⊕ Poor Nutrition Habits
- ⊕ Smoking
- ⊕ High blood pressure
- ⊕ Obesity and Lack of physical exercise
- ⊕ Depression

- ⦿ Infrequent participation in mentally or socially stimulating activities
- ⦿ Having a specific form of a gene known as APOE-e4, also linked to Alzheimer's disease – though having the gene doesn't guarantee that you'll experience cognitive decline.
- ⦿ Just as the standard Western diet and the standard Western lifestyle have contributed so importantly to cardiovascular disease, they're also contributing to cognitive decline in many different ways. There has been identified initially, from the biochemistry, 45 different contributors. We want to look at all of those in everybody so that we can optimize the prevention and reversal of this illness, depending on where you are, with or without symptoms.
- ⦿ If you, in fact, are living the standard, if you've got a high-stress lifestyle, if you're not getting enough sleep, if you are not eating the appropriate diet, getting the appropriate nutrition, if your Vitamin D is low, if your Vitamin E is low, so forth and so on, if you have a leaky gut – these things are all critical contributors to cognitive decline. The production of the stuff in your brain, the amyloid that is associated with Alzheimer's disease, is literally a protective response. Not a destructive response, a protective response to fundamentally different insults.
- ⦿ Whether it's chronic inflammation from things like trans fats and eating too much sugar, or being exposed to various mycotoxins, or whether it's loss of hormone support, nerve growth factor, brain derived-neurotrophic factor, or whether it's fighting things like mercury exposure from fish, from eating largemouth, long-lived fish like tuna, swordfish, and things like that, or high copper – all of these call out your brain's protective mechanism to put down that amyloid.
- ⦿ If you're a country, and your borders are breached by invaders, you're going to put down napalm or something to kill the invaders. That's what amyloid is. It's something that kills invaders. It is part of the innate immune system.

As long as you are activating your innate immune system, (inflammation) you are driving yourself toward Alzheimer's or further into Alzheimer's. We need to identify what those things are and then remove them, and then reverse and rebuild the system. That's the way reversal of cognitive decline works.

Conventional Medical Approach

Cognitive decline is a major concern of the population, unlike several other chronic illnesses, Alzheimer's disease prevalence is on the rise, which makes the need to develop effective prevention and treatment increasingly pressing. Recent estimates suggest that Alzheimers/Dementia have become the third leading cause of death globally, behind cardiovascular disease and cancer. In the case of Alzheimer's disease, there is not a single therapeutic that exerts anything beyond a marginal, unsustained symptomatic effect, with little or no effect on disease progression.

In the past decade alone, hundreds of clinical trials have been conducted for cognitive decline, at a cost of billions of dollars, without success. This has led some to question whether the approach taken to drug development for AD is an optimal one. Currently, no drugs or other treatments are approved specifically for cognitive decline by the Food and Drug Administration (FDA). Cognitive Decline is an active area of research. Clinical studies are underway to better understand the disorder and find treatments that may improve symptoms or prevent or delay progression to dementia. Doctors sometimes prescribe cholinesterase inhibitors, a type of drug approved for Alzheimer's disease, for people with cognitive decline whose main symptom is memory loss. However, cholinesterase inhibitors aren't recommended for routine treatment of Moderate Cognitive Impairment.

Foods to Avoid

Sugar - (coconut sugar, maple syrup, brown sugar etc.) and other simple carbohydrates, such as breads (non-gluten grains are ok once a week), pastries, pasta, rice, cookies, candy, soda pop. Stevia or 2 teaspoons of raw unpasteurized honey per week, is ok. We have to get the brain fueling on fats instead of sugars to address insulin resistance of the brain.

Fruits with Medium to High Sugars (High GI & Medium GI) - Pineapple, bananas, watermelon, figs, pears, melon, mango, papaya, peaches, nectarines, and any dried fruits. Again, this is to address insulin resistance.

Gluten - #1 factor of inflammation in the human body, and also effects the brain and nervous system. Cognitive decline is inflammation of the brain.

Dairy - When it comes to brain health, the concern about dairy products is that casein, the primary protein in milk, can be an excitotoxin that can lead to brain inflammation and neurodegenerative diseases. What role would you say cow's milk has in the diet that's designed to reverse memory loss and support clear thinking throughout the length of a person's lifespan? I believe it has no role.

High Mercury Fish like tuna, shark, swordfish and some river fish - Mercury and heavy metal toxins are a large contributor to cognitive decline. Our oceans are getting more and more polluted, therefore it's important to find out for your country the fish with lowest levels of mercury and toxins.

Vegetable Oils - safflower, corn oil, sunflower oil, canola oil, these are oils that you definitely want to avoid because they're working against you from the perspective of inflammation. It's all about reducing inflammation. These oils are higher in the Omega 6's inflammation and they don't have in them some of the good types of monounsaturated fats that you'll get in things like olive oil, coconut oil, and avocado oil. So, we've really got to avoid them.

Foods that Heal

Fresh Turmeric – Turmeric has long been used as an anti-inflammatory in eastern medicine practices. The active agent is a plant chemical or polyphenol, called curcumin. Turmeric is an anti-inflammatory, anticancer, antioxidant, and immune system booster. It also helps in the genetic risk factor because when you mix curcumin with vitamin D, it tends to break up the plaques thought to be responsible for Alzheimer's disease. So, if you have it in your family, I would make turmeric your friend.

Salmon – Salmon is high in long-chain Omega-3 fatty acids. These healthy fats are easily absorbed, are high in anti-inflammatory properties, and can help reduce cardiac issues as well as symptoms of autoimmune conditions. Salmon is high in selenium and low in mercury. Selenium matters in this equation because it can counteract the adverse effects of mercury toxicity. Mercury, in high quantities, can be harmful to almost all systems in the body. Selenium acts as a protective property and stops the harm caused by mercury. Salmon are also a great source of Vitamin D.

Mushrooms – High in antioxidants which help protect the body from damaging free radicals that can cause conditions like cognitive decline and many others. They also protect you against damage from aging and boost your immune system. They are rich in the antioxidant called selenium, and will increase nerve growth factors. (that's a really good thing!)

Onions - The humble onion has manganese and also provides health-protective antioxidant properties. Studies show that allium vegetables like onions and garlic may have cancer, and diabetes-fighting properties, while decreasing blood vessel stiffness by releasing nitric oxide.

Garlic – Garlic supports the immune system, reduces inflammation, and is a natural antibiotic. It's a very good source of vitamins C and B6, phosphorus, folate and potassium.

Kale – When it comes to removing toxic substances from our body, most of us are exposed to literally hundreds of toxic chemicals on a daily basis, including heavy metals and endocrine disrupting agents. Kale is effective in reducing our toxic load. To eat detoxifying plants, such as Kale in the cabbage family, it actually helps our mind to release these toxins and then to eliminate them. Kale is rich in sulfur which is paramount in the production of one of the most important antioxidant known as glutathione, which is responsible for detoxification. Sulfur is also necessary for glucose and sugar metabolism, helping you to cut that extra weight and reduce the risk of diabetes. Leafy green kale is readily available in almost all grocery stores and is generally inexpensive.

Organic virgin coconut oil (the good fat) – To keep the brain and body fueled with ketones as energy source, and not carbs, all day long, we need this GOOD fat! Remember, sugars shrink the Brain. The goal is a steady state of ketones in the body all day long.

Beetroot - The purple pigment packs nutrition power. The anthocyanins that give beets this brilliant purple hue are associated with cardiovascular benefits and cancer-fighting abilities.

Sauerkraut - Unpasteurized sauerkraut is live microorganisms that have health benefits when consumed. Sauerkraut, a probiotic, has beneficial bacteria to provide all sorts of powerful benefits for your body and brain. They may improve digestive health, reduce depression and promote heart health.

RECIPES



Recipe #1 - Easy Breezy Tea

- ④ 1 Tbsp. Cardamom seeds
- ④ 1 Tbsp. cracked black pepper
- ④ 1 tsp. whole cloves
- ④ 1 star anise
- ④ ½ cinamon stick
- ④ 1 piece chopped fresh ginger (little finger sized)
- ④ 1 piece chopped fresh turmeric (same as ginger size)

Place all ingredients in medium pot with 1 litre of water and simmer covered for 30 - 45 minutes. Strain the tea and enjoy! Double the recipe for double the fun ...

Recipe #2 - Really that Good Nut Milk

Can be made with all flavors except peanuts. The following is only a suggestion because of the high fat and nutrient content of the ingredients. You can also do a nut-free version with sesame, sunflower, and pumpkin seeds.

Soak the following in filtered water for 2-4 hours - (water amount is 4x the amount of dry)

- ⦿ ½ cup shredded coconut
- ⦿ ¼ cup macadamia nuts
- ⦿ ¼ cup brazil nuts
- ⦿ ¼ cup almonds
- ⦿ Optional 1 tsp. of vanilla extract

Blend thoroughly in blender and then strain through fine sieve or mesh cheesecloth style bag into glass container. Squeeze all the milk goodness out. You can then put the pulp back into the blender and add 2 cups of water and go through the process of blending and straining again, to get all the goodness out of those nuts. Makes about 4 cups of nut milk to keep in frig for 3-4 days, or freeze the extra.

*Tip - You can dehydrate or on very low bake fan in your oven, dry the nut pulp and use as a crumb mix for coating foods.

Recipe #3 - Vegetable Frittata with kale & green salsa

This can be made the day before and reheated.

- ⦿ 6 eggs whisked in bowl - 1/2 cup coconut cream or nut milk

- ⊗ 2 cups diced vegetables
- ⊗ 1 cup chopped kale
- ⊗ 2 garlic cloves chopped
- ⊗ 2 Tbs. each of fresh chopped parsley, fresh chopped basil or coriander
- ⊗ 2 Tbsp Ghee - salt and pepper to taste

Sauté veggies for 3 minutes in ghee on low heat with garlic and herbs, next add kale to saute for 1 minute. When done, combine veggie and egg and coconut cream mixture in a lightly oiled baking pan. Bake in oven at 175°C (350°F) for 25-30 min (nice golden brown).

Suggested Flavours: salmon pieces, mushrooms, spinach, capsicum, onions, courgette, aubergiene, asparagus, brussell sprouts.

Green salsa -

- ⊗ 2 Large tomatoes
- ⊗ 2 garlic cloves
- ⊗ Juice of 1 lemon or lime
- ⊗ 1 small onion of your choice
- ⊗ ½ green capsicum
- ⊗ 2 T. EV Olive Oil
- ⊗ 2 T. chopped coriander
- ⊗ 1-2 green chillies
- ⊗ 1 cup kale or spinach leaves
- ⊗ Pinch of ground cumin and salt

Method: Puree all ingredients in your favorite blender.

Recipe #4 - Avocado Puree

Ingredients -

- ⦿ 2 – 3 Avocados
- ⦿ Juice of 1 Large Lemon or Lime
- ⦿ 1 Tbsp. EV olive oil
- ⦿ 2 Garlic Cloves
- ⦿ 2 Tbsp. chopped coriander
- ⦿ 2 Tablespoons Chopped Green Onion (can use red onion)
- ⦿ 1 Teaspoon of Pink Himalayan salt
- ⦿ Green Chilies to taste and pinch of ground cumin if desired

Method: Blend all ingredients till smooth

Recipe #5 - Baked Salmon Filet with Harissa Sauce

The salmon can be eaten warm after baking, or cooled and eaten for salads, or with eggs for breakfast. Great protein dish full of Omega 3 fatty acids. I like to cook a large piece to have for meals over a day or two.

- ⦿ 1 whole boneless salmon filet, skin on
- ⦿ 1 lemon
- ⦿ fresh or dry dill or fennel
- ⦿ smoked paprika
- ⦿ 1 finely chopped garlic clove

Lightly grease non-bleached parchment paper lined baking pan with coconut oil. Place salmon filet on pan, skin side down. Make a mix of spices, herbs, salt and

pepper and juice of lemon and spread over salmon. Bake in oven @ 175°C for about 12-15 minutes. The meat will be a lovely pink colour when finished. When cooled, the meat will come off the skin easily if desired. Serve with an array of lightly steamed vegetables. Choose your condiment - harissa sauce, green salsa, or avocado puree.

For Harissa Sauce: Start with 2 Tbsp. sesame oil and 2 Tbsp. coconut oil in a medium sized pot over medium heat, when melted add the following...

- ⦿ 1 chopped onion
- ⦿ 3-4 chopped seeded red bell peppers
- ⦿ 1 Tbsp. each of coriander seeds, cumin seeds and caraway seeds
- ⦿ 1-2 red chilies to your taste
- ⦿ 4 garlic cloves
- ⦿ 1 Tbsp. smoked paprika
- ⦿ salt and pepper to taste.

Let this all saute for about 5 minutes, then add juice of 1 lemon or lime and 1 cup water. Turn down to low heat and let simmer for 15 more minutes. Take off the heat and puree with device of your choice and strain through coarse strainer to remove seed pulp, or use without straining. That part is optional.

Recipe #6 - Boom Boom Boost Mushroom and Leek Potage – Makes about 8 - 10 soup bowl servings

Equipment Needed – Stick Blender or something to puree the soup. Cutting Board and Knife.

Large pot for soups and stews.

Ingredients –

- ⦿ 2 Tbsp. virgin coconut oil
- ⦿ 4 cloves finely chopped garlic
- ⦿ 1 Tbsp. turmeric powder
- ⦿ 4 Cups chopped mushrooms (any kind)
- ⦿ 2 Cups chopped leek (or any onion)
- ⦿ 1 Cup chopped kale leaves
- ⦿ 2 Tbsp. chopped fresh parsley
- ⦿ Juice of lemon
- ⦿ 1 Tbsp. sea salt
- ⦿ 1 Tbsp. cracked black pepper
- ⦿ 1.5 liters or 6.25 Cups of water
- ⦿ 2 Tbsp. ghee (clarified butter)
- ⦿ *Optional –
 - 1 green chili for some POP!
 - 1 Tbsp. nutritional yeast for some extra protein and B-vitamins. (cheesy taste for topping)

Make it Like so with love –

In your soup pot, melt the coconut oil on low heat, then add garlic and turmeric and simmer for 3 minutes. Now turn up heat to medium and add, mushrooms, leeks, kale, parsley and simmer for 5 minutes.

*Note – if the mix starts to stick to your pot, add 1/2 cup of water during this 5 minutes.

Add to the mix lemon juice, salt, and pepper and let simmer for another 2 minutes; now add the remaining water to the mix and bring to a light boil. Turn down to low heat and let simmer covered for 10 minutes. Take off the heat and blend the soup with your kitchen utensil of choice. Now stir in the ghee until melted. This will give the potage a creamy-silky finish. On top of individual servings, sprinkle nutritional yeast if desired.

Recipe #7 - Beetroot and Blueberries salad w/ ginger/lime/tahini dressing

Ingredients for 2 adult sized salads ...

- ⊕ 1 large beetroot roughly chopped and steamed for 10 mnutes
- ⊕ 1 red onion sliced thin
- ⊕ 1 capsicum, color of your choice thinly sliced
- ⊕ 1 small carrot cut in julienne strips
- ⊕ ¼ cup blueberries
- ⊕ 1 Tbsp sesame seeds
- ⊕ 2 Tbsp. sunflower seeds
- ⊕ 3 cups of mixed salad greens

Dressing - blend all ingredients

- ⊕ Juice of 1 lime
- ⊕ 1 Tbsp. tahini
- ⊕ 1 garlic clove
- ⊕ 1 Tbsp grated fresh ginger

- ⦿ 1 Tbsp tamari sauce
- ⦿ 4 Tbsp. EV olive oil
- ⦿ Pinch of salt & pepper

Make it with love -

Toss $\frac{3}{4}$ of ingredients with just enough salad dressing to moisten, and serve over salad greens. Use the colors of the remaining $\frac{1}{4}$ veggies to make it look pretty and finish with sunflower and sesame seeds on the top of the salad.